

YOUNG ADULT SUBSTANCE USE PROGRAM

The Young Adult Substance Use Program YA-SUP is designed to meet the unique needs of young adults (17-25 years of age)

Young adulthood is an "in-between" period of transitioning from adolescence to adulthood. That is why other names for people in this age group include Transition Aged Youth or Emerging Adults. It is a unique time for self-discovery, building relationships, and becoming independent. Many young adults also experience lots of uncertainty and change. This can make the transition challenging to navigate. The Young Adult Substance Use Program (YA-SUP) aims to meet these unique needs. We offer 2 separate streams. There is a Young Adult Stream for young adults (17-25) looking to make changes to their substance use. We also offer a Loved Ones stream, for loved ones of young adults with substance use problems.

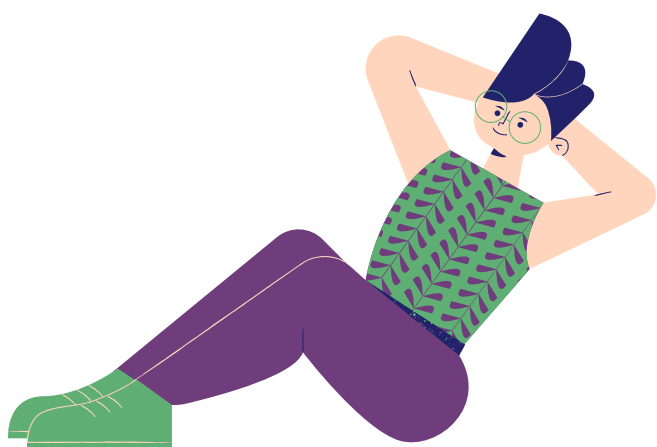
OUR MISSION

Our mission is to provide young adults with the support and skills to:

- 1.Reduce the negative impacts of substance use** on young adults' lives. This can be abstinence, reduced use, or using harm reduction strategies.
- 2.Improve mental health and wellbeing** by considering the whole-person.
- 3. Increase substance-free activities** to create a pleasurable life that aligns with their goals.

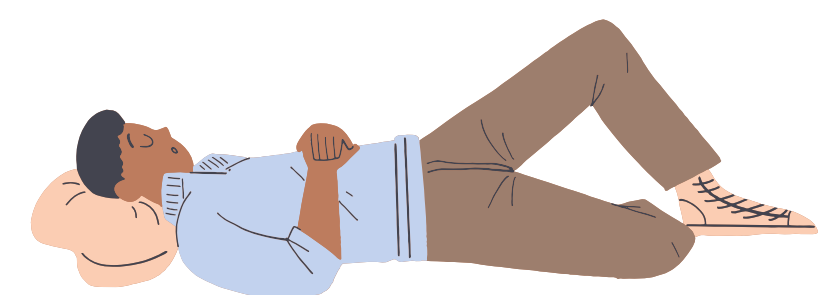
WE VALUE

- Providing **young adult centered** care
- Creating a **safe(r) space**
- Considering the **whole person**
- Collaboration** with young adults and community partners
- Using **evidence-based** practices and contributing to evidence



We have a collaborative team made up of:

Mental Health Worker
Community Support Counsellors
Nurse Practitioner
Psychologists
Clinical Practicum Students
Substance Use and Mental Health Researchers



YA-SUP

St. Joseph's
Healthcare  Hamilton

<https://www.cdcapacitybuilding.com/youth-program>

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12 Week Structure

Intake Appointment

To start in the program, we provide 2 one-on-one intake appointments. The first appointment is 2 hours. About a week later, the second appointment is 1 hour. The purpose of the intake is to identify what your goals are and how we can best support you.

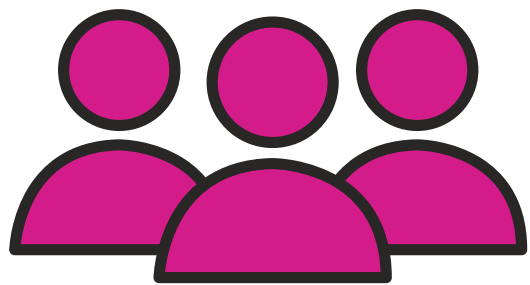


Check-In Sessions

We offer one-on-one monthly check-ins for 3 months. You will meet with the same provider you met during your intake. The purpose of these sessions are to touch base on how things are going, support you to continue to work on your goals, and help you get connected to other services within and outside of YA-SUP. These are usually 1 hour.

Measurement Based Care

At the start of your first intake, we ask all young adults to complete a survey. This survey asks questions about your quality of life, mental health, and substance use. We go over your results with you during your one-on-one sessions. This survey is used to develop a care plan that fits your needs. We repeat these surveys a few times over 6 months to be able to track your progress. This lets us know what is working, or what is not working, to optimize your care. You can choose to contribute your survey data to our research studies.



GROUPS

We offer groups on various topics that support self-discovery and self-management of young adults. Much of our program is delivered through groups. The intensity of your care depends on if and how you engage with the groups. Your main provider will often be a co-leader for the groups. Most groups are drop-in. Right now, our groups are offered virtually.

CONSULTS

You may meet with a Nurse Practitioner, Psychiatrist, or Psychologist. Consults can help clarify diagnoses, recommend medications, and conduct additional testing (time-limited). YA-SUP is not intended for those only requiring access to consults.

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Drop-in Groups

Rotating drop-in group focusing on understanding your substance use, enhancing motivation, learning distress tolerance skills, and focusing on CBT strategies and the mind-drug connection

1. Understanding Your Substance Use
2. Enhancing Motivation
3. Distress Tolerance
4. Building Awareness
5. CBT: Mind-Drug Connection

Planning for the Weekend

This is a group to plan for potential high-risk situations, reflect on the last week's experiences while also building other healthy habits to increase the likelihood of recovery and well-being



WHO TO REFER

Who this program is for:

- Young adults age 17-25
- Young adults who are looking to make changes to their substance use
- Young adults committed to attending group-based treatment
- The YA-SUP is **not** a crisis resource. If you are in an immediate crisis, please call the Crisis Outreach and Support Team (COAST) at 905-972-8338 or go to your local Emergency Department.

HOW TO REFER

CONNECT (self or professional)

(905) 522-1155, Ext.36499

Internal referrals

can be made via Dovetale

We want to work together.

The YA-SUP is one part of a complex health and mental health system. We want to work together with current health and mental health providers to share care and collaborate to optimize treatment.

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