Young Adult Substance Use Program (YA-SUP)

A program designed to meet the unique needs of young adults (17-25 years of age)

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

1. **Reduce the impact of substance use** on young adults' lives, whether that be through abstinence, reductions in use, or other harm reduction approaches.
2. **Improve mental health and wellbeing** by focusing on the whole-person.
3. **Increase engagement in substance-free activities** and create a life that is in alignment with their values and goals.

The **Loved Ones Support Group** is a group for loved ones of those with substance use. The Loves Ones Stream is distinct and operates ***separately*** from the Young Adult Stream.

The schedule and links can be found here: https://www.cdcapacitybuilding.com/online-group-link

The Young Adult Stream revolves around a *12-week* structure and includes:

Five **individual sessions** including:

- ✓ Intake assessment (2 hours)
- ✓ 1 week feedback session (1 hour)
- ✓ Check-ins (30 minutes) at weeks 4, 8, and 12

Daily **Group Programming** including:

- ✓ **Mind-Drug Connection** based in Cognitive Behavioural Therapy and Relapse Prevention.
- ✓ **Mind over Emotion** based in Dialectical Behavioural Therapy.
- ✓ **Mindfulness** based on Mindfulness-Based Stress Reduction.
- ✓ **Mind-Body Connection** focused on the connection between physical and mental health.
- ✓ **Minding the Gap Together (MINT)** focused on mutual support groups.

Consults with a specialized Nurse Practitioner may be offered to to help clarify diagnoses and explore medications.

Who is this program for and how to refer?

- ❑ Young adults age 17-25
- ❑ People who are looking to make changes to their substance use
- ❑ People committed to attending group-based treatment
- ❑ Those not in immediate crisis

CONNECT MHAP

(self or professional)

(905) 522-1155, Ext.36499

Internal referrals

can be made via Dovetale

<u>To note:</u> The YA-SUP is not intended for those **only** requiring access to consults. The Concurrent Disorders program may be more appropriate for those not willing or able to attend groups or primarily requiring diagnostic clarification or medication.