



COMMUNITY DRUG STRATEGY COMMITTEE

COMOX VALLEY DRUG & ALCOHOL SERVICES DIRECTORY

An Initiative of the City of Courtenay

FORWARD

This resource directory is a project of the Community Drug Strategy Committee, an initiative of the City of Courtenay.

In 2002, the City of Courtenay passed the following resolution: *“Whereas the City of Courtenay cares about its residents and recognizes that intoxicant abuse affect the whole of our community; Therefore be it resolved that the City of Courtenay supports programs which raise awareness and encourages partnerships that will promote solutions to create a safer community, healthier families, and an informed youth.”*

It is our hope that this manual will provide easy access to information, matching members of our community to the resources and supports they need to move towards healthier, happier lives.

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AIDS VANCOUVER ISLAND (AVI)

CONTACT

Sarah Sullivan, Positive Wellness Counselor and Harm Reduction Worker

Phone: 250-338-7400

355-6th Street, Courtenay, BC, V9N 1M2

HOURS

Office Hours: 9:00 AM to 4:00 PM, Monday to Thursday

Closed for lunch between 12 – 12:30 PM

Harm Reduction Program:

During regular business hours and Fridays between 11 – 3

Schedule of services:

Client drop in the lounge between 9 – 12 pm

Mondays – 9 – 12 pm – Homeless Outreach Worker (assistance locating and maintaining housing)

Mondays – 11 – 12 pm – public health nurse (vaccinations and STI/HIV/Hep C testing, etc.)

Tuesdays – 9:30 – 12 pm – community health nurse (wound care, blood pressure, blood sugar, etc.)

Thursdays – 10 – 11 am – Hepatitis C Support Group

Counseling and advocacy between 9 – 4 Monday to Thursday by appointment or drop-in

MISSION: AIDS Vancouver Island serves the needs of people infected and affected by HIV and hepatitis C. We take evidence-based action to prevent infection, provide support, and reduce stigma.

GENERAL SERVICES

- Info line (1-800-665-2437) provides information about HIV & HCV (Human Immunodeficiency Virus & Hepatitis C Virus), safer sex, HIV testing or transmission, STDs, harm reduction, etc. The confidential calls are administered by trained volunteers and staff.
- HIV/HCV-related presentations for high-risk populations in prisons, social service organizations, and other community organizations.
- AVI's extensive collection of material regarding HIV/HCV-related issues available to the public at our office. Education Information, resources, presentations and displays can be requested through the staff at any of our locations.

SERVICES FOR PEOPLE LIVING WITH HIV/AIDS OR HEPATITIS C

- Short-term solution-focused counseling and support
- Advocacy and support with issues regarding income assistance, health care, employment, housing, and legal matters
- Persons with Disability status application assessment and assistance

- Referrals and links to other services
- Non-judgmental education and support for treatment, side effects, nutrition and symptoms

HARM REDUCTION SERVICES

- Access to harm reduction supplies, support and education around safer drug use
- Appropriate referrals and links to other services
- Harm reduction-focused education and support
- Assistance navigating current healthcare and social assistance structures for access

SERVICES FOR GAY & QUEER MEN

- Sexual health workshops
- Short-term solution-focused counseling and support

THE ALANO CLUB (of Courtenay)

CONTACT

Phone: 250-338-0041

Website: www.alanoclub.comoxvalley.com

E-Mail: crtnyalanoclub@shaw.ca

543-6TH Street, Courtenay, V9N 1M5

HOURS

Open 7 days a week, 365 days of the year:

Monday-Friday – 8:00 am to 4:00 pm - grill closes at 3:00 pm

Saturday and Sunday – 8:00 am to 3:00 pm - grill closes at 2:00 pm

Member specials available!!! Anyone can be a member!

MANDATE

To offer a supportive place for anyone in the community who wishes to socialize in an alcohol/drug free community. To provide people in the community with a safe, non-judgmental place to socialize and to support each other in making positive lifestyle choices.

MAIN PRIORITIES

- Provide a place that is open all the time.
- Do not turn anyone away, as long as they are not under the influence of drugs or alcohol.
- Provide a place for people to come, where they can just “hang out”.
- Provide information, pamphlets.

SERVICES PROVIDED

- A fully operational kitchen (open from 8:00 AM to 2:30 PM – Grill or 3:30 PM - Fryer)
- Social events, such as dances, dinners and baseball.
- 12 step recovery meetings held daily in the Club’s meeting hall.
- Up to date information regarding 12 step meetings (when, where).
- A friendly, warm and caring atmosphere where people can have fun, play table games, talk and enjoy support as they discover new ways to live.
- Evening holiday dinners.

HOW PEOPLE KNOW ABOUT THE ALANO CLUB

- People who are looking for AA meetings.
- Attending the meetings that are held in the Club’s meeting hall.
- Word of mouth.
- Community Directory.
- Alano Clubs exist in many different communities (they may have different names), so members know to look for one in Courtenay.

TARGET GROUPS

The Alano Club is geared towards people in recovery, but all members of the community are welcome.

STAFFING

- Four paid employees
- Six (6) regular volunteers, but others do volunteer as they come in or on an as needed basis.

AL-ANON / ALATEEN

(District #32 – North Vancouver Island)

CONTACT

1-888-4AL-ANON (1-888-425-2666)

Toll Free, Monday through Friday, 5:00 AM to 3:00 PM, PST.

Website: www.bcyukon-al-anon.org

List of Meetings in the Comox Valley: <http://www.bcyukon-al-anon.org/~bcyukon-al-anon/pdf/DISTRICT32.pdf>

MEETINGS

Information on when and where Al-Anon and/or Alateen meetings are held in the Comox Valley can be obtained from the Toll Free number listed above or at the website, under District #32.

MANDATE

Al-Anon Family Groups

Each is a fellowship of relatives and friends of alcoholics who share their experiences, strength and hope, in order to solve their common problems. Al-Anon believes that alcoholism is a *family* illness and that changed attitudes can aid recovery. Al-Anon is both anonymous and confidential. Al-Anon is separate from Alcoholics Anonymous and is not affiliated with any sect, denomination, political entity, organization or institution and do not endorse or oppose any causes.

Al-Anon's One Purpose: To help families of alcoholics, by practicing the Twelve Steps, welcoming and giving comfort to the families of alcoholics and giving understanding and encouragement to the alcoholic.

Alateen

A fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.

Members come together to:

- Share their experiences, strength and hope with each other.
- Discuss their difficulties.
- Learn effective ways to cope with their problems.
- Encourage one another.
- Help each other understand the principles of the Al-Anon program.
- Learn how to use the Twelve Steps and the Alateen Twelve Traditions.

Every Alateen group must have an active, adult member of Al-Anon to serve as their sponsor. Alateen members conduct their own meetings, with the Al-Anon sponsor providing guidance.

SERVICES

- Group meetings.
- Mutual support.
- Telephone information lines.
- Distribution of Al-Anon/Alateen literature and material.

- Website with a variety of information.

HOW PEOPLE KNOW ABOUT ALANON/ALATEEN

- Telephone
- Word of Mouth
- Newspapers
- Brochures
- Website

TARGET GROUP

Al-Anon: Any relative or friend of an alcoholic.

Alateen: Any younger relative or friend of an alcoholic, up to the age of nineteen (19).

STAFFING

Al-Anon and Alateen are run entirely by volunteers.

ALCOHOLICS ANONYMOUS (A.A.)

District 4, Comox Valley

CONTACT

Public Information: **250-338-8042**

Website: www.bcyukonaa.org

List of Meetings in the Comox Valley:

http://www.bcyukonaa.org/_pub/meetings/districts/dist_04.php

P.O. Box 1337

Comox, BC, V9N 7Z8

Or through the **Alano Club**

250-338-0041

Website: www.alanoclub.comoxvalley.com

E-Mail: crtnyalanoclub@shaw.ca

543 – 6TH Street

Courtenay, BC, V9N 1M5

MEETINGS

Several meetings are held in the Comox Valley, throughout each day, at various venues. To find out where and when the meetings are held, contact a volunteer at the Public Information line or at the above listed e-mail address, call the Alano Club or access the website and that information will be provided.

MANDATE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for membership. Alcoholics Anonymous is self-supporting through members' own contributions.

Alcoholics Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposed any causes. The primary purpose is to stay sober and help other alcoholics to achieve sobriety. (A.A Grapevine, Inc.)

SERVICES PROVIDED

- 24 hour answering service.
- Meeting lists (times and places).
- 12 Step meetings for members to attend.
- Immediate contact with a volunteer (phone numbers are given) for those who need it.
- Relevant literature.
- Website that includes a list of events, lists of when & where meetings are taking place & a questionnaire to determine if alcohol might be a problem in a person's life.

HOW PEOPLE KNOW ABOUT ALCOHOLICS ANONYMOUS

- The Public Information telephone line
- The Alano Club

- Word of mouth
- Website (www.aacomoxvalley.org)
- Brochures available throughout the community

TARGET GROUP

Alcoholics Anonymous is for anyone who is trying to recover from alcoholism and achieve sobriety.

STAFFING

Alcoholics Anonymous is run entirely by volunteers.

THE BEES' NEST

Clean & Sober Residences for Men

CONTACT

Lise Carignan or Rod Braun

Phone: 250-871-0384

Cell: 250-218-1602

Email: liselight@shaw.ca

Website: www.beesnest.ca

MANDATE

The Bees' Nest residences provide safe and caring homes, free of drugs and alcohol, for chemically dependent men who are early in their recovery. Residents can stay for a maximum of twelve months. The residents run the home using peer support, weekly house meetings, support from community service providers and 12 step programs.

Residents work together towards the common goal of recovery. Self-worth, confidence and esteem are encouraged. Each resident must be accountable for their actions and responsible for their own needs.

The goal of the Bees' Nest is to provide a healthy, caring atmosphere for residents to gain emotional, spiritual and physical strength to be successful in their recovery. A safe environment is provided so that residents can retain recovery and explore personal growth.

HOW PEOPLE KNOW ABOUT THE BEES' NEST

- Comox Valley Recovery Centre
- Wachiay Friendship Centre
- Second Chance Recovery Centre, Campbell River

TARGET GROUP

- Any chemically dependent man, 19 years of age or older who has been in recovery for less than one year.
- They must have successfully completed chemical dependence treatment within the last 30 days or been clean and sober for 60 consecutive days.
- The men must participate in house activities and they must also be able to pay their part of the rent on the first day of each month.
- They must remain abstinent from all drugs and alcohol.

STAFFING

The Bees' Nest is staffed by volunteers to run the meetings, offer support to the men and to assist with fundraising and the upkeep of the homes.

COMOX VALLEY RECOVERY CENTRE

CONTACT

Phone: 250-338-7144, 1-866-708-2872 (toll free)

641 Menzies Avenue, Courtenay, BC, V9N 3C3

MANDATE

The Comox Valley Recovery Centre provides a residential (live-in) support and recovery program for men (only) who have addiction issues (primarily alcohol, drug, gambling and/or sex).

The Comox Valley Recovery Centre aims to assist in the recovery and rehabilitation of chemically dependant people so they might return to a useful life in society.

The Comox Valley Recovery Centre also works to help Centre residents through a supportive recovery program at attaining life skills which will lead them to gainful employment.

SERVICES PROVIDED

28 Day Program

- Sobriety-Focus on contemplation/determination
- Daily Check-in
- Steps 1 – 4
- Early Recovery Sessions

42 Day Program

Includes the 28 day program plus:

- Sobriety-Focus on determination/action
- Daily Check-in
- Steps 5 – 7
- Extensive Relapse Prevention

60 Day Program

Includes the 28 & 42 day programs plus:

- Sobriety-Focus on action/maintenance
- Daily Check-in
- Steps 8 – 10
- Building Community Partnerships
- Problem Solving

DAILY SCHEDULE

- 7:30 am - Wake up --Shower
- 8:00 am - Breakfast
- 8:30 am - Breakfast cleanup
- 9:00 am - 1st morning session
- 9:00 am - One-on-one sessions for scheduled clients
- 10:15 am - Coffee break
- 10:40 am - 2nd morning session
- 12:00 pm - Lunch break

- 1:30 pm - 1st afternoon session
- 2:30 pm - Coffee break
- 2:45 pm - 2nd afternoon session
- 5:00 pm - Dinner break
- 5:30 pm - Free Time
- 7:45 pm - Outside AA/NA meetings or In-house study session
- 10:00 pm - Curfew/Lights out

HOW PEOPLE KNOW ABOUT THE RECOVERY CENTRE

Please call the CVRC directly or visit our website. You may also ask your referral agency and Mental Health & Addiction agencies. The CVRC also accepts invitations to your place of business or agency to present information about our facility and the programs we offer.

TARGET GROUP(S)

All potential clients are advised to meet the following criteria:

- Male, chemically dependant over 19 years of age.
- Fully detoxed (min. 72 hrs) unless medical detox is required first.
- No pending warrants or court dates.
- Ability to participate in all aspects of our program (we are wheelchair friendly).
- Willingness to comply with all C.V.R.C. guidelines.
- Prescriptions in place for entire stay (including methadone).

STAFFING

The CVRC provides 24 hour care and is staffed daily with counsellors and evening attendants. There are also two chefs who are responsible for nutritious meals and the housekeeper is available for light housekeeping duties and laundry.

COMOX VALLEY TRANSITION SOCIETY

CONTACT

Business Phone: 250-897-0511

24 Hour Crisis Line: 250-338-1227

Website: www.cvts.ca

E-Mail: cvts@shaw.ca

202-576 England Ave., Courtenay, V9N 2N3

HOURS

Business Office: Monday – Friday, 9am – 4 pm

Lilli House Shelter: Open 24 hours/day, 365 days of the year

MANDATE

The Comox Valley Transition Society is a feminist non-profit agency committed to making a positive contribution to the lives of women and their children. We offer supportive programs that provide safety and security and the prevention of violence as well as personal well being through the provision of a safe shelter, counseling, education and advocacy.

MAIN PRIORITIES

- Women and their children who are experiencing, or have experienced, violence/abuse.
- Women who are currently challenged by addiction/substance misuse or are in recovery.
- Women who are homeless and/or living in deep poverty.

SERVICES PROVIDED

- Women's Detox (referrals must be made through St. Joseph's Hospital Substance Abuse Intervention Program – 250-339-1573).
- Women's Supportive Recovery (referrals must be made through Mental Health and Addictions Services of VIHA – 250-331-8524).
- Oasis Group for women who have experienced abuse / violence and are currently challenged by addiction. This is a low barrier group. We ask that women not be under the influence when actually attending group.
- Women's 16 Step Program for women who are in recovery from addiction
- Drop-in Lunch Program – Tuesdays, 11:30 – 2:00 – for women who are homeless and/or living in deep poverty. Services include street nursing, homeless outreach, HIV/AIDS/Hep C education, harm reduction services, legal information and income tax service.
- Lilli House Shelter and 24 hour crisis line for women experiencing abuse/violence.
- Women's Counselling for women who are in, or have been in, abusive relationships.
- Children Who Witness Abuse Counselling
- Bridging Employment Services for women who have experienced abuse/violence.
- RCMP Victim Services.
- Outreach to Denman and Hornby Islands.
- Community Education and Prevention Programs, including annual Purple Ribbon Peace Begins At Home campaign.

HOW PEOPLE KNOW ABOUT TRANSITION SOCIETY

- Word of mouth
- Transition Society Crisis Line
- Accessing one program and learning about others
- Community Directory
- Referrals from other agencies

TARGET GROUPS

- Women and their children

STAFFING

- Executive Director and 42 staff in a variety of programs

DRUG ABUSE RESISTANCE EDUCATION (D.A.R.E.)

R.C.M.P.

CONTACT

Cst. Nicole Hall, Community Policing/Media Liaison

Phone: 250-334-5918

E-Mail: nicole.hall @rcmp-grc.gc.ca

800 Ryan Road, Courtenay, BC, V9N 7T1

MANDATE

- To provide a prevention and education program with a proactive approach to a global substance abuse problem.
- To provide youth with practical skills and strategies that they can use to deal with alcohol, drugs and tobacco.

MAIN PRIORITIES

The D.A.R.E. Elementary curriculum focuses on the following topics:

- Accurate information about effects of drug use and drug abuse.
- Skills for recognizing and resisting pressures to experiment with alcohol, tobacco and drugs.
- Enhanced self-esteem.
- Positive alternatives to substance use and violent behavior.
- Decision-making skills that help youth to deal with anger and disappointment.
- Ability to use non-violent ways to deal with anger and disappointment.
- Improved interpersonal and communication skills.
- Positive and healthy lifestyles for youth.
- Refusal techniques.

SERVICES PROVIDED

- The D.A.R.E. program is made up of ten (10), forty-five minute lessons.
- Each lesson covers one topic.
- Lessons include:
 - Role playing
 - Group work
 - Questions and ideas from the students
 - Workbook
 - Homework
 - A final written essay, to be read to the class
- The same uniformed R.C.M.P. officer stays with the same class throughout the ten (10) lessons.

HOW PEOPLE KNOW ABOUT D.A.R.E.

- Through the schools
- Through the R.C.M.P.
- Through the School District/School Board
- www.darebc.com
- To offer the D.A.R.E. program in as many schools in the Comox Valley as possible.

TARGET GROUP

At this time, D.A.R.E. educates children in grades five (5) and six (6).

STAFFING

A total of six (6) R.C.M.P. officers and one (1) Military officer are D.A.R.E. instructors in the Comox Valley at this time.

Two (2) of the R.C.M.P. officers/instructors are the school liaison officers.

The other six (5) officers/instructors are regular duty officers who volunteer their time when not on duty.

THE JOHN HOWARD SOCIETY OF NORTH ISLAND (JHSNI)

Youth & Family Substance Use Services

CONTACT

Vicki Luckman, Program Manager, Courtenay
1455 Cliffe Avenue, Courtenay, BC V9N 2K6
Phone: 338-7341 Fax: 338-6568

MISSION

The mission of The John Howard Society of North Island (JHSNI) is to promote and foster safer and healthier communities by providing appropriate programs of rehabilitation, education, prevention and healing for those who need an opportunity to maintain or regain a healthy balance within their communities.

SERVICES PROVIDED

There are four programs that provide services focusing on substance use; however other programs at JHSNI deal with aspects of substance use. . The John Howard Society operates within a *value-added mandate* in that many of their clients have issues with alcohol and drugs, even if they are not involved in a service that focuses on alcohol and drugs.

MAIN PRIORITY

Reduction of use (harm reduction)

TARGET GROUP

The Youth & Family Substance Use (Alcohol and Drug) program at The John Howard Society of North Island provides services to youth ages twelve to nineteen. They also will provide service for young adults who are older than nineteen if they fit more appropriately with youth services.

Youth & Family Substance Use Service:

A community based treatment program for adolescents aged twelve to nineteen who are experiencing problems related to alcohol and/or drug use, whether their own or someone else's. This program is dedicated to the promotion and encouragement of well-being in youth to reach and maintain an alcohol and drug free lifestyle by providing focused counseling for motivated individuals and families.

Services offered: Information, individual counseling, family counseling and support, workshops, and supportive and therapeutic groups.

Awareness of this program through:

- Referral from other agencies, schools
- Word of mouth from peers
- Parents, family members
- Presentations at schools

School-Based Early Intervention Program (G.P Vanier Secondary School):

The School Based Early Intervention Program provides the school and the surrounding community with prevention and an early intervention service related to alcohol and other drugs, and develops the capacity of the school and the community to be effective partners in the prevention of substance misuse.

Services offered: Information, individual counseling, family support, workshops, support and therapeutic groups, as well as school wide education and awareness.

Community involvement:

- Community forums
 - Parent/Caregiver education
 - Grade 7 class workshops
 - Representation on the Community Drug Strategy Committee
 - Partnership with School District #71 to facilitate the *”YSUP” (Wise-Up): Youth Substance Use Program
- *YSUP: A one-day alternative to school suspension program for students referred by their school, for using substances on school property.*

Awareness of the program through:

- School based team meetings
- Referrals from teachers
- Word of mouth between students
- Regular involvement with various committees & community partners

Youth Alcohol & Drug Outreach Support:

An outreach (including after hours) service for disenfranchised youth and/or their families requiring assistance with high risk behaviors, i.e. alcohol and/or drug use, high-risk street activities, disconnection from school and family members, and at risk of exploitation.

Program Objectives: Objectives are improved family interaction, referral to local resources, harm reduction, and reconnection to school.

180 Degrees Detox and Stabilization Program:

The 180 Degrees Detox and Stabilization Program provides young people ages twelve to nineteen with a comfortable, home-based setting to withdraw from harmful substances and transition to a healthier lifestyle. Youth reside in John Howard Society Family Care Homes.

Family, friends, social workers, probation officers, schools or community agencies can make referrals to the 180 Degrees Program.

MENTAL HEALTH & ADDICTION SERVICES (VIHA)

(Outpatient Clinic)

CONTACT

Sam Sommers
941C England Avenue, Courtenay, BC, V9N 2N7
250-331-8524

HOURS

Core hours are 8:30 AM to 4:30 PM. The office is closed over the lunch hour – 12 Noon to 1:00 pm. There are meetings and groups that are held outside of the core hours.

MANDATE

To promote the well being of people affected by, or at risk of developing alcohol and/or other drug related difficulties. The Courtenay Outpatient Clinic believes that substance abuse affects not only the substance user, but also their families and the community.

MAIN PRIORITIES

- Clinical work
- Assessment
- Referral
- Treatment
- Some Prevention
- To provide services to the substance abuser, or to people presently living with a substance abusing person, or to those with a history of relationships with substance abusers (co-dependents), or to those who grew up in families where a parent or caretaker abused alcohol and/or drugs.

SERVICES PROVIDED

Intake/Orientation

- Participants are encouraged to become involved in appropriate self-help groups, such as AA, NA, and Al-Anon.
- Preparation for the first session with a counselor.

Assessment

- Individual Assessment
- Determines a treatment plan, which helps to identify and address client issues.
- Initial assessment takes approximately one and a half (1.5) hours.
- Includes codependency and substance misuse packages.
- Developed with the Client Advisory Committee.

Individual and/or Family Counselling

- Clients are expected to attend three (3) to fifteen (15) counseling sessions.

Co-Dependency Group Sessions for Men/Co-Dependency Group Sessions for Women

Hot Topics

- Educational series that covers four relevant topics to help individuals maintain abstinence.
- Establishes healthy self-care practices, a strong support system and a new positive, drug and alcohol free lifestyle.

Comox Valley Transition Society (Lilli House)

250-338-1227 (24 Hours)

250-897-0511 (Business Line)

- Two (2) supportive recovery beds. These beds are for women only.
- Referred directly through Mental Health & Addictions Services (VIHA).
- Provide a safe drug and alcohol free environment.
- Opportunity for the client to learn life skills, stabilize their life.
- These beds are not meant to provide housing for those who already have a home and family.
- These beds are available for those whose living situations are uncertain, such as having roommates who are using drugs and/or alcohol.

REFERRALS

- Detox Units
- Residential support facilities
- Residential treatment centers
- Self-help groups
- Other Community Agencies and resources

HOW PEOPLE KNOW ABOUT MENTAL HEALTH & ADDICTION SERVICES

- Word of mouth
- AA
- NA
- Referrals from other clients
- Phone Book
- Referrals from other agencies:
 - Adult Mental Health
 - Probation
 - Substance Abuse Intervention Program (St. Joseph's Hospital)
 - Employee Assistance Programs
 - Other counsellors

TARGET GROUPS

- People, over the age of nineteen (19), who are substance affected (i.e. substance users themselves or live with someone who is a substance user).

Due to the transitory nature of many of the clients, long term follow-up can be difficult. However, the Clinic does attempt to make follow-ups, through phone calls and/or letters with each of its clients on a three (3) month, six (6) month and one year basis. With prior permission from the clients, the Client Advisory Committee will make the follow-up phone calls.

STAFFING

One (1) full-time Administrator/Manager

Two (2) full-time Addictions Counsellors

One (1) temporary, part-time Addictions Counsellor

NAR-ANON (Family Group)

CONTACT

1-800-477-6291 (Toll Free)

Rene at 250-334-2392

Sharon at 250-339-7906

Website: www.nar-anon.org

MANDATE

Members of Nar-Anon are relatives and friends are concerned about the addiction or drug problem of another. The program of recovery is adapted from Narcotics Anonymous and follows the Nar-Anon Twelve Steps, Twelve Traditions, and Twelve Concepts.

SERVICES PROVIDED

- Group meetings.
- Toll-free telephone line.
- Distribution of Nar-Anon literature.
- Public Information
- Meeting Directories.
- Website that includes meeting schedules, phone lines, events calendar and other links.

HOW PEOPLE KNOW ABOUT NARCOTICS ANONYMOUS

- Toll free telephone line
- Phone Book
- Crossroads Resource Directory
- Word of Mouth.
- The Alano Club of Courtenay
- Relevant literature
- Website

TARGET GROUP

The Nar-Anon Family Group is for anyone who knows or has known a feeling of desperation due to the addiction problem of someone close to them. Nar-Anon members share their experiences, strength, and hope at weekly meetings. There are no dues or fees to join Nar-Anon. All you have to do is attend a meeting.

STAFFING

Nar-Anon is run entirely by volunteers.

NARCOTICS ANONYMOUS (N.A.)

(Vancouver Island North & Powell River Area)

CONTACT

1-877-379-6652 (Toll Free) – for information on meeting dates and times

Website: www.bcrna.bc.ca

Or through the Alano Club of Courtenay

250-338-0041

Website: www.alanoclub.comoxvalley.com

E-Mail: crtnyalanoclub@shaw.ca

543-6TH Street, Courtenay, BC, V9N 1M5

MANDATE

Narcotics Anonymous is a nonprofit fellowship or society of men and women for who drugs has become a major problem. They are recovering addicts who meet regularly to help each other to stay clean.

The Narcotics Anonymous recovery program follows Twelve Steps, adapted from Alcoholics Anonymous. Key to its success, Narcotics Anonymous provides the therapeutic value of addicts working with other addicts.

Narcotics Anonymous *encourages* its members to observe complete abstinence from all drugs, including alcohol.

SERVICES PROVIDED

- Group meetings.
- Toll-free telephone line.
- Distribution of Narcotics Anonymous literature.
- Public Information Presentations.
- Panel Presentations.
- Meeting Directories.
- Website (BC Region) that includes meeting schedules, phone lines, events calendar and other links.

HOW PEOPLE KNOW ABOUT NARCOTICS ANONYMOUS

- Toll free telephone line
- Phone Book
- Crossroads Resource Directory
- Word of Mouth.
- The Alano Club of Courtenay
- Relevant literature
- Website

TARGET GROUP

The only stated membership requirement for anyone who wants to join Narcotics Anonymous is the desire on the part of the individual in question to stop using drugs. Membership is open to any drug

addict, regardless of the particular drug or combination of drugs used. Membership is completely voluntary and open to anyone, regardless of their social, religious, economic, racial, ethnic, national, gender or class status. There are no membership dues or fees.

STAFFING

Narcotics Anonymous is run entirely by volunteers.

SCHOOL DISTRICT NO. 71 (Comox Valley)

SCHOOL BOARD CONTACTS

School District No. 71
250-334-5500 (School Board Office)
607 Cumberland Road
Courtenay, BC, V9N 7G5

Esther Schatz
Director of Student Services
• Responsible for Youth & Family Counsellors and School Counsellors

Allan Douglas
Director of Instruction, Elementary
• Responsible for elementary program

Sheila Shanahan
Assistant Superintendent
• Responsible for Secondary Education

Jeff Taylor
District Principal Education Technology
• Responsible for District Suspensions

MANDATE

The Ministry of Education has mandated curriculum which all School Districts must follow. Within that curriculum is the Planning 10 course. Issues related to drug and alcohol use and abuse are a part of Planning 10. There is specific policy in place for School Principals and other staff to deal with drug use in their schools. There is a formal process that must be followed when children/youth are discovered using drugs or alcohol on school grounds. School Principals have some flexibility as to what the consequences are to be for each student, depending on the circumstances involved.

School District No.71 School Policy

STUDENT BEHAVIOR

3. HEALTH, SECURITY, SAFETY

3.1 Entitlements

3.1.2. All students are entitled to learn, and all employees entitled to work in an atmosphere free from tobacco, alcohol and narcotics and related substances.

3.2 Responsibilities

3.2.1 Student Responsibilities

3.2.1.3. Refuse to engage in or be knowingly involved in the possession, consumption, promotion, sale or provision of tobacco products, alcohol, narcotics or related substances or paraphernalia.

4. SUSPENSIONS

Suspensions for drug and/or alcohol-related activities will normally require student participation in, and completion of, a counseling program, usually conducted by community based services.

STUDENT BEHAVIOR – SUSPENSIONS

1. SCHOOL SUSPENSIONS

Administrative officers or their designates may suspend a student from school for a maximum of five school days commencing the first school day after the date of action.

1.1 School suspensions are issued when:

1.1.1. In the opinion of an administrative officer or designate, there has been a serious breach of the school's code of conduct and/or board policy, including any drug and/or alcohol related activity.

2. DISTRICT SUSPENSIONS

Administrative officers may suspend a student from school to the superintendent of school or designate.

2.1 District suspensions are issued when:

2.1.1. In the opinion of the administrative officer or designate, there has been an extremely serious breach of the school's code of conduct and/or board policy.

2.1.2. In the opinion of the administrative officer or designate, there has been continual breach of the school's code of conduct and previous school suspensions have been issued.

MAIN PRIORITIES

- Emphasis on awareness
- Personal decision making
- Focus on how to make good choices.
- Prevention

At the higher grade levels, education regarding drugs & alcohol becomes more specific, including what drugs exist, the ramifications of using drugs & alcohol, resisting peer pressure, etc.

At the elementary grade levels, issues about drugs and alcohol are only alluded to as part of learning about good decision making within your overall life. Drugs and alcohol are not discussed specifically within the curriculum.

SERVICES PROVIDED

At the Elementary level:

Personal Planning

- Woven throughout the regular, daily curriculum.
- Includes other programs, such as D.A.R.E.

Lions Quest

- Sponsored and paid for by the Lions Club.
- Has a drug and alcohol component (Living Healthy & Drug Free).
- There are two trainers of Lions Quest in School District No. 71

D.A.R.E. (Drug Abuse Resistance Education)

- Program is offered to Grade Six students in School District No. 71.
- Implemented by the R.C.M.P.
- Approximately eight schools have organized the program to date.

At the Secondary level:

Lions Quest

- All teachers have been trained in it at Lake Trail Middle School and other groups of teachers in other schools throughout the School District.

Planning 10

- Is offered as a separate course, rather than just within the general curriculum.
- Teacher advisory groups.

Alcohol & Drug School Based Prevention Program (Wendy Morin)

- Through the John Howard Society
- At Lake Trail Middle School
- Activity based prevention
- Early intervention strategies for alcohol and other drugs.

Youth and Family Counselors

- Do not deal just with the issues surrounding drugs and alcohol, but are responsible for dealing with them, as needed.
- Run groups.

YSUP (Wise Up) – Youth Substance Use Program (Karen Hlady)

- In partnership with the School District, John Howard Society and the Linc Youth Centre.
- Alternative to suspensions for drug issues.
- For those students suspended for substance use for the first time only.
- Offered to students in grades 8-12.
- Referred by the schools or students can self-declare.
- The program runs one day per week, on a bi-weekly basis.

Alcohol & Drug School Suspension Program

- Through the John Howard Society.
- Provides assessment, education and treatment for youth and their families.
- Referred by the schools as a result of drug and/or alcohol use on school property.

School Liaison Officer

- Work collaboratively with the school staff.

HOW PEOPLE KNOW ABOUT SCHOOL DISTRICT #71 PROGRAMS

- Run groups in the schools.
- Word of mouth (peers).
- Visiting groups/programs brought into schools, such as “Street proofing Our Kids”.
 - Role models, others to look up to, such as athletes.
 - Present advantages of a positive lifestyle.

TARGET GROUP(S)

School District No. 71 serves all children, from Grade Kindergarten to Grade Twelve that are a part of the public education system.

Students who are in Grade Four to Grade Twelve are the specific Target Group for receiving services and education regarding drugs and alcohol.

Students from Grade Six to Grade Nine are considered to be most vulnerable to and at the highest risk of being involved with drugs and alcohol.

STEPPING STONES RECOVERY HOUSE FOR WOMEN

A Registered Supportive Recovery Program

CONTACT

250-897-0360 – Between the hours of 8:30 AM and 3:00 PM

Fax: 250-897-0316

Website: www.steppingstonesrecoveryhouse.ca

Email: steppingstoneshouse@telus.net

MISSION STATEMENT

Motivated by the love of God and a deep concern for the needs of the addicted in our society, we are encouraged to help in the provision of compassionate and practical residential recovery assistance in a safe home for women.

When assisting women with addictions problems, we take a holistic approach at addressing their physical, spiritual, emotional and social needs.

MANDATE

Stepping Stones Recovery House for Women Society continues to offer hope, inspiration and a solution for women to heal from the affects of alcohol and drug addiction by providing a 3 to 6 month residential program. We take a holistic approach at addressing their physical, spiritual, emotional and social needs.

Our recovery strategies focus on 12-step principals, group therapy, and a growing understanding of a Power Greater than ourselves. Stepping Stones Recovery House provides a safe, supportive and caring home where women discover the tools necessary for lasting recovery.

SERVICES PROVIDED

- Minimum 3 month program (residential recovery program)
- Early Recovery Program through Mental Health & Addictions (VIHA)
- In-house 12-step program
- Fitness program at a women's gym
- Counselling services with a professional counsellor
- In-house Celebrate Recovery Program
- Women's AA meeting
- Sunday church attendance
- Weekly crafts

Stepping Stones Recovery House for Women is a six (6) bed residential treatment program located in the Comox Valley. Our goal is to give women an opportunity to heal from past wounds and strengthen them in their recovery from their alcohol and drug addiction so that they can obtain the healthy, happy life that they deserve.

HOW PEOPLE KNOW ABOUT STEPPING STONES RECOVERY HOUSE FOR WOMEN

- Website (www.steppingstonesrecoveryhouse.ca)
- Listed on sites on the internet

- Word of mouth
- Referrals from outside the community

TARGET GROUP

- Women, 19 and over who are dependent on drugs and/or alcohol.

SUBSTANCE ABUSE INTERVENTION PROGRAM

(St. Joseph's General Hospital)

CONTACT

250-339-1573 – Denise Ingram or Christine Knights
2137 Comox Avenue, Comox, BC, V9M 1P2
Email: Substance.Intervention@sjhcomox.ca

MANDATE

- Detoxification services
- Intervention in the hospital for those individuals who have identified problems with substance abuse.
- Education for the hospital and the community at large.
- Provide residential detoxification beds in the community (one for women, four for men).

WHAT THE SUBSTANCE ABUSE INTERVENTION PROGRAM DOES

- Identify substance misuse through assessment.
- Determine individual needs.
- Develop a plan of intervention.
- Work with the client in early recovery, residential or outpatient services.
- Provide a safe detoxification process.
- Initial (acute) withdrawal takes an average of one week, and can be extended to two weeks in the residential beds available.
- Follow-up during secondary withdrawal; this takes place after acute withdrawal.
- Assist clients in accessing community support and resources.
- Provide information about safe detoxification.

HOW PEOPLE KNOW ABOUT THE SUBSTANCE ABUSE INTERVENTION PROGRAM

- Word of mouth
- Physicians
- Emergency Department at the Hospital
- Various Community Agencies such as Probation Services, Mental Health & Addiction, Transition Society, AA, Salvation Army, AIDS VI
- Brochures, distributed throughout the community. There is no specific budget set aside for promotion. Any promotion-related costs, such as the brochures, come out of general operating funds.

TARGET GROUP

- Any patient admitted to St. Joseph's Hospital, who has been identified as having chemical dependency-related problems.
- Individuals in the community who need information and/or assistance regarding detoxification.
- Hospital staff (for Education)

Most of the clients are adults. There are some seniors. Some children access the services initially, but are then usually referred to various youth services in the community. Approximately fifty-five (55) new clients are seen each month. On average, twelve (12) clients actually go through detoxification in a month.

STAFFING

Two (2) Substance Abuse Intervention nurses

- Available seven (7) days a week Volunteers:
- Members of Alcoholics Anonymous provide transportation for men in detoxification.
- Members of Narcotics Anonymous, Alcoholics Anonymous, Al-Anon and other support groups visit clients while they are in the Hospital.

WACHIAY FRIENDSHIP CENTRE

250-338-7793

1625B McPhee Avenue (P.O. Box 3204),
Courtenay, BC, V9N 5N4

HOURS

Monday-Thursday, 9:00 am – 4:30 pm
Fridays, 9:00 am – 4:00 pm
The office is closed daily from noon – 1:00 pm

FASD Key Worker

CONTACT

Allison Abraham
250-338-7793

MANDATE

To provide support to families with children aged 0-19 who are living with or are suspected of living with FASD or other complex development behavioural conditions that are similar to FASD.

To provide support that is family-centred and needs determined. The approach is flexible and individualized. Accountability is to the family.

SERVICES PROVIDED

- One on one support to families (individualized to their specific needs) as they navigate through various systems (education, social services, health, financial resources, etc).
- Available, as required to meet with families and/or attend meetings and appointments with families.
- Assist families to interpret assessment results or meeting outcomes.
- A monthly support group for parents.
- Family nights.
- Working with the children/youth while they attend other programs offered by the Wachiay Friendship Centre.
- Home visits.
- Community education & awareness (workshops, guest speakers, etc.).
- FASD Awareness Day activities (September 9).

HOW PEOPLE KNOW ABOUT THE FASD KEYWORKER SERVICES

- No referrals are required for service.
- Ministry of Children & Family Development
- Comox Valley Child Development Association
- Through schools
- Other service agencies.

TARGET GROUP

- Children/youth (0-19) with FASD or other complex developmental behavioural conditions that are similar to FASD, and their families.

STAFFING

- One full-time FASD keyworker.
- Coordination with other staff at Wachiay Friendship Centre.

Youth Legacy FASD/FAE Awareness Program**CONTACT**

Daryle Mills/Erin Brillon

250-338-7793

E-mail: daryle@wachiay.com, erin@wachiay.com

MANDATE

1. Provide awareness and education for youth regarding alcohol particularly as it relates to fetal alcohol spectrum disorder and fetal alcohol effects.
2. Empower youth self esteem and leadership.
3. Increase healthy lifestyle choices.
4. Encourage/develop/enhance Aboriginal Identity, self respect and leadership among youth.
5. Edify Aboriginal Culture and traditions, and
6. Enhance awareness of FASD/FAE.

MAIN PRIORITIES

- Enhancement of already existing services.
- To provide an understanding of the effects of alcohol on an unborn baby.
- Increased self-esteem and confidence.
- Assertiveness and communication skills.
- Development of alternative interests (cultural, recreational and sports activities).
- Awareness of cultural heritage.
- Positive mentorship.
- To advertise the program.
- To set up a library to provide information on FAS/FAE prevention.

SERVICES PROVIDED

- Youth facilitators
- Weekly outings
- Workshops
- Youth Council (meets weekly or bi-weekly to plan activities)
- Cultural, recreational and sports activities
- Transportation to and from workshops
- Attendance to FAS/FAE conferences
- Nutritional component
- Elder-facilitated workshops

- Guest facilitators
- Production of videos, brochures, posters

HOW PEOPLE KNOW ABOUT THE YOUTH LEGACY PROJECT

- Through Wachiay Friendship Centre
- Through Wachiay School (School District No. 71)
- Advertising
- Letters to youth through the local schools

TARGET GROUP

- Urban aboriginal youth, between the ages of seven (7) and eighteen (18) years of age.

STAFFING

The Legacy Project has one (1) full-time Project Coordinator and two (2) part-time facilitators.