

# RÉPERTOIRE DES RESSOURCES EN DEPENDANCES

**2022-2023**

*For staff who work in addictions and  
the people of the Outaouais region*



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## Acknowledgements

We would like to thank everyone who contributed to the revision of the *2022-2023 Addiction Resources Directory*. We are proud of this collaboration, which goes towards developing a common vision in addiction prevention for the benefit of the entire population of the Outaouais. This work could not have been done without the generous and sustained participation of the members of the various community organizations, partners, and committees established, including the *Comité régional en prévention des dépendances (CRPD)*, nor without the contribution, in various capacities, of many people who work at the Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais.

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## Introduction

### Prevention at the heart of our actions!

Addiction to alcohol, cannabis and other drugs, tobacco and vaping products, problematic use of the Internet and screens, or gambling, can affect not just the individual, but also their loved ones, their living environment, and society as a whole. In Outaouais, we are aware that addiction is a problem that concerns us all, socially and collectively.

With the collaboration, commitment and contribution of a set of cross-sectoral partners, the Public Health Branch (PHB) of the Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais has taken the responsibility of assuming leadership by promoting the combined efforts of the various players involved by facilitating a regional collaboration, the *Comité régional en prévention des dépendances (CRPD)*. This committee's strength is largely based on the mutual recognition of the expertise of the organizations or partners that compose it, and the involvement and commitment of each one. Knowledge of the addiction prevention and treatment resources available in the region, as well as understanding the role and services offered by each partner, helps to better directing people to the right service, at the right time, provided by the right person. This facilitates resource optimization and the synergistic work of the partners involved in the CRPD, but also of a set of other partners, especially the schools, communities and municipalities in support of their various initiatives.

### The 2022-2023 Outaouais Addiction Resources Directory is renewed!

The territorial and regional service offerings of community organizations with a mandate in addiction prevention are presented and followed by those pertaining to the addiction treatment services offered at the CISSS de l'Outaouais. To facilitate the search for services and populations served by these organizations or the CISSS de l'Outaouais, a summary table has been added at the beginning of the document.

Two new sections appear in the *2022-2023 Addiction Resources Directory*. One pertains to the *Information Sources for Staff Who Work in Addictions*, which lists such things as organizations, associations, Centers and research groups that provide relevant and current information about addictions, intervention approaches, or training. The other section, called *Assistance and Information Resources for the People of the Outaouais*, makes it easier to find help when a person has concerns about him/herself or a loved one with respect to an addiction. Along with this section, icons illustrating the various services offered makes it easier to identify them.

This new *2022-2023 Addiction Resources Directory* is the outcome of considerable reflection, mobilization and a common desire to prevent addictions in the Outaouais and support anyone affected by addiction to find the help they need.

Public Health Department  
CISSS de l'Outaouais  
CRPD











## Service Offerings and Population Served by Community Organizations and the CISSS of Outaouais

Ressources en dépendances	Population cible					Actions								Type de dépendances				
	18-17 ans	18-24 ans	25-64 ans	65 ans et plus	Membres de l'entourage	Promotion	Prévention	Sensibilisation	Intervention	Détermination	Évaluation	Analyse de substances	Rédaction des méfaits	Alcool	Drogues	Tailler et vaporiser	Jeu d'argent et de hasard	utilisation problématique d'internet et des écrans
<b>Territoire du Pontiac</b>																		
Maison des jeunes du Pontiac	X					X	X	X					X	X	X	X	X	X
Le jardin éducatif du Pontiac	X					X	X	X	X				X	X	X	X	X	X
<b>Territoire de la Vallée-de-la-Gatineau</b>																		
Mani-Jeunes-Maison des jeunes	X					X	X	X	X		X		X	X	X	X	X	X
Jeunesse sans frontières de la Vallée-de-la-Gatineau	X					X	X	X	X		X		X	X	X	X	X	X
<b>Territoire de la Vallée-de-la-Lièvre et de la Petite-Nation</b>																		
Prévention C.E.S.A.R (Petite-Nation)	X				X	X	X	X	X					X	X	X		X
SOS Contact AL-TO (Vallée-de-la-lièvre)	X	X	X	X	X	X	X	X	X				X	X	X	X	X	X
<b>Territoire des Collines-de-L'Outaouais</b>																		
Maison des jeunes Le Mashado	X				X	X	X	X	X		X		X	X	X			X
<b>Territoire de Gatineau</b>																		
Adojeune Inc.	X	X			X	X	X	X	X				X	X	X	X		X
<b>Région de l'Outaouais</b>																		
<b>Organismes communautaires ayant un mandat régional</b>																		
A.P.T.A.F.O	X	X	X	X		X	X	X	X		X		X	X	X	X	X	X
CIPTO	X	X	X	X	X		X	X	X		X	X	X	X	X			
<b>Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais</b>																		
Services d'intervention précoce en dépendance		X	X	X			X	X	X		X		X	X	X		X	
ALCOHOIX+/MES CHOIX-ALCOOL (Services aux adultes)		X	X	X		X	X	X	X		X		X					
Programme régional d'évaluation spécialisée (PRÉS) en Dépendance - adultes		X	X	X	X			X	X		X		X	X		X		
Réadaptation spécialisée en dépendance-services externes-adultes		X	X	X	X			X	X		X		X	X		X		
Clinique Parachute - sevrage en ambulatoire et traitement de la dépendance aux opioïdes		X	X	X				X	X	X	X		X	X	X			
Service de réadaptation intensive - Externe Adultes (RIVE)		X	X	X				X	X		X		X	X		X		
service en dépendance avec hébergement - Adultes		X	X	X				X	X		X		X	X	X	X		
Service de réadaptation spécialisée en dépendance - service externe-jeunesse	X				X			X	X		X		X	X		X	X	
Service de réadaptation spécialisée en dépendance - service externe intensif - jeunesse	X	X						X	X				X	X		X	X	
Service de réadaptation intensive avec hébergement-Jeunesse	X								X	X			X	X	X	X	X	

## Icons of services offered by community organizations and the CISSS de l'Outaouais

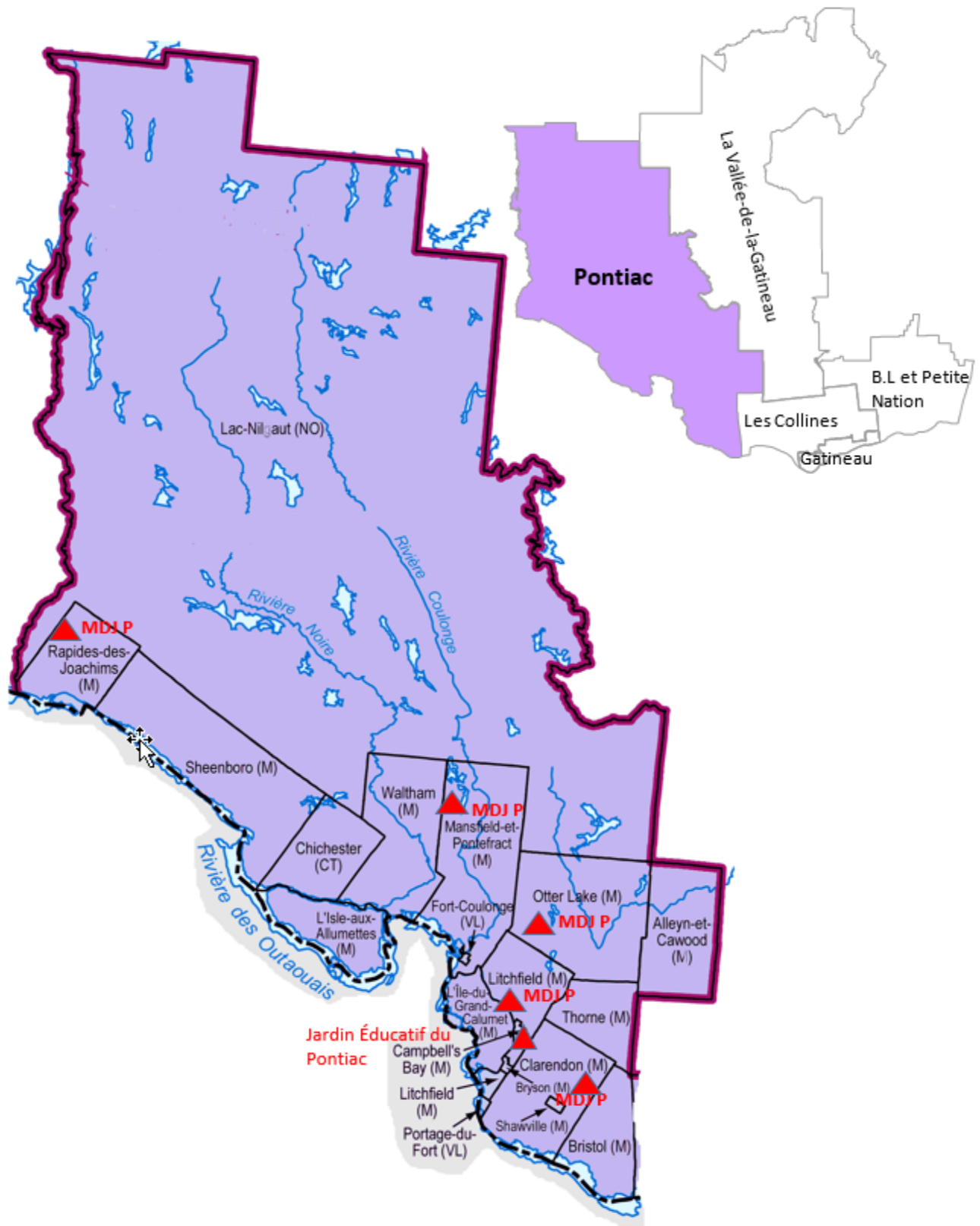
The following icons are intended to quickly identify targeted addictions and services offered by community organizations, as well as those offered by the CISSS de l'Outaouais.



The icons appear in the service offering of organizations carrying out a primary mandate in addiction prevention, in the services offered by the CISSS de l'Outaouais, and in the new section called *Assistance and Information Resources for the People of the Outaouais*.

	Alcohol		HIV-AIDS
	Drugs		Injection equipment
	Gambling		Telephone helpline, in person, or by texting
	Internet and screens		Services offered in French
	Tobacco and vaping		Services offered in English


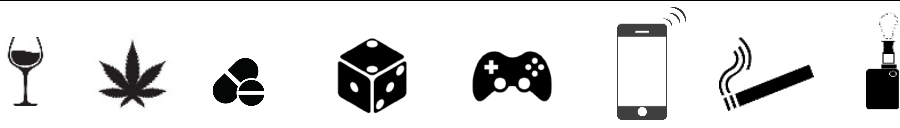


## PONTIAC AREA

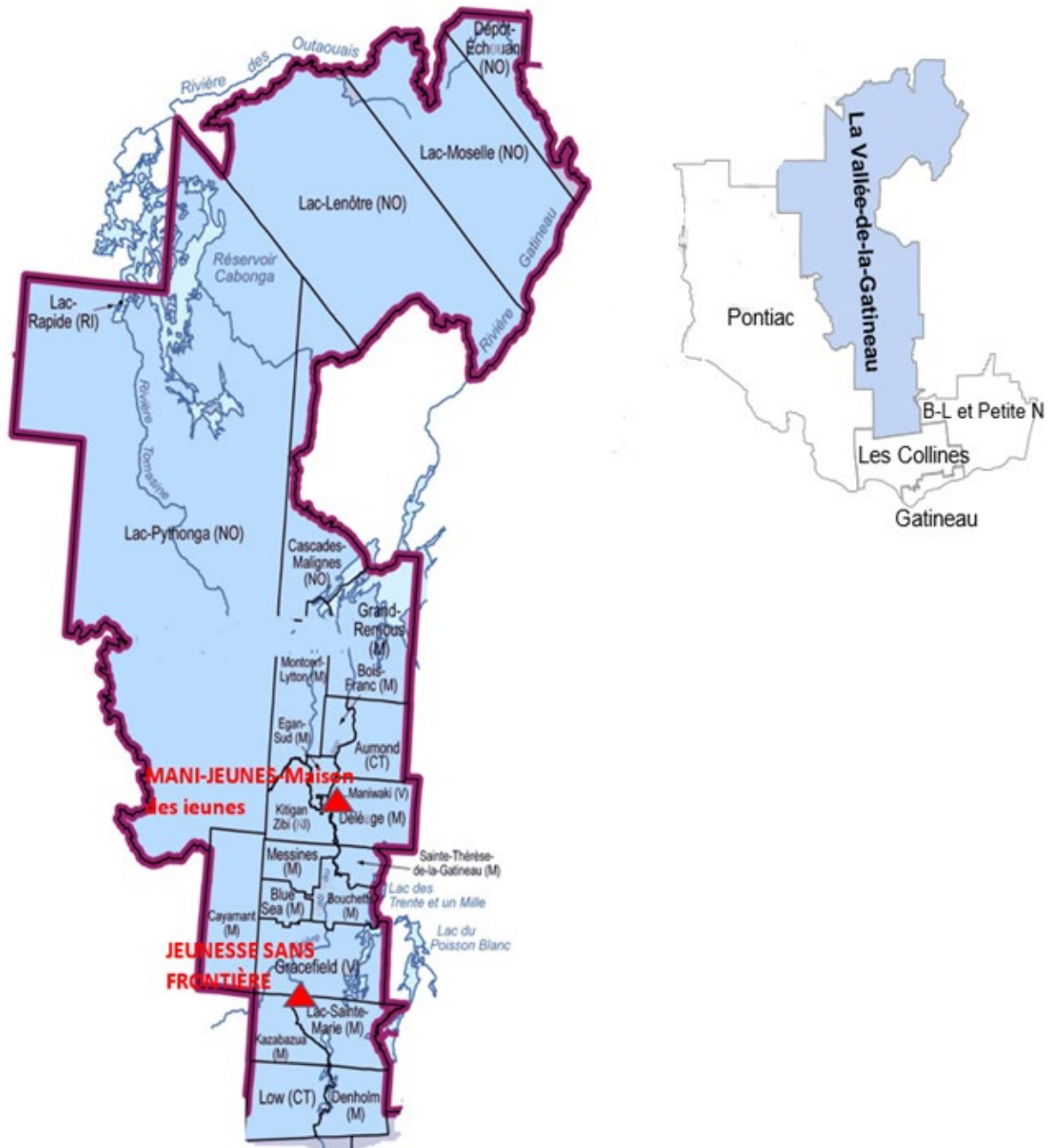


	<b>MAISONS DES JEUNES DU PONTIAC (ADDICTION PREVENTION COMPONENT)</b>
<b>ADDICTIONS TARGETED</b>	
<b>MANDATE OBJECTIVES</b>	<p>Maisons des jeunes du Pontiac is a recognized as a non-profit, charitable organization that provides four support locations for children and adolescents in Pontiac: Rapides-des-Joachims, Mansfield, Shawville and Campbell's Bay.</p> <p>Our youth centres define themselves as a youth and adult association whose mission is to serve as a space for facilitated meetings where young people, mainly aged 6 to 17, in contact with significant adults, can become thinking, active and responsible citizens.</p>
<b>TARGET POPULATION</b>	<ul style="list-style-type: none"> <li>• Young people aged 6 to 17</li> </ul>
<b>PROGRAM/ACTIVITIES</b>	<ul style="list-style-type: none"> <li>• 4 facilitation spaces/youth centre</li> <li>• 3-day camps</li> <li>• Youth cooperative</li> <li>• Inter-municipal sports program coordination</li> <li>• School-based prevention and awareness program at the primary level and within the community</li> <li>• Seasonal activities programming</li> </ul>
<b>ACCESS METHODS</b>	<ul style="list-style-type: none"> <li>• Open activities</li> <li>• Activities with registration</li> <li>• In-class visits in order to hold prevention and awareness workshops</li> </ul>
<b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b>	<ul style="list-style-type: none"> <li>• Young people aged 6 to 17</li> <li>• The addiction prevention and awareness program is intended for young people in school, namely students in Grades 5 and 6.</li> <li>• Prevention and awareness workshops are offered at our youth centres with people aged 10 to 17.</li> </ul>
<b>CONSULTATIVE FORUMS (that the organization/service participates in)</b>	<ul style="list-style-type: none"> <li>• Comité régional en prévention des dépendances (CRPD)</li> </ul>
<b>CONTACT INFORMATION</b>	<p>The operations of our Pontiac youth centres service points:</p> <p><b>Administrative office</b>  Address: 298 A, Principale St., Mansfield QC J0X 1R0  Phone: 819 683-1044  Fax: 819 683-2669</p>

	<p>Email: <a href="mailto:info@mdjpontiac.com">info@mdjpontiac.com</a>  Hours of operation:  <ul style="list-style-type: none"> <li>Monday to Friday: 8 a.m. to 4 p.m.</li> </ul> General Manager: Stéphane Durocher  Bookkeeper: Mariette Philippe  Coordination team: Désirée Tremblay and Kelsey Daly</p> <p><b><u>Points of service:</u></b></p> <p><b>Shawville</b>  Pontiac High School, 455 Maple St., Shawville QC J0X 2Y0  Phone: 819 647-2244  Email: <a href="mailto:info@mdjpontiac.com">info@mdjpontiac.com</a>  Hours of operation:  <ul style="list-style-type: none"> <li>Monday to Friday: 11:30 a.m. to 12:30 p.m.</li> <li>Monday to Friday: 3:00 to 8:00 p.m.</li> </ul> Facilitators in charge: Desirée Tremblay and Alyssa Boughner</p> <p><b>Campbell's Bay</b>  4 Patterson St., Campbell's Bay QC J0X 1K0  Email: <a href="mailto:info@mdjpontiac.com">info@mdjpontiac.com</a>  Hours of operation:  <ul style="list-style-type: none"> <li>Wednesday to Friday: 3:00 to 9:00 p.m.</li> </ul> Facilitator in charge: Alyssa Boughner</p> <p><b>Mansfield</b>  298 A Principale St., Mansfield QC J0X 1R0  Phone: 819 683-1044  Fax: 819 683-2669  Email: <a href="mailto:info@mdjpontiac.com">info@mdjpontiac.com</a>  Hours of operation:  <ul style="list-style-type: none"> <li>Monday and Tuesday: 3:30 to 8:30 p.m.</li> <li>Wednesday and Thursday: 3:30 to 9:00 p.m.</li> <li>Friday: 3:30 to 10:00 p.m.</li> <li>Saturday: 1:00 to 10:00 p.m.</li> <li>Sunday: 1:00 to 5:00 p.m.</li> </ul> Facilitators in charge: Alexie Durocher and Nicolas Durocher</p> <p><b>Rapides-des-Joachims</b>  54 Église St., Rapides-des-Joachims QC J0X 3M0  Phone: 613 586-2370  Email: <a href="mailto:info@mdjpontiac.com">info@mdjpontiac.com</a>  Hours of operation:  <ul style="list-style-type: none"> <li>Monday to Thursday: 5:00 to 9:00 p.m.</li> </ul> *Hours of operation may vary based on time of year and the programming.</p>
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	<p style="text-align: center;"><b>JARDIN ÉDUCATIF DU PONTIAC (ADDICTION PREVENTION COMPONENT)</b></p>
<p><b>ADDICTIONS TARGETED</b></p>	
<p><b>MANDATE OBJECTIVES</b></p>	<p>The mission of the Jardin éducatif du Pontiac is to provide rehabilitation services to young residents of Pontiac (anglophones and francophones) aged 8 to 17 who are having school, social and family integration and adaptation difficulties. This mission is carried out through rewarding activities with the aim of providing these young people with healthier school, social, and family reintegration. Also, specific addiction awareness and prevention activities have been added to the service offering in schools and during the summer camp.</p>
<p><b>TARGET POPULATION</b></p>	<p>The substance abuse prevention mandate of the Jardin éducatif du Pontiac targets young people aged 8 to 17 who are having school, social, and family integration and adaptation difficulties. The activities are particularly intended to develop young people's personal and social skills, such as their ability to make responsible lifestyle choices and their ability to manage social influences.</p>
<p><b>PROGRAM ACTIVITIES</b></p>	<p>A specific addiction prevention program will be deployed in schools. Also, awareness workshops will be offered as part of the summer camp.</p>
<p><b>ACCESS METHODS</b></p>	<ul style="list-style-type: none"> <li>• For the summer program, through a referral from the CISSS of Outaouais, the Youth Programs Branch (YPB), schools, or our own workers.</li> <li>• For the school programs, primarily through a referral from the schools.</li> <li>• Can also be referred by the CISSS of Outaouais or the YPB (less frequent).</li> </ul>
<p><b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b></p>	<ul style="list-style-type: none"> <li>• Young people aged 8 to 17 who are having school, social, and family integration and adaptation difficulties.</li> <li>• Exclusion criteria, on a case-by-case basis, as applicable. (Very rare)</li> </ul>
<p><b>CONSULTATIVE FORUMS (that the organization/service participates in)</b></p>	<ul style="list-style-type: none"> <li>• Comité régional en prévention des dépendances (CRPD)</li> </ul>
<p><b>CONTACT INFORMATION</b></p>	<p>3 McCuaig St. – Box 29, Campbell's Bay QC J0X 1K0 Phone: 819-648-5402- email: <a href="mailto:direction@jepontiac.org">direction@jepontiac.org</a></p>



## VALLÉE-DE-LA-GATINEAU AREA





## MANI-JEUNES – YOUTH CENTRE (ADDICTION PREVENTION COMPONENT)

<b>ADDICTIONS TARGETED</b>	       
<b>MANDATE OBJECTIVES</b>	<p>Youth centre offering addiction prevention workshops.</p> <ul style="list-style-type: none"> <li>• To create passions in young people (alternatives to substance use)</li> <li>• To promote health</li> <li>• To encourage non-use with a zero-tolerance policy</li> <li>• To raise awareness of the services offered in the region pertaining to addictions, and to provide referrals to specialized services</li> </ul>
<b>TARGET POPULATION</b>	<ul style="list-style-type: none"> <li>• Young people aged 11 to 17</li> </ul>
<b>PROGRAM ACTIVITIES</b>	<ul style="list-style-type: none"> <li>• Workshops at the youth centre on preventing addictions / reducing the risk of substance use</li> <li>• Activities for Addiction Prevention Week</li> <li>• Workshops in elementary and secondary schools with the A.D.O.S. program</li> <li>• Awareness and prevention at the youth centre and in schools</li> </ul>
<b>ACCESS METHODS</b>	<ul style="list-style-type: none"> <li>• Facilitating workshops at the youth centre</li> <li>• In-class visits for holding prevention and awareness workshops</li> <li>• Service offering sent annually to principals of the Cité étudiante de la Haute-Gatineau (high school) and to elementary schools of the Le Rucher institutions to inform them about the addiction prevention workshops offered</li> </ul>
<b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b>	<ul style="list-style-type: none"> <li>• Young people aged 11 to 17</li> <li>• Be a student in a school that receives the prevention program offered by Mani-Jeunes</li> </ul>
<b>CONSULTATIVE FORUMS (that the organization/service participates in)</b>	<ul style="list-style-type: none"> <li>• Comité régional en prévention des dépendances (CRPD)</li> <li>• Vallée-de-la-Gatineau social development tables</li> <li>• Regional committee of the Regroupement des Maisons des Jeunes de l'Outaouais</li> </ul>
<b>CONTACT INFORMATION</b>	<p>86 Roy St., Maniwaki QC J9E 3G9          Phone: 819-449-6609          Email: direction@mani-jeunes.ca</p>



	<b>JEUNESSE SANS FRONTIÈRES DE LA VALLÉE-DE-LA-GATINEAU (ADDICTION PREVENTION COMPONENT)</b>
<b>ADDICTIONS TARGETED</b>	
<b>MANDATE OBJECTIVES</b>	<p>Youth centre offering educational and community involvement programs. Health promotion and addiction prevention services for young people aged 12 to 17 and their parents.</p>
<b>TARGET POPULATION</b>	<ul style="list-style-type: none"> <li>• Young people aged 12 to 17</li> <li>• Young people at risk of or struggling with addiction problems</li> </ul>
<b>PROGRAM ACTIVITIES</b>	<ul style="list-style-type: none"> <li>• Addiction prevention workshops</li> <li>• Addiction prevention week</li> <li>• One-on-one support, referrals to specialized services</li> <li>• Health promotion and development of personal skills, self-esteem, identity building</li> <li>• Awareness and prevention</li> </ul>
<b>ACCESS METHODS</b>	<ul style="list-style-type: none"> <li>• Register at the youth centre</li> </ul>
<b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b>	<ul style="list-style-type: none"> <li>• Young people aged 12 to 17</li> </ul>
<b>CONSULTATIVE FORUMS (that the organization/service participates in)</b>	<ul style="list-style-type: none"> <li>• Vallée-de-la-Gatineau social development table (addiction and domestic and sexual violence committee)</li> <li>• Comité régional en prévention des dépendances (CRPD)</li> </ul>
<b>CONTACT INFORMATION</b>	<p>119 Saint-Joseph St., Gracefield QC J0X 1W0  Phone: 819-463-4030 (youth centre)  819-208-6556 (management)  Email: <a href="mailto:info@jsfvg.com">info@jsfvg.com</a></p>





## LA-VALLÉE-DE-LA-LIÈVRE ET LA PETITE-NATION AREA

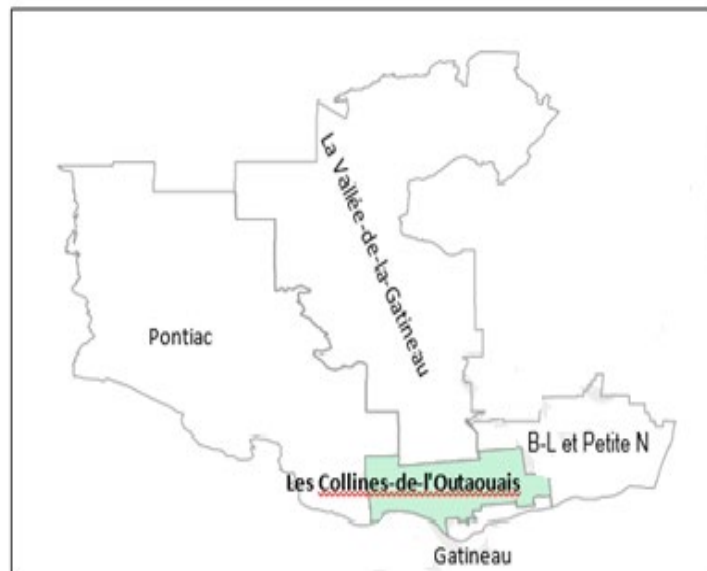












	<b>PRÉVENTION CÉSAR (PETITE-NATION) (ADDICTION PREVENTION COMPONENT)</b>
<b>ADDICTIONS TARGETED</b>	
<b>MANDATE OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• To organize prevention workshops (Secondary I and II) aimed at developing students' addiction protection factors</li> <li>• To decrease their need to resort to using psychoactive substances (PAS), to delay the age of first PAS use</li> <li>• To organize workshops at the upper level (Secondary III, IV and V) aimed at developing students' addiction protection factors, reducing the risks associated with PAS use</li> <li>• To provide first-line intervention (individual and their friends and family)</li> <li>• To provide school-based intervention</li> <li>• To empower the staff, provide specific training, increase knowledge</li> <li>• To support the intervention activities team and raise young people's awareness about certain topics at the youth centres</li> </ul>
<b>TARGET POPULATION</b>	<ul style="list-style-type: none"> <li>• Young people aged 11 to 17</li> </ul>
<b>PROGRAM ACTIVITIES</b>	<ul style="list-style-type: none"> <li>• A.D.O.S. - Ongoing school-based program on preventing substance abuse and other addictions (Elementary)</li> <li>• A.D.O.S. - Ongoing school-based program on preventing substance abuse and other addictions (Secondary)</li> <li>• First-line intervention: Usage assessment, referral, coaching, retention of acquired knowledge</li> <li>• School-based intervention: Usage assessment; referral; coaching; monitoring; reflection and discussion following a return from suspension</li> </ul>
<b>ACCESS METHODS</b>	<ul style="list-style-type: none"> <li>• Call the organization: Prévention CÉSAR (Petite-Nation)</li> <li>• Self-referral, referral by a worker or parent</li> </ul>
<b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b>	<ul style="list-style-type: none"> <li>• Be a student in a school that receives the program</li> <li>• For first-line intervention: Be a resident of Petite-Nation or referred by a youth service corps (for a teen or a near-teen)</li> <li>• For school-based intervention: Enter into an agreement with the organization</li> </ul>
<b>CONSULTATIVE FORUMS (that the organization/service participates in)</b>	<ul style="list-style-type: none"> <li>• Governing board of Louis-Joseph Papineau high school</li> <li>• Comité régional en prévention des dépendances (CRPD) (Table régionale des organismes en dépendances de l'Outaouais)</li> <li>• Social development table of Papineau</li> <li>• The AQCID's standing committee on prevention</li> </ul>
<b>CONTACT INFORMATION</b>	<p>168 Jeanne d'Arc St., Papineauville QC J0V 1R0  Phone: 819-308-1010, ext. 103  Email: <a href="mailto:infotoxico@preventioncesar.ca">infotoxico@preventioncesar.ca</a></p>

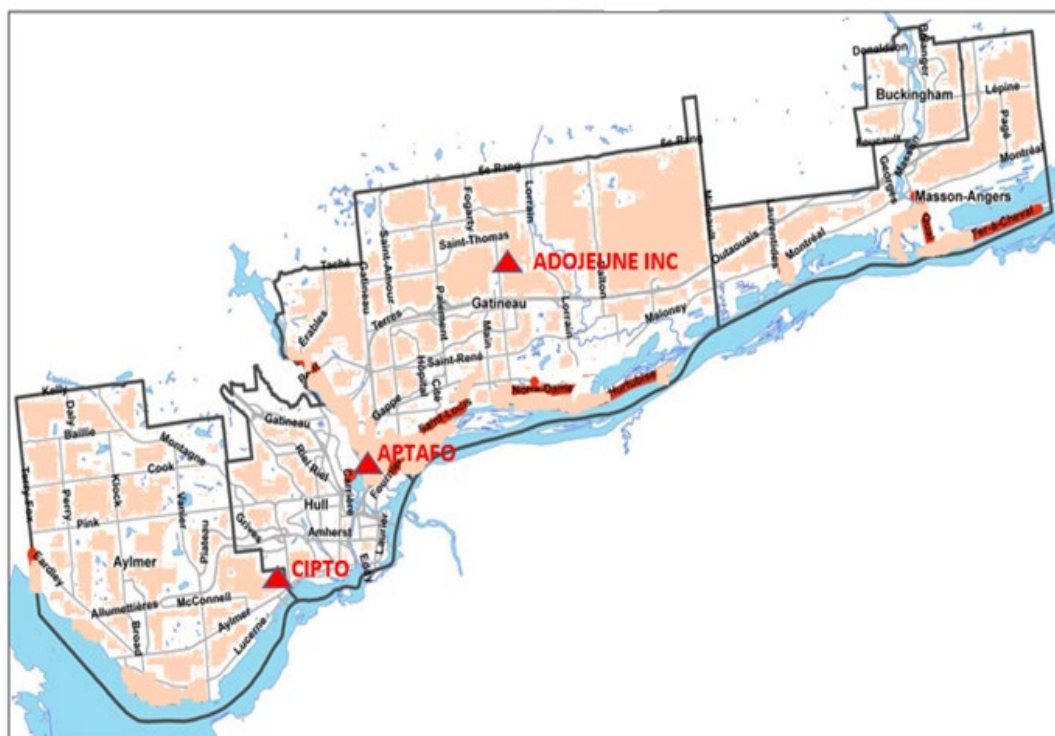
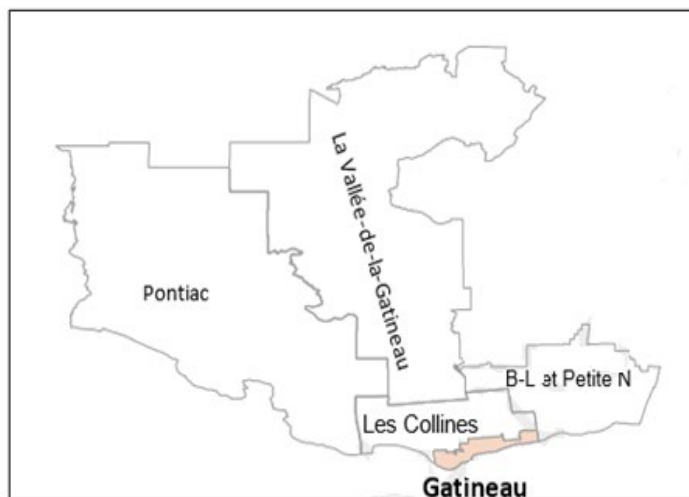
	<b>SOS CONTACT AL-TO (VALLÉE-DE-LA-LIÈVRE) (ADDICTION PREVENTION COMPONENT)</b>
<b>ADDICTIONS TARGETED</b>	
<b>MANDATE OBJECTIVES</b>	<ul style="list-style-type: none"> <li>Addiction prevention and education through risk and harm reduction</li> <li>Assistance and support service for people grappling with addiction problems</li> <li>To provide a support and referral service</li> <li>Development of the service offering with the Centre de service scolaire au Cœur-des-Vallées (CSSCV)</li> </ul>
<b>TARGET POPULATION</b>	<ul style="list-style-type: none"> <li>Young people aged 10 to 12</li> <li>Young people aged 12 to 17</li> <li>Young adults aged 18 to 25</li> <li>Families and other adults</li> </ul>
<b>PROGRAM ACTIVITIES</b>	<ul style="list-style-type: none"> <li>Social/phone reception</li> <li>Youth and family intervention</li> <li>Interventions in the hallways and the grounds near ESHG</li> <li>Facilitation of workshops (prevention/education), first-line intervention, and presence at the youth centres in Vallée-de-la-Lièvre (Gatineau east, Thurso)</li> <li>Development of training and workshops for workers and users of the local community organizations (Vallée-de-la-Lièvre).</li> <li>Lunch-hour activity for Grade 5 and 6 students of École primaire des 4 vents (Passe-Ados program)</li> </ul>
<b>ACCESS METHODS</b>	<ul style="list-style-type: none"> <li>Meeting with management and the relief worker of ESHG</li> <li>Consultation with the TES and the Principal of École primaire des 4 vents</li> <li>Tour of the local community organizations (Vallée-de-la-Lièvre)</li> <li>Presence of the community worker (parks, woodlots, streets, schools), for 10 to 25 year olds, in addiction prevention and who are homeless.</li> <li>People can call, write an email, or come in to book an appointment (strong presence on social media)</li> <li>Referrals from partners are accepted (no form to fill out)</li> </ul>
<b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b>	<ul style="list-style-type: none"> <li>None</li> </ul>
<b>CONSULTATIVE FORUMS (that the organization/service participates in)</b>	<ul style="list-style-type: none"> <li>Comité régional en prévention des dépendances (CRPD)</li> <li>Social development table of Basse-Lièvre</li> <li>Involvement in the area's consultation committees (food security, homelessness, staying in school, social development)</li> </ul>
<b>CONTACT INFORMATION</b>	948 Georges St., Gatineau QC J8L 2E5 Phone: 819-281-2570 / Email: <a href="mailto:soscontact@hotmail.com">soscontact@hotmail.com</a>






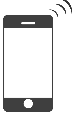


### COLLINES-DE-L'OUTAOUAIS AREA



	<b>LE MASHADO YOUTH CENTRE (ADDICTION PREVENTION COMPONENT)</b>	
<b>ADDICTIONS TARGETED</b>	   	  
<b>MANDATE OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• To do prevention and awareness-raising with young people about healthy lifestyles</li> <li>• To reduce the risks and harms associated with drug, alcohol, tobacco, and vaping use in young people</li> <li>• To develop tailored and personalized intervention plans based on young people's needs</li> </ul>	
<b>TARGET POPULATION</b>	<ul style="list-style-type: none"> <li>• Young people aged 12 to 17</li> <li>• Children aged 6 to 12 (as needed in primary schools)</li> </ul>	
<b>PROGRAM ACTIVITIES</b>	<ul style="list-style-type: none"> <li>• A.D.O.S program (addiction prevention in schools)</li> <li>• Participation and delivery of awareness and prevention workshops/activities about tobacco use, substance abuse, Internet addiction, and bullying</li> <li>• Involvement in regional awareness and prevention theme-based weeks and days</li> <li>• One-on-one and group interventions with young people</li> <li>• Presence of the youth worker at Des Lacs high school</li> </ul>	
<b>ACCESS METHODS</b>	<ul style="list-style-type: none"> <li>• The young person must be a member of Le Mashado (free registration)</li> </ul>	
<b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b>	<ul style="list-style-type: none"> <li>• Young people aged 6 and 17</li> </ul>	
<b>CONSULTATIVE FORUMS (that the organization/service participates in)</b>	<ul style="list-style-type: none"> <li>• Comité régional en prévention des dépendances (CRPD)</li> <li>• Des Lacs table</li> </ul>	
<b>CONTACT INFORMATION</b>	8 Optimistes Rd., La Pêche QC J0X 2W0 Phone: 819-456-1100 Email address: <a href="mailto:prevention.toxico@gmail.com">prevention.toxico@gmail.com</a>	

## GATINEAU AREA



	<p style="text-align: center;"><b>ADOJEUNE INC.</b> <b>(ADDICTION PREVENTION COMPONENT)</b></p>
<p style="text-align: center;"><b>ADDICTIONS TARGETED</b></p>	<div style="text-align: center;">        </div>
<p style="text-align: center;"><b>MANDATE OBJECTIVES</b></p>	<p><b><u>Stream 1: Adojeune addiction prevention</u></b></p> <ul style="list-style-type: none"> <li>• To prevent the risks associated with the use of psychoactive substances and with Internet addiction in primary and secondary school students and at the youth centres</li> <li>• To run workshops/activities to support the development of personal and social skills and promote healthy lifestyles</li> <li>• To educate and inform the community about drugs and addictions</li> <li>• To enable discussions and to inform parents and workers through conferences on adolescence-related topics</li> <li>• To provide prevention tools (conflict management, stress management, awareness videocasting and podcasting, etc.)</li> </ul> <p><b><u>Stream 2: L'Appart Adojeune 24/7</u></b></p> <ul style="list-style-type: none"> <li>• Regional emergency housing 24/7</li> <li>• To intervene in prevention, referrals and coaching with young people in housing</li> <li>• Information about the addiction-related risks of substance use as well as the resources available to young people and parents</li> </ul> <p><b><u>Stream 3: Street work</u></b></p> <ul style="list-style-type: none"> <li>• To provide a meaningful presence in places most visited by teens and young adults</li> <li>• Public education, harm reduction, referrals and coaching</li> </ul>
<p style="text-align: center;"><b>TARGET POPULATION</b></p>	<p><b><u>Stream 1: Adojeune addiction prevention</u></b></p> <ul style="list-style-type: none"> <li>• Young people aged 10 to 17</li> <li>• Parents, workers</li> </ul> <p><b><u>Stream 2: L'Appart Adojeune 24/7</u></b></p> <ul style="list-style-type: none"> <li>• Young people aged 13 to 17</li> <li>• Parents</li> </ul> <p><b><u>Stream 3: Street work</u></b></p> <ul style="list-style-type: none"> <li>• Young people aged 12 and young adults</li> </ul>

<p><b>PROGRAM ACTIVITIES</b></p>	<p><b><u>Stream 1: Adojeune addiction prevention</u></b></p> <ul style="list-style-type: none"> <li>• Addiction prevention workshops for Grades 5 and 6, including Internet addiction (Le Grand Chemin) and the Dévelop'Action Program (Action Toxicomanie)</li> <li>• Addiction prevention workshops in high schools, including Internet addiction (Le Grand Chemin) and turnkey workshops (Liberté de Choisir)</li> <li>• Training of volunteers, interns and workers</li> <li>• Conferences/kiosks</li> <li>• Other one-time activities, as requested</li> </ul> <p><b><u>Streams 2 and 3: L'Appart Adojeune 24/7 and Street work</u></b></p> <ul style="list-style-type: none"> <li>• Referrals</li> <li>• Coaching</li> <li>• Family mediation</li> </ul>
<p><b>ACCESS METHODS</b></p>	<p><b><u>Stream 1: Adojeune addiction prevention</u></b></p> <ul style="list-style-type: none"> <li>• Letter sent annually to principals of the elementary and high schools of the Centre de services scolaires des Draveurs (CSSD) to inform them about the workshops and conferences, followed by a timetable being sent for scheduling workshops</li> <li>• Advertising of the events organized by Adojeune via email to the principals, teaching staff, and workers at the CSSD's schools</li> <li>• Broadcasting the events among organizations, on our social media and website</li> </ul> <p><b><u>Stream 2: L'Appart Adojeune 24/7</u></b></p> <ul style="list-style-type: none"> <li>• Housing</li> </ul> <p><b><u>Stream 3: Street work</u></b></p> <ul style="list-style-type: none"> <li>• Ties established with the street worker</li> </ul>
<p><b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b></p>	<p><b><u>Stream 1: Adojeune addiction prevention</u></b></p> <ul style="list-style-type: none"> <li>• CSSD elementary schools</li> <li>• Public and/or private high schools that request it</li> <li>• Be parents/youth workers</li> </ul> <p><b><u>Stream 2: L'Appart Adojeune 24/7</u></b></p> <ul style="list-style-type: none"> <li>• Housed youth and their parents</li> </ul> <p><b><u>Stream 3: Street work</u></b></p> <ul style="list-style-type: none"> <li>• Young people aged 12 to 25 (at risk)</li> </ul>

<p><b>CONSULTATIVE FORUMS</b> (that the organization/service participates in)</p>	<ul style="list-style-type: none"> <li>• Comité régional en prévention des dépendances (CRPD) and working sub-committee</li> <li>• Collectif régional de lutte à l'itinérance en Outaouais (CRIO)</li> <li>• The community is represented on the Intersectoral Steering Committee on Homelessness</li> <li>• Comité vers un chez-soi (homelessness organization in the Outaouais)</li> <li>• Comité Gatineau Ouest (C-GO)</li> <li>• Regroupement des auberges du Coeur-du-Québec</li> <li>• Table régionale des organismes communautaires autonomes (TROCAO)</li> </ul>
<p><b>CONTACT INFORMATION</b></p>	<p><b>Stream 1: Adojeune addiction prevention</b>  22 Auvergne St., Gatineau QC J8T 6J8  819-568-4499 <a href="mailto:coordotoxico@adojeune.org">coordotoxico@adojeune.org</a> or <a href="mailto:adojeuneinc@videotron.ca">adojeuneinc@videotron.ca</a></p> <p><b>Streams 2 and 3: L'Appart Adojeune 24/7 and Street Work</b>  819-205-7204 <a href="mailto:coordoappart@adojeune.org">coordoappart@adojeune.org</a>  819-921-6165 (Emergency)  819-598-8818 Street worker</p>

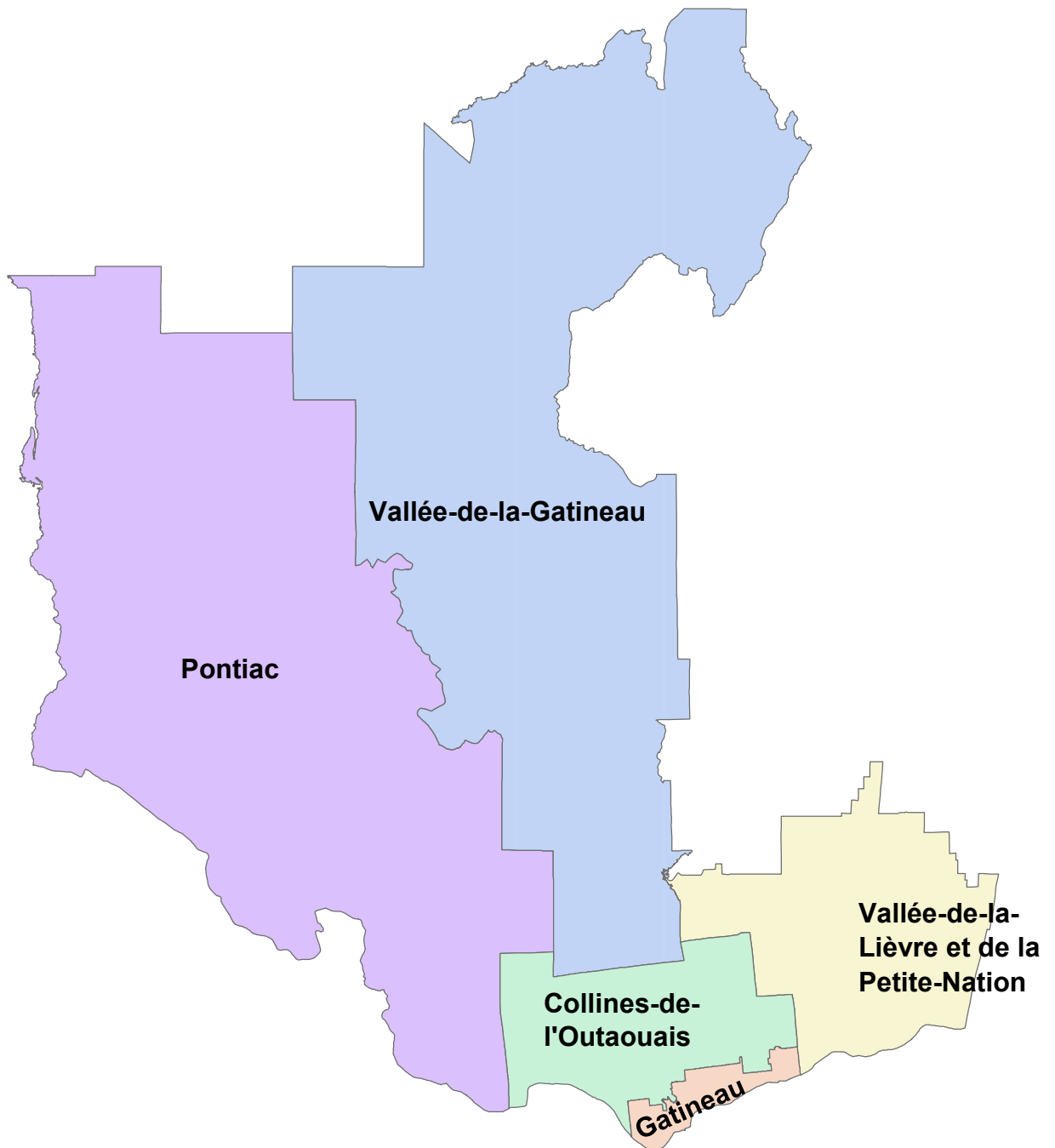


## OUTAOUAIS REGION



Community organizations with a regional mandate  
Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais

Adult services


Youth services



## Community organizations with a regional mandate






	<p style="text-align: center;"><b>A.P.T.A.F.O</b>  <b>ASSOCIATION POUR LA PRÉVENTION DE LA TOXICOMANIE  ET DE L'ALCOOLISME CHEZ LES FEMMES DE L'OUTAOUAIS</b></p>
<p style="text-align: center;"><b>ADDICTIONS TARGETED</b></p>	
<p style="text-align: center;"><b>MANDATE OBJECTIVES</b></p>	<ul style="list-style-type: none"> <li>• To provide women in the region with a service for support, information, listening, assistance, and coaching</li> <li>• To develop and implement awareness and prevention programmes for problems with addiction, substance abuse, alcoholism, and addiction development</li> <li>• To encourage women to take charge of their overall health</li> <li>• To raise the community's awareness of and inform them about the phenomenon of addictions and addiction development in women</li> <li>• To promote partnerships through cooperation and collaboration among organizations that work with people struggling with an addiction problem</li> </ul>
<p style="text-align: center;"><b>TARGET POPULATION</b></p>	<ul style="list-style-type: none"> <li>• Girls and women aged 14 years and older</li> </ul>
<p style="text-align: center;"><b>PROGRAM ACTIVITIES</b></p>	<ul style="list-style-type: none"> <li>• Reception, support, coaching</li> <li>• Training, awareness, and prevention workshops</li> <li>• Prevention and specific assistance program</li> <li>• Group and one-on-one intervention</li> <li>• Intervention and addiction prevention program for young women aged 16 and older</li> <li>• School-based addiction prevention intervention program for Secondary I to V students</li> </ul> <p><b>Prevention program: <i>"Prévenir, un choix de vie !"</i> »</b></p> <ul style="list-style-type: none"> <li>• Health promotion and addiction prevention program intended for women aged 16 and older (7 two-hour workshops)</li> <li>• Program objectives: <ul style="list-style-type: none"> <li>○ To increase women's skills and abilities to reduce their prevalence for abusive or dependent use of drugs or alcohol</li> <li>○ To prevent and combat addiction development</li> <li>○ To increase knowledge about the phenomenon of addiction</li> </ul> </li> </ul> <p><b>Training and awareness activity:</b></p> <ul style="list-style-type: none"> <li>• The training and awareness workshops are intended for young people, adults, community, and community workers: <ul style="list-style-type: none"> <li>○ The addiction cycle</li> <li>○ The <i>Cannabis Act</i></li> </ul> </li> </ul>



	<ul style="list-style-type: none"> <li>○ The phenomenon of addiction in women</li> <li>○ Drugs and their impact on health</li> <li>• Customized training that is based on the community's needs</li> </ul>
<b>ACCESS METHODS</b>	<ul style="list-style-type: none"> <li>• Call and/or referral</li> <li>• Escort required at the first appointment</li> </ul>
<b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b>	<ul style="list-style-type: none"> <li>• Services offered to women and girls in the Outaouais region</li> </ul>
<b>CONSULTATIVE FORUMS (that the organization/service participates in)</b>	<ul style="list-style-type: none"> <li>• Comité régional en prévention des dépendances (CRPD)</li> </ul>
<b>CONTACT INFORMATION</b>	16 Bériault St., Gatineau QC J8X1A3 Phone: 819-778-3372 Email: <a href="mailto:aptafo@bellnet.ca">aptafo@bellnet.ca</a> (website under construction)






	<p style="text-align: center;"><b>CIPTO</b>  <b>CENTRE D'INTERVENTION ET DE PRÉVENTION EN</b>  <b>TOXICOMANIE DE L'OUTAOUAIS</b></p>
<b>ADDICTIONS TARGETED</b>	
<b>MANDATE OBJECTIVES</b>	<p>The Centre d'intervention et de prévention en toxicomanie de l'Outaouais (CIPTO), an independent community organization guided by the risk-and-harm-reduction approach, offers reception services, support and coaching for people who use psychoactive substances and for their friends and family, and initiates collective action.</p>
<b>TARGET POPULATION</b>	<ul style="list-style-type: none"> <li>• Anyone who uses psychoactive substances (PAS) and their friends and family in the Outaouais region</li> </ul>
<b>PROGRAM ACTIVITIES</b>	<ul style="list-style-type: none"> <li>• The LAB – Place of inclusion through the arts</li> <li>• Street work and outreach intervention</li> <li>• SCS - Mobile supervised consumption service (coming in fall 2022)</li> <li>• SAS - Substance analysis service</li> <li>• Harm reduction projects and involvement of peer helpers</li> <li>• Mobile homelessness team – Housing reintegration and retention</li> <li>• Compass Program – Liaison with addiction rehabilitation</li> <li>• PATH-C – Hepatitis C support and treatment project</li> <li>• PPDMS - School-based addiction prevention program</li> <li>• Awareness and training activities</li> <li>• First-line intervention</li> </ul>
<b>ACCESS METHODS</b>	<ul style="list-style-type: none"> <li>• For access to the CIPTO and the LAB, people can call or write an email for more information.</li> </ul>
<b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b>	<ul style="list-style-type: none"> <li>• None</li> </ul>
<b>CONSULTATIVE FORUMS (that the organization/service participates in)</b>	<ul style="list-style-type: none"> <li>• Comité régional en prévention des dépendances (CRPD) / Best practices / Action profiles / Steering</li> <li>• Special committee on opioid overdoses in the Outaouais</li> <li>• Comité directeur intersectoriel en itinérance de l'Outaouais (CDIIO)</li> <li>• Provincial hepatitis C coordinating committee</li> <li>• AQCID's standing committee on harm reduction</li> <li>• AIDQ's experiential knowledge committee</li> <li>• Cohabitation committee</li> <li>• Rehousing committee</li> <li>• Housing reintegration community of practice</li> <li>• Collectif régional de lutte à l'itinérance en Outaouais (CRIO)</li> <li>• Table régionale des organismes communautaires autonomes de l'Outaouais (TROCAO)</li> </ul>

	<ul style="list-style-type: none"> <li>• Association québécoise des centres d'intervention en dépendance (AQCID)</li> <li>• Conseil d'établissement de Centre de formation professionnelle des Portages-de-l'Outaouais</li> </ul>
<b>CONTACT INFORMATION</b>	<p><b>Head office (CIPTO):</b>  92 Saint-Jacques St.  Gatineau QC J8X 2Z2  Phone: 819-770-7249  Toll-free: 1-866-778-4372  Fax: : 819-770-9199</p> <p>Email: <a href="mailto:toxico@cipto.qc.ca">toxico@cipto.qc.ca</a></p> <p><b>The LAB</b>  48 Frontenac St.  Gatineau QC J8X 3A7  Phone: 819-777-1806</p>

**Centre intégré de santé et de services sociaux (CISSS) of Outaouais**  
**SERVICES FOR ADULTS**


<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec </p>	<p style="text-align: center;"><b>EARLY ADDICTION INTERVENTION SERVICES</b></p>
<p><b>ADDICTIONS TARGETED</b></p>	<p style="text-align: center;">     </p>
<p><b>MANDATE OBJECTIVES</b></p>	<p>Coaching and support for people who want to maintain or regain low-risk substance use and/or gambling habits.</p>
<p><b>TARGET POPULATION</b></p>	<p>People aged 18 and older who have at-risk substance use and/or gambling habits, but do not require specialized rehabilitation or detox services.</p>
<p><b>PROGRAM ACTIVITIES</b></p>	<p>One-on-one meetings</p>
<p><b>ACCESS METHODS</b></p>	<p>Request for services through 811 or with a health professional or other DÉBA-trained worker. The referral form must be sent to the Mental Health Access Desk, along with the completed DÉBA (training required).</p>
<p><b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b></p>	<p><b>The DÉBA score must be:</b></p> <ul style="list-style-type: none"> <li>• 17 or less on the DÉBA Alcohol without the presence of significant impacts;</li> <li>• 5 or less on the DÉBA Drugs without the presence of significant impacts;</li> <li>• 10 or less on the DÉBA Gambling.</li> </ul> <p><b>Exclusion criterion</b></p> <ul style="list-style-type: none"> <li>• Does not meet the Alcochoix criteria or use substances other than alcohol.</li> </ul>
<p><b>CONSULTATIVE FORUMS (that the organization/service participates in)</b></p>	<ul style="list-style-type: none"> <li>• Comité régional en prévention des dépendances (CRPD)</li> </ul>
<p><b>CONTACT INFORMATION</b></p>	<p>Services offered at all CLSCs. For information: 811 (Info-social)</p>


<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec</p> 	<p><b>ALCOCHOIX + / MES CHOIX – ALCOOL</b> <b>(SERVICES FOR ADULTS)</b></p>
<p><b>ADDICTIONS TARGETED</b></p>	
<p><b>MANDATE OBJECTIVES</b></p>	<p>The purpose of the program is to prevent at-risk alcohol consumption from getting worse. It helps reduce consumption and keep it at a level that prevents the problems associated with it.</p>
<p><b>TARGET POPULATION</b></p>	<p>For adults who are concerned about the consequences associated with their consumption (between 10 and 35 drinks per week), without developing an addiction to it, and who want to change their habits.</p>
<p><b>PROGRAM ACTIVITIES</b></p>	<p><b>3 Methods</b></p> <ul style="list-style-type: none"> <li>• Group (6 meetings led by a worker)</li> <li>• Guided (2 to 6 one-on-one meetings with a worker)</li> <li>• Independent</li> </ul>
<p><b>ACCESS METHODS</b></p>	<p>Request for services through 811 or with a health professional or other DÉBA-trained worker. The referral form must be sent to the Mental Health Access Desk, along with the completed DÉBA (training required).</p> <ul style="list-style-type: none"> <li>• The score must be 17 or less on the DÉBA Alcool.</li> </ul>
<p><b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b></p>	<ul style="list-style-type: none"> <li>• In the Outaouais area.</li> <li>• Aged 18 and older</li> </ul> <p>* <b>Exclusion criteria:</b></p> <ul style="list-style-type: none"> <li>* Withdrawal symptoms;</li> <li>* Serious addiction problems (score of 18 or higher on the DÉBA Alcool);</li> <li>* Taking prescribed medications that interact with alcohol;</li> <li>* <u>Regular</u> use of cannabis;</li> <li>* Illegal drug use;</li> <li>* Unstable mental health or crisis situation.</li> </ul>
<p><b>CONSULTATIVE FORUMS (that the organization/service participates in)</b></p>	<ul style="list-style-type: none"> <li>• Comité régional en prévention des dépendances (CRPD)</li> </ul>
<p><b>CONTACT INFORMATION</b></p>	<p>For information: 819-966-6510 ext. 332312</p>






<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec </p>	<p><b>REGIONAL SPECIALIZED ASSESSMENT PROGRAM (RSAP) ADDICTION – ADULTES</b></p>
<p><b>ADDICTIONS TARGETED</b></p>	   
<p><b>MANDATE OBJECTIVES</b></p>	<ul style="list-style-type: none"> <li>• Gateway to addiction services</li> <li>• Receives and analyzes service requests. Calls back within 48 hours to book a withdrawal-risk assessment appointment within 14 business days</li> <li>• Conducts a specialized addiction assessment (NiD-ÉP, gambling assessment), estimating the service requirement.</li> <li>• Referrals to services (outpatient, shelter services, Clinique Parachute)</li> </ul>
<p><b>TARGET POPULATION</b></p>	<ul style="list-style-type: none"> <li>• People grappling with a substance use and/or pathological gambling problem</li> <li>• Member of the user's friends or family (it isn't necessary for the user to receive services simultaneously)</li> </ul>
<p><b>PROGRAM ACTIVITIES</b></p>	<ul style="list-style-type: none"> <li>• NiD-ÉP assessment appointment, gambling and friends or family</li> <li>• Motivation maintenance group: <ul style="list-style-type: none"> <li>○ Coaches clients early in the process and helps support commitment and motivation.</li> <li>○ Led by specialized addiction educators</li> <li>○ 6 sessions over 6 weeks (1 session per week)</li> <li>○ Offered in the Hull, Gatineau, Buckingham, and Saint-André sectors)</li> </ul> </li> </ul>
<p><b>ACCESS METHODS</b></p>	<ul style="list-style-type: none"> <li>• By phone during business hours (Monday to Friday, 8:30 a.m. to 4:30 p.m.)</li> <li>• In person during business hours at the various points of service (Monday to Friday, 8:30 a.m. to 4:30 p.m.)</li> <li>• Partners: Single form along with a DÉBA</li> <li>• Via a call made to 811 option 2</li> </ul>
<p><b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b></p>	<p><b>Eligibility</b></p> <ul style="list-style-type: none"> <li>• Meet the criteria for substance or gambling abuse or addiction, based on the detection tool used or received from the partner</li> <li>• Have a Quebec health insurance card (RAMQ) or show proof of residence in Quebec</li> <li>• Be willing to receive services</li> </ul> <p><b>Exclusion</b></p> <ul style="list-style-type: none"> <li>• Currently incarcerated and unable to participate in the regular service trajectory</li> <li>• Someone not seeking services for treating some other form of addiction (Internet addiction, emotional dependency, sex addiction, etc.)</li> <li>• Someone unwilling to receive services</li> </ul>




<b>CONSULTATIVE FORUMS (that the organization/service participates in)</b>	<ul style="list-style-type: none"> <li>• CIPTO</li> <li>• Hospitals</li> <li>• Youth services</li> <li>• Mental health coordinators team</li> <li>• Aire Ouverte</li> </ul>
<b>CONTACT INFORMATION</b>	<ul style="list-style-type: none"> <li>• 25 Saint-François St. (Hull sector) / Phone: 819-776-5584</li> <li>• 444 Saint-René Blvd. E. (Gatineau sector) / Phone: 819-996-3644</li> </ul>

<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec</p>	<p><b>SPECIALIZED ADDICTION REHABILITATION</b></p> <p><b>OUTPATIENT SERVICES - ADULTS</b></p>
<p><b>ADDICTIONS TARGETED</b></p>	
<p><b>MANDATE OBJECTIVES</b></p>	<ul style="list-style-type: none"> <li>• Rehabilitation and social integration services for people addicted to alcohol, drugs, and gambling, who require such services, as well as coaching and support services for those people's family and friends.</li> <li>• Harm reduction approach.</li> </ul>
<p><b>TARGET POPULATION</b></p>	<ul style="list-style-type: none"> <li>• People aged 18 and older grappling with an addiction, substance abuse, and/or pathological gambling problem and their loved ones.</li> </ul>
<p><b>PROGRAM ACTIVITIES</b></p>	<ul style="list-style-type: none"> <li>• Group, one-on-one, and couple services.</li> <li>• Group activities are favoured based on the recommendations for best practices in addiction.</li> <li>• One-on-one follow-up services for clients with contraindications to group intervention or for English-speaking clients from service points other than one in the Hull sector.</li> </ul>
<p><b>ACCESS METHODS</b></p>	<ul style="list-style-type: none"> <li>• The service is provided further to a referral by a worker from another program who identified a substance abuse or addiction problem, and further to a referral from a general practitioner, psychiatrist, or psychologist who made a diagnosis.</li> <li>• Referral form for the specialized assessment program (RSAP) – adult required</li> </ul>
<p><b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b></p>	<p><b>Eligibility</b></p> <ul style="list-style-type: none"> <li>• Assessment by the RSAP</li> <li>• Meet the criteria for substance or gambling abuse or addiction based on the detection tool used or received from the partner.</li> <li>• Have a Quebec health insurance card (RAMQ) or proof of residence in Quebec.</li> <li>• Be willing to receive services.</li> </ul> <p><b>Exclusion</b></p> <ul style="list-style-type: none"> <li>• Currently incarcerated and unable to participate in the regular service trajectory.</li> <li>• Someone not seeking services for treating some other form of addiction (Internet addiction, emotional dependency, sex addiction, etc.).</li> <li>• Someone unwilling to receive services.</li> </ul>
<p><b>CONSULTATIVE FORUMS (that the organization/service participates in)</b></p>	<ul style="list-style-type: none"> <li>• DSMD coordination alignment</li> <li>• CIPTO, Compass Program</li> <li>• Le Ricochet</li> <li>• Self-exclusion program for Loto-Quebec</li> <li>• PAJSMD</li> </ul>
<p><b>CONTACT INFORMATION</b></p>	<p>The service is available CLSCs in every territory. Visit: <a href="https://cisss-outaouais.gouv.qc.ca/language/en/clsc-list/">https://cisss-outaouais.gouv.qc.ca/language/en/clsc-list/</a> 819-776-5584 /Info-Social</p>



<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec</p>	<p><b>PARACHUTE CLINIC – OUTPATIENT WITHDRAWAL AND OPIOID ADDICTION TREATMENT</b></p>
<p><b>ADDICTIONS TARGETED</b></p>	
<p><b>MANDATE OBJECTIVES</b></p>	<ul style="list-style-type: none"> <li>• To manage outpatient alcohol and drug withdrawal in a safe, comfortable way</li> <li>• To treat opioid addiction and provide psychosocial support in the steps to be taken</li> </ul>
<p><b>TARGET POPULATION</b></p>	<ul style="list-style-type: none"> <li>• <b>Outpatient detox:</b> available for users with a slight to moderate risk of withdrawal</li> <li>• <b>Opioid agonist therapy:</b> for users with an opioid use disorder</li> </ul>
<p><b>PROGRAM ACTIVITIES</b></p>	<p><b>Outpatient detox</b></p> <ul style="list-style-type: none"> <li>• Cared for by a medical team (nurse and physician) for the assessment and the management of withdrawal</li> <li>• Medical care for relapse prevention</li> </ul> <p><b>Opioid agonist treatment</b></p> <ul style="list-style-type: none"> <li>• Assessment and management by a medical team of nurses and physicians</li> <li>• Treatment provided: Suboxone, Sublocade, Methadone, and Kadian</li> <li>• STBBI testing and treatment management</li> <li>• Testing and treatment for the hepatitis C virus</li> <li>• Psychosocial support in an outpatient rehabilitation and support process and the social reintegration process</li> <li>• Distribution of drug-use equipment and naloxone kits and instruction on using them</li> </ul>
<p><b>ACCESS METHODS</b></p>	<p><b>Outpatient detox</b></p> <ul style="list-style-type: none"> <li>• Users must go through the RSAP in order to be directed to outpatient detox</li> </ul> <p><b>Opioid agonist treatment</b></p> <ul style="list-style-type: none"> <li>• The public can call the CRDO directly for quick access to services by dialling 819-776-5584</li> </ul>
<p><b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b></p>	<p><b>Outpatient detox</b></p> <ul style="list-style-type: none"> <li>• Show a slight to moderate risk of withdrawal</li> </ul> <p><b>Opioid agonist treatment</b></p> <ul style="list-style-type: none"> <li>• Be diagnosed with an opioid use disorder based on the DSM-5</li> </ul>
<p><b>CONSULTATIVE FORUMS (that the organization/service participates in)</b></p>	<ul style="list-style-type: none"> <li>• CIPTO, Compass Program</li> </ul>
<p><b>CONTACT INFORMATION</b></p>	<p>Services are available at 25 Saint-François St. (Hull sector) and at the Maniwaki CLSC Phone: 819-776-5584</p>

<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec</p> 	<p><b>INTENSIVE REHABILITATION SERVICE – OUTPATIENT-ADULTS (SHORE)</b></p>
<p><b>ADDICTIONS TARGETED</b></p>	   
<p><b>MANDATE OBJECTIVES</b></p>	<ul style="list-style-type: none"> <li>• To coach the user towards a transformation in their substance use</li> <li>• To provide them with close support to bring about positive changes</li> <li>• To help them develop various personal skills</li> <li>• To provide resources enabling the user to break the isolation</li> <li>• To increase users' knowledge about the specifics of the problems associated with substance use and the impacts on the various spheres of life</li> <li>• To help stop or decrease use</li> <li>• To help manage the symptoms of psychological withdrawal and cravings</li> <li>• To increase emotional knowledge and the ability to tolerate (negative) emotions</li> <li>• To assist in the return to normal activities (healthy life routine, resuming social, professional, or recreational activities)</li> <li>• To support in order to (aim to) fulfil obligations (work, family, school)</li> <li>• To provide support for resolving interpersonal or social problems caused or aggravated by the effects of the substances used</li> <li>• To develop autonomy (reintegration into society)</li> </ul>
<p><b>TARGET POPULATION</b></p>	<ul style="list-style-type: none"> <li>• People aged 18 and over with a drug, alcohol, or gambling addiction problem.</li> </ul>
<p><b>PROGRAM ACTIVITIES</b></p>	<ul style="list-style-type: none"> <li>• Half a day for six weeks</li> <li>• A maximum of 12 users per workshop</li> <li>• Themes based on users' perceived needs</li> <li>• Workshop improvised by the workers based on the participants' needs</li> <li>• One-time workshops on recreation, sports and introduction to community resources</li> <li>• Workshops with a testimonial from someone or a member of the family or friends in good recovery on occasion</li> <li>• A space conducive to discussion, developing communication skills, and sharing experiences (self-expression)</li> <li>• Group workshops <ul style="list-style-type: none"> <li>○ Monday to Friday</li> <li>○ Three to five times per week</li> <li>○ 2.5 hours of programming per workshop</li> </ul> </li> <li>• One-on-one follow-up</li> <li>• Recreational activities</li> </ul>

<b>ACCESS METHODS</b>	<ul style="list-style-type: none"> <li>The user must be referred by a CRDO worker</li> </ul>
<b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b>	<p>Assessment demonstrating an addiction problem NID-ÉP requiring an intensity of housing services and a rating of 2.1 on the ASAM criteria</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> No sign of or mild symptoms of withdrawal</li> <li><input type="checkbox"/> Stable or treated physical health condition that does not interfere with recovery</li> <li><input type="checkbox"/> Emotional condition requiring intensive intervention to prevent deterioration or DX SM requiring support (to reduce reactions (interference) with recovery)</li> <li><input type="checkbox"/> Need for structured interventions several times a week in order to achieve his/her objectives as well as motivation that is sometimes ambivalent to change</li> <li><input type="checkbox"/> Impaired functioning or increased SXs associated with a usage disorder despite the user's active participation in the services already in place</li> <li><input type="checkbox"/> Poor knowledge of the triggers or ambivalence toward services, or high likelihood of relapse or continued use without regular support</li> <li><input type="checkbox"/> Favourable environment, presence of a social or support network; No sign of or mild symptoms of withdrawal</li> </ul>
<b>CONSULTATIVE FORUMS (that the organization/service participates in)</b>	<ul style="list-style-type: none"> <li>CIPTO, Compass Program</li> <li>Le Tremplin</li> </ul>
<b>CONTACT INFORMATION</b>	<p>25 Saint-François St., Gatineau QC J9A 1B1 Tel.: 819-776-5584</p>


<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec</p>	<p><b>ADDICTION SERVICE WITH HOUSING - ADULTS</b></p>
<p><b>ADDICTIONS TARGETED</b></p>	
<p><b>MANDATE OBJECTIVES</b></p>	<p>Intensive rehabilitation objectives are for providing the person with a removal from their environment and for regaining control over their lives in a safe environment. The stay also focuses on learning and developing new strategies to achieve a more balanced life. It provides every individual with a moment for themselves to reflect on their lifestyle and adopt a position regarding their addiction.</p>
<p><b>TARGET POPULATION</b></p>	<p>People aged 18 and over with a drug, alcohol, or gambling addiction problem.</p>
<p><b>PROGRAM ACTIVITIES</b></p>	<p><b>Three streams</b></p> <ul style="list-style-type: none"> <li>• Detox</li> <li>• Rehabilitation</li> <li>• Reintegration</li> </ul> <p><b>Programming spread over one to four weeks</b></p> <ul style="list-style-type: none"> <li>• Group rehabilitation activities</li> <li>• One-on-one follow-up</li> <li>• Recreational activities</li> <li>• Reintegration</li> </ul>
<p><b>ACCESS METHODS</b></p>	<ul style="list-style-type: none"> <li>• Referral by a worker from external services</li> <li>• Referral through the CIPTO COMPASS program</li> <li>• Referral from the RSAP or the hospital liaison department</li> </ul>
<p><b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b></p>	<p>Assessment demonstrating an addiction problem NID-ÉP requiring an intensity of housing services and a rating of 3.5 or 3.7 on the ASAM criteria</p> <p><b>Exclusion</b></p> <ul style="list-style-type: none"> <li>• Cyber addiction that does not involve gambling</li> <li>• Mental health condition that is too unstable and untreated</li> <li>• Physical health conditions requiring a hospital technical platform</li> <li>• Active suicidal ideation with a high risk of going through with it</li> <li>• Inability to follow the programming</li> </ul>
<p><b>CONSULTATIVE FORUMS (that the organization/service participates in)</b></p>	<ul style="list-style-type: none"> <li>• CIPTO, Compass Program</li> <li>• Le Ricochet</li> </ul>
<p><b>CONTACT INFORMATION</b></p>	<p>25 Saint-François St., Gatineau QC J9A 1B1 Tel.: 819-776-5584</p>


## YOUTH SERVICES

<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec</p> 	<p style="text-align: center;"><b>SPECIALIZED ADDICTION REHABILITATION OUTPATIENT SERVICE – YOUTH (CARE TRAJECTORY)</b></p>
<p><b>ADDICTIONS TARGETED</b></p>	
<p><b>MANDATE OBJECTIVES</b></p>	<p>The purpose of the outpatient service is to provide rehabilitation services to willing teens with a substance use disorder or problematic use of the Internet and screens (cyber addiction). In addition, guidance and support services are provided to their family and friends, and to children and teens whose parents have a substance use disorder (SUD).</p>
<p><b>TARGET POPULATION</b></p>	<ul style="list-style-type: none"> <li>• Teens aged 12 to 17 in the Outaouais region with a substance use disorder (SUD) or problematic use of the Internet and screens, and to significant members among their family and friends</li> <li>• Children and teens who have a significant member of their family or friends with a substance use disorder</li> </ul>
<p><b>PROGRAM ACTIVITIES</b></p>	<ul style="list-style-type: none"> <li>• Individual, group, parental or family service.</li> <li>• Many of our services are offered directly in high schools in the Outaouais region.</li> <li>• Increase in the intensity of services as required (Intensive outpatient service)</li> </ul>
<p><b>ACCESS METHODS</b></p>	<ul style="list-style-type: none"> <li>• A referral along with a DEP-ADO or a DÉBA-Internet must be sent to the Youth Access Desk with the single application form (Youth AD)</li> <li>• The teenager or their friends or family can contact 811 directly</li> </ul>
<p><b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b></p>	<p><b>Teenager</b></p> <ul style="list-style-type: none"> <li>• DEP-ADO assessment, red light</li> <li>• DÉBA-Internet with a score of 39 or more</li> </ul> <p><b>Family or friends</b></p> <ul style="list-style-type: none"> <li>• Have a teenager among my immediate family or friends with a substance use disorder or problematic use of the Internet and screens</li> <li>• Be affected by the substance use disorder of a significant member of my family or friends (parents, siblings, etc.); addiction</li> </ul> <p><b>Exclusion</b></p> <ul style="list-style-type: none"> <li>• DEP-ADO assessment, green light or yellow light</li> <li>• Score less than 39 on the DÉBA-Internet</li> </ul>

<b>CONSULTATIVE FORUMS (that the organization/service participates in)</b>	<ul style="list-style-type: none"> <li>• Overdose Watch Committee</li> <li>• Comité régional en prévention des dépendances (CRPD)</li> <li>• School-based Addiction Prevention Committee</li> <li>• Addiction Trajectory Committee</li> <li>• Citizen Committee</li> <li>• Open Space Committee</li> <li>• Homelessness Committee</li> </ul>
<b>CONTACT INFORMATION</b>	<p>Services are provided at the various points of service in the Outaouais region.  Head office: 20 Pharand St., Gatineau, QC, J9A 1K7  Tel.: 819-771-7761</p>



<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec</p>	<p><b>SPECIALIZED ADDICTION REHABILITATION, INTENSIVE OUTPATIENT SERVICE – YOUTH (THE CIRCUIT)</b></p>
<p><b>ADDICTIONS TARGETED</b></p>	
<p><b>MANDATE OBJECTIVES</b></p>	<p>The intensive outpatient service aims to expand and vary the activities provided to teenagers registered for the outpatient service as an adjunct to their follow-up meetings. The purpose of adding an educator is to further support and guide them during their process.</p>
<p><b>TARGET POPULATION</b></p>	<ul style="list-style-type: none"> <li>• Teenagers aged 12 to 17 in the Outaouais region with a substance use disorder (SUD) or problematic use of the Internet and screens</li> <li>• Adults aged 18 to 25 with an SUD receiving adult outpatient follow-up</li> <li>• Teenagers leaving intensive rehabilitation and require the continuation of a certain intensity of services</li> </ul>
<p><b>PROGRAM ACTIVITIES</b></p>	<ul style="list-style-type: none"> <li>• One-on-one, group, parental, or family service.</li> <li>• A number of our services are provided right in high schools in the Outaouais region.</li> <li>• Increase in the intensity of services as required (Intensive outpatient service)</li> </ul>
<p><b>ACCESS METHODS</b></p>	<p>The user must be referred by their patient navigator from the specialized outpatient addiction rehabilitation service.</p>
<p><b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b></p>	<p>Needs must correspond to a care level between 2.1 and 2.5 based on the criteria of the ASAM (American Society of Addiction Medicine).</p> <p><b>Teenager</b></p> <ul style="list-style-type: none"> <li>• DEP-ADO assessment, red light</li> <li>• DÉBA-Internet with a score of 39 or more</li> </ul> <p><b>Family or friends</b></p> <ul style="list-style-type: none"> <li>• Have a teenager among my immediate family or friends who has a substance use disorder or problematic use of the Internet and screens</li> <li>• Be affected by a substance use disorder of significant member of my family or friend (parents, siblings, etc.); addiction</li> </ul> <p><b>Exclusion</b></p> <ul style="list-style-type: none"> <li>• DEP-ADO assessment, green light or yellow light</li> <li>• Score less than 39 on the DÉBA-Internet</li> </ul>
<p><b>CONSULTATIVE FORUMS (that the organization/service participates in)</b></p>	<ul style="list-style-type: none"> <li>• Overdose Watch Committee</li> <li>• Comité régional en prévention des dépendances (CRPD)</li> <li>• School-based Addiction Prevention Committee</li> <li>• Addiction Trajectory Committee</li> <li>• Citizen Committee</li> <li>• Open Space Committee</li> <li>• Homelessness Committee</li> </ul>
<p><b>CONTACT INFORMATION</b></p>	<p>Services are provided in the Vallée-de-la-Lièvre and Collines areas. Head office: 20 Pharand St., Gatineau, QC J9A 1K7 Tel.: 819-771-7761</p>

<p>Centre intégré de santé et de services sociaux de l'Outaouais</p> <p>Québec</p>	<p><b>INTENSIVE REHABILITATION SERVICE WITH HOUSING – YOUTH (RALLY)</b></p>
<p><b>ADDICTIONS TARGETED</b></p>	
<p><b>MANDATE OBJECTIVES</b></p>	<p>The objectives of intensive rehabilitation with housing (youth) are to provide the person with removal from their environment and to experiment with abstinence in a safe environment. The mandate of the intensive rehabilitation service with housing is to provide a willing teenager who has a substance use disorder or problematic use of the Internet and screens with group rehabilitation interventions in a structured environment for trying abstinence and being supported during the withdrawal symptoms.</p>
<p><b>TARGET POPULATION</b></p>	<p>Teenagers aged 12 to 17 grappling with drug addiction, alcohol addiction, or problematic use of the Internet and screens.</p>
<p><b>PROGRAM ACTIVITIES</b></p>	<p><b>Eight-week program</b></p> <ul style="list-style-type: none"> <li>• Integrated schooling</li> <li>• Group rehabilitation activity</li> <li>• Recreational, creative, self-expressive, outdoor, and sports activities</li> <li>• One-on-one follow-up</li> <li>• Support for the family</li> </ul>
<p><b>ACCESS METHODS</b></p>	<ul style="list-style-type: none"> <li>• The teenager must be referred by their patient navigator from the specialized outpatient addiction rehabilitation service:</li> <li>• Pre-admission meeting in advance</li> <li>• Mechanism for accessing Montérégie, Laurentides and Abitibi-Témiscamingue</li> </ul>
<p><b>ELIGIBILITY AND EXCLUSION CRITERIA (if applicable)</b></p>	<ul style="list-style-type: none"> <li>• Be willing</li> <li>• Have a valid IGT-ADO that indicates an addiction problem or a GRCS as an adjunct to the IGT-ADO for teenagers with problematic use of the Internet and screens</li> <li>• Able to function in an open setting and in a group</li> <li>• Understand, read and speak French</li> </ul>
<p><b>CONSULTATIVE FORUMS (that the organization/service participates in)</b></p>	<ul style="list-style-type: none"> <li>• Overdose Watch Committee</li> <li>• Comité régional en prévention des dépendances (CRPD)</li> <li>• School-based Addiction Prevention Committee</li> <li>• Addiction Trajectory Committee</li> <li>• Citizen Committee</li> <li>• Open Space Committee</li> <li>• Homelessness Committee</li> </ul>
<p><b>CONTACT INFORMATION</b></p>	<p>Pavillon juvénile 20 Pharand St., Gatineau, QC J9A 1K7 Tel.: 819-771-7761</p>

## Information Sources for Staff who Work in Addictions

ORGANIZATION	MANDATE / MISSION	WEBSITE
<b>Association des intervenants en dépendance du Québec (AIDQ)</b>	To promote and support the intervention in prevention, harm reduction, treatment, and reintegration into society of people with an <b>addiction</b> and those at risk of becoming addicted, through the skills development, information, consultation, and the pooling of expertise.	<a href="https://aidq.org/nous-joindre">https://aidq.org/nous-joindre</a>
<b>Association Québécoise pour la promotion de la santé des personnes utilisateurs de drogues (AQPSUD)</b>	To promote health, prevent sexually transmitted and blood-borne infections (STBBI), and improve the living conditions of <b>people who use drugs</b> . The site provides tools and information promoting health and harm reduction: <b>alcohol</b> , <b>drugs</b> , advice to consumers, drugs and mental health, substitution therapy, STBBI, etc. The organization also manages the magazine <i>l'Injecteur</i> .	<a href="https://aqpsud.org/">https://aqpsud.org/</a> <a href="https://aqpsud.org/numeros-injecteur/">https://aqpsud.org/numeros-injecteur/</a>
<b>British Columbia Centre on Substance Use (BCCSU)</b>	To develop, support, and assess the implementation of evidence-based approaches in <b>substance use</b> and <b>addiction</b> .	<a href="https://www.bccsu.ca">https://www.bccsu.ca</a>
<b>CAPSANA PAUSE - Du temps sans écran</b>	To help professionals from various backgrounds so that they can intervene better with their clients, in prevention as well as in support of young people at risk. <ul style="list-style-type: none"> <li>• To better understand the phenomenon of <b>hyperconnectivity</b>;</li> <li>• To have access to a detection tool as well as intervention approaches;</li> <li>• To give advice to your students and present them with challenges.</li> </ul>	<a href="https://www.capsana.ca/pause">https://www.capsana.ca/pause</a> <a href="https://pauseyourscreen.com/resources/">https://pauseyourscreen.com/resources/</a>
<b>Canadian Association of People who Use Drugs (CAPUD)</b>	To give a voice to people whom currently use <b>drugs deemed illegal</b> . The association aims to develop networks of informed, empowered people who work to improve their health and social conditions. People who use drugs should be engaged and involved in any service, policy, or program designed for them. CAPUD provides information on the decriminalization of <b>drug use</b> , <b>overdose prevention</b> , news articles, etc.	<a href="https://www.capud.ca/">https://www.capud.ca/</a>

ORGANIZATION	MANDATE / MISSION	WEBSITE
<p><b>Canadian Substance Use Resource and Knowledge Exchange Centre (SURE)</b></p> <p><i>Centre canadien d'échange de connaissances et de ressources sur l'usage de substances (CRUS)</i></p>	<p>To bring together tools and resources to help communities implement a <b>public health approach</b> to <b>substance use</b>. The hope is that the range of resources will equip decision-makers, peer helpers, professionals, and others with tools to inform their decisions and actions in order to protect and promote the rights, health, and safety of people who use substances and the community.</p>	<p><a href="https://substanceuse.ca/">https://substanceuse.ca/</a></p> <p><a href="https://substanceuse.ca">https://substanceuse.ca</a></p>
<p><b>Canadian Centre on Substance Use and Addiction (CCSA)</b></p>	<p>To provide national leadership for matters involving <b>addiction and substance use</b>. Our mandate is to use evidence to take coordinated action across Canada. Our data and analyses are used to guide policy development for all levels of government.</p>	<p><a href="https://www.ccsa.ca/">https://www.ccsa.ca/</a></p>
<p><b>Centre de toxicomanie – Université de Sherbrooke</b></p>	<p>To provide training, conferences, seminars, and information sessions for <b>addiction</b> and mental health workers.</p>	<p><a href="https://www.usherbrooke.ca/toxicomanie/">https://www.usherbrooke.ca/toxicomanie/</a></p>
<p><b>Addiction Prevention Centre (APC)</b></p>	<p>To support anti-<b>addiction</b> measures in Quebec and Canada by contributing to the advancement and transfer of knowledge on all addictions affecting the population's well-being: <b>alcohol</b>, <b>illicit drugs</b>, <b>medications</b>, <b>problematic gambling</b>, <b>cyberaddiction</b>, etc. To achieve this, it values and promotes the exchange of expertise among all stakeholders concerned and strives to make organizations and the public aware of the issues that stem from addictions.</p>	<p><a href="https://www.cqld.ca/en/about-the-apc/mission-activities/">https://www.cqld.ca/en/about-the-apc/mission-activities/</a></p>
<p><b>Canadian Drug Policy Coalition (CDPC)</b></p> <p><i>Coalition canadienne des politiques sur les drogues (CCPD)</i></p>	<p>To advance and realize drug policies grounded in compassion and guided by science. The organization seeks to change the public perception of <b>substance use</b> and of the people who use substances. Internationally, the CDPC has a key role with the United Nations and contributes to national processes pertaining to international drug policies. The site also features a Canadian map of harm reduction organizations.</p>	<p><a href="https://drugpolicy.ca/">https://drugpolicy.ca/</a></p> <p><a href="https://drugpolicy.ca/Harm-Reduction-Canadian-Drug-Policy-Coalition">https://drugpolicy.ca/Harm-Reduction - Canadian Drug Policy Coalition</a></p>

ORGANIZATION	MANDATE / MISSION	WEBSITE
<b>Connexions Resource Centre</b>	To promote the health, well-being, and vitality of the <b>English-speaking population of the Outaouais</b> by providing information and referrals, and developing and offering <b>health promotion</b> programs and activities. This is done through collaborating with public and community partners to improve access to services.	<a href="https://centreconnexions.org/">https://centreconnexions.org/</a>
<b>Conseil québécois sur le tabac et la santé (CQTS)</b>	To support the implementation of activities for <b>preventing and quitting smoking and vaping</b> , consistent with best practices, among teenagers in schools and youth organizations in the Outaouais region, but also at the provincial level.	<a href="https://www.tobaccofreequebec.ca/iqitnow">https://www.tobaccofreequebec.ca/iqitnow</a>
<b>Addiction: Ministry of Health and Social Services (MSSS)</b>	Learn more about addictions ( <b>alcohol</b> , <b>drugs</b> and <b>gambling</b> ).	<a href="https://www.msss.gouv.qc.ca/professionnels/alcool-drogues-jeu/dependances/documentation/">https://www.msss.gouv.qc.ca/professionnels/alcool-drogues-jeu/dependances/documentation/</a>
<b>Drogues, santé et société</b>	To provide information through research results, literature reviews, or theoretical or methodological reflection articles, particularly on the use of drugs ( <b>alcohol</b> , <b>cannabis</b> , <b>medication</b> , or other <b>psychoactive substances</b> ) or <b>gambling</b> . This francophone scientific journal is published twice a year and is available free of charge online.	<a href="https://drogues-sante-societe.ca/">https://drogues-sante-societe.ca/</a>
<b>Éduc'alcool</b>	To inform Quebecers about <b>alcohol</b> consumption in a way that encourages them to adopt moderate, mindful behaviour, and to take action on consumption contexts. It aims to improve Quebecers' relationship with alcohol by educating the general public and young people in particular about the psychological and physiological effects of alcohol consumption, to prevent and denounce the harms caused by alcohol abuse, to debunk myths, to promote moderation, to promote the culture of taste rather than that of drunkenness, etc.	<a href="https://www.educalcool.qc.ca/en/">https://www.educalcool.qc.ca/en/</a>
<b>Équipe de soutien clinique et organisationnel en dépendance et itinérance</b>	To provide a service for answering clinical and organizational questions related to <b>addiction</b> and <b>homelessness</b> services for all professionals in Quebec's health and social services network.	<a href="http://dependanceitinérance.ca/">http://dependanceitinérance.ca/</a>

ORGANIZATION	MANDATE / MISSION	WEBSITE
<p><b>Groupe de recherche et d'intervention psychosociale (GRIP)</b></p>	<p>To reduce the harms associated with the <b>use of psychoactive substances</b> and prevent problematic use of them. Our harm reduction approach partly involves educating and making objective information available on psychoactive substances, emerging usage trends, ways of limiting at-risk behaviours and the negative consequences.</p> <p>As such, the GRIP aims to empower individuals, especially young people, to make informed, less risky, and more responsible decisions about substance use.</p>	<p><a href="https://grip-prevention.ca/en/">https://grip-prevention.ca/en/</a></p>
<p><b>Canadian Research Initiative in Substance Misuse (CRISM)</b></p> <p><i>Initiative canadienne de recherche sur l'abus de substance (ICRAS)</i></p>	<p>To translate evidence-based interventions for <b>substance use</b> into clinical practice, community-based prevention, harm reduction and changes in the health system. The emphasis is placed on the transfer and implementation of interventions. This national research consortium supports the creation of more effective, personal, and adoptable intervention programs and services.</p>	<p><a href="https://crism.ca/">https://crism.ca/</a></p>

ORGANIZATION	MANDATE / MISSION	WEBSITE
<b>Institut national de santé publique du Québec (INSPQ)</b>	<p>To support Quebec's Minister of Health and Social Services, regional public health authorities, and institutions in carrying out their responsibilities, by making available our expertise and specialized laboratory and screening services.</p> <p>We are also called upon to serve other players, such as other government ministries and agencies, the academic and research communities, Canadian and international public health agencies, the Indigenous communities, the private sector, and the general public.</p>	<p><b>Tobacco control</b>  <a href="https://www.inspq.qc.ca/tabagisme/le-tabagisme-au-quebec">https://www.inspq.qc.ca/tabagisme/le-tabagisme-au-quebec</a></p> <p><b>Collective on gambling and its impacts</b>  <a href="https://www.inspq.qc.ca/collectif-sur-le-jeu-et-ses-impacts">https://www.inspq.qc.ca/collectif-sur-le-jeu-et-ses-impacts</a></p> <p><b>Gambling</b>  <a href="https://www.inspq.qc.ca/publications/recherche?mots-cles=&amp;sujets%5B%5D=48&amp;sort=created+DESC">https://www.inspq.qc.ca/publications/recherche?mots-cles=&amp;sujets%5B%5D=48&amp;sort=created+DESC</a></p> <p><b>Psychoactive substances</b>  <a href="https://www.inspq.qc.ca/substances-psychoactives">https://www.inspq.qc.ca/substances-psychoactives</a></p>
<b>National Institute of Excellence in Health and Social Services (INESSS)</b>	<p>To promote clinical excellence and efficient use of resources in the health and social services sector.</p> <p>The themes of <b>addiction</b> and homelessness are a component of social services that includes work regarding the services offered to people who exhibit at-risk behaviours, problems with abuse of or addiction to alcohol, drugs or gambling, as well as people who are homeless or at risk of becoming homeless.</p>	<p><a href="https://www.inesss.qc.ca/en/thematiques/services-sociaux/addiction-and-homelessness.html">https://www.inesss.qc.ca/en/thematiques/services-sociaux/addiction-and-homelessness.html</a></p>
<b>Institut universitaire sur les dépendances (IUD)</b>	<p>To develop knowledge in the field of <b>addictions</b>, and to provide guidance and support, through research, to clinical environments in order to promote the development of state-of-the-art practices. Through the dissemination and sharing of research knowledge and evidence, the IUD contributes to the training of workers in the health care network and of partner organizations at the provincial level.</p> <p>To guide readers toward reliable, accessible sources at no charge with the aim of promoting knowledge on addiction in young people. The objective of the <b>youth and addiction</b> subject portfolio is to provide information particularly about statistical data; risk factors and substance use trajectories; concurrent disorders and risky behaviours, as well as the continuum of prevention and intervention. Books</p>	<p><a href="http://www.iud.quebec/fr">http://www.iud.quebec/fr</a></p> <p><a href="https://iud.quebec/fr/jeunesse-et-dependance">https://iud.quebec/fr/jeunesse-et-dependance</a></p>











ORGANIZATION	MANDATE / MISSION	WEBSITE
	are also available at the Centre québécois de documentation en toxicomanie (CQDT).	
<b>Association québécoise des centres d'intervention en dépendance (AQCID)</b>	To bring together, support, mobilize, and represent community organizations and non-profit organizations that provide prevention, harm reduction, and treatment services for <b>addiction and substance use</b> in Quebec.	<a href="https://aqcid.com">https://aqcid.com</a>
<b>Centre for Addiction and Mental Health (CAMH)</b>	To provide information about signs and symptoms, definitions, and other important facts about mental health and <b>addiction</b> . Detailed information on many mental disorders, substances, medications, and common treatments are found in the <i>Index sur la santé mentale et la dépendance</i> . To increase knowledge by consulting clear, reliable information on <b>alcohol</b> , <b>cannabis</b> , <b>gambling</b> , <b>inhalants</b> , street <b>fentanyl</b> , <b>LSD</b> , <b>tobacco</b> , and more.	<a href="https://www.camh.ca/fr/info-sante/index-sur-la-sante-mentale-et-la-dependance">https://www.camh.ca/fr/info-sante/index-sur-la-sante-mentale-et-la-dependance</a>
<b>Centre pour l'intelligence émotionnelle en ligne (CIEL)</b>	To open a conversation about mental-health-related digital issues in order to make the relationship between people and <b>social networks</b> more positive. To offer <b>Digital Well-Being</b> workshops to young people in partnership with an interdisciplinary group of experts. To put in plain language the latest scientific knowledge about <b>the online environment</b> to help inform the public and raise their awareness through conferences and social networks.  <b>Workshops and conferences</b> <ul style="list-style-type: none"> <li>• Digital self-defence workshop</li> <li>• Training – community, education or health</li> <li>• Various conferences</li> </ul>	<a href="https://leciel.ca/">https://leciel.ca/</a> <a href="https://leciel.ca/bienetrenumerique">https://leciel.ca/bienetrenumerique</a>















<b>Recherche et intervention sur les substances psychoactives – Quebec (RISQ)</b>	To contribute to the development of more effective strategic intervention strategies for people with, or at risk of, substance abuse problems by bringing together researchers from all walks of life interested in the <b>psychosocial aspects of drug addiction</b> .	<a href="https://oraprdnt.uqtr.uquebec.ca/pls/public/gscw031?owa_no_site=5426">https://oraprdnt.uqtr.uquebec.ca/pls/public/gscw031?owa_no_site=5426</a>
<b>Official Government of Quebec website – alcohol, drugs and gambling component</b>	To prevent problems associated with <b>substance use and gambling</b> , to learn more about substance use and gambling, the regulating of <b>cannabis</b> in Quebec, assistance and resources.	<a href="https://www.quebec.ca/en/health/advice-and-prevention/alcohol-drugs-gambling">https://www.quebec.ca/en/health/advice-and-prevention/alcohol-drugs-gambling</a>
<b>Toxquébec</b>	To provide individuals and organizations interested in <b>alcoholism</b> , <b>addiction</b> , and <b>excessive or pathological gambling</b> with an easily accessible, reliable source of information.	<a href="https://toxquebec.com/">https://toxquebec.com/</a>














## Assistance and Information Resources for the People of the Outaouais

















The following icons are for quickly identifying the addictions targeted and the services offered by community organizations, as well as those offered by the CISSS of Outaouais

















	Alcohol		HIV-AIDS
	Drugs		Injection equipment
	Gambling		Telephone helpline, in person, or by texting
	Internet and screens		Services offered in French
	Tobacco and vaping		Services offered in English















ASSISTANCE RESOURCE ORGANIZATION	SERVICES		CONTACT INFORMATION
Action Toxicomanie	    	<ul style="list-style-type: none"> <li>Activities for promoting a healthy lifestyle</li> <li><b>Addiction prevention</b> activities</li> <li>Young people aged <b>10 to 30</b></li> <li>Website: <ul style="list-style-type: none"> <li>Information for parents and young people</li> <li><b>Cannabis</b>, energy drinks, <b>cyber addiction</b>, <b>gambling</b>, etc.</li> </ul> </li> </ul>	<a href="https://www.actiontox.com/informations-dependances/index.html">https://www.actiontox.com/informations-dependances/index.html</a>
Adogatineau.ca		<ul style="list-style-type: none"> <li>Digital portal for young people</li> <li><b>Teens aged 12 to 17</b></li> <li><b>Recreational activities</b></li> <li>School and <b>educational support</b></li> <li><b>Employment</b> and engagement</li> <li><b>Health and assistance resources</b></li> </ul>	<a href="https://www.gatineau.ca/portail/default.aspx?p=ado_gatineau/accueil">https://www.gatineau.ca/portail/default.aspx?p=ado_gatineau/accueil</a>
AL-Anon	   	<ul style="list-style-type: none"> <li>Al-Anon <b>Family Groups</b></li> <li><b>Loved ones</b> affected by <b>another person's alcohol consumption</b>.</li> <li>Conference room meeting</li> <li>Virtual meeting</li> <li><b>Listen and share experiences</b> with other people going through similar situations.</li> <li><b>Free, confidential services</b></li> </ul>	<a href="https://al-anon.org/">https://al-anon.org/</a>  Gatineau-Hull: 819-669-0543 Ottawa/Orleans: 819-669-0543  <b>Conference room meeting</b> <b>Twilight Group:</b> Wednesdays 1:30 p.m. Jean XXIII Church (basement) 1194 Saint-René Blvd. W., Gatineau, back door number 2  <b>Hope Group</b> Mondays 8:00 p.m. St-Pierre-Chanel Church Réjean Gaudet room 17 des Groseilliers St., Gatineau  <b>Serenity Group</b> Thursday 7:30 p.m. St-François-De-Sales Church (basement)

ASSISTANCE RESOURCE ORGANIZATION	SERVICES		CONTACT INFORMATION
			<p>799 Jacques-Cartier St., Gatineau</p> <p><b>Virtual meeting</b> <b>First steps group</b> on ZOOM Mondays 7:30 p.m.</p> <p><a href="https://al-anon.org/al-anon-meetings/electronic-meetings/">https://al-anon.org/al-anon-meetings/electronic-meetings/</a></p>
<p><b>Alcoholics Anonymous (AA)</b></p>	  <div>FR</div> <div>ANG</div>	<ul style="list-style-type: none"> <li>Someone with a <b>drinking problem</b></li> <li>In-person meeting</li> <li>Virtual meeting</li> <li><b>Telephone helpline</b> from 9 a.m. to 10 p.m.</li> </ul> <p><b>Free</b>, confidential services</p>	<p>Email: <a href="mailto:aide@aa87.org">aide@aa87.org</a></p> <p>Gatineau: 819-561-2002 Hull: 819-595-1916 Ottawa: 819-595-1916</p> <p><b>Gatineau: in-person</b> <a href="https://aa-quebec.org/aaqc_wp/reunions/?tsml-day=any&amp;tsml-region=Gatineau">https://aa-quebec.org/aaqc_wp/reunions/?tsml-day=any&amp;tsml-region=Gatineau</a></p> <p><b>Outaouais-Ottawa: online</b> <a href="#">Meeting location – AA Québec (aa-quebec.org)</a></p> <p><b>Find a meeting</b> Meeting Guide: mobile app</p>












ASSISTANCE RESOURCE ORGANIZATION	SERVICES		CONTACT INFORMATION
BRAS Outaouais	       	<ul style="list-style-type: none"> <li>• People living with <b>HIV/AIDS</b> and their loved ones</li> <li>• Workshops and group activities</li> <li>• Information, training and referral</li> <li>• Help by text message: 819-303-3737</li> <li>• Warming station</li> <li>• <b>Analysis of substances</b></li> <li>• <b>Distribution of safe drug-use equipment</b></li> <li>• <b>Condom distribution</b></li> <li>• Maison des Oliviers: <b>shelter</b> for people living with HIV/AIDS and/or HCV (hepatitis C virus)</li> <li>• Maison Ru'elles: <b>shelter for women experiencing homelessness</b></li> <li>• Supervised use site</li> <li>• Intervention with <b>men who have sex with men</b> (MSM)</li> <li>• <b>Sex work escort web</b> (WETS) project</li> <li>• Street work</li> </ul>	<b>BRAS Outaouais</b> 109 Wright St., Gatineau QC, J8X 2G7 819-776-2727 <a href="https://lebras.qc.ca/">https://lebras.qc.ca/</a>
Quit Smoking Centres in Outaouais	    	<ul style="list-style-type: none"> <li>• Support for <b>quitting smoking or vaping</b></li> <li>• <b>Guidance</b> from a stop-smoking counsellor</li> <li>• <b>In-person follow-up:</b> CLSC or GMF (family medicine groups)</li> <li>• Follow-up by phone</li> <li>• Follow-up by email</li> <li>• Follow-up by <b>teleconsultation (virtual)</b> in some centres</li> <li>• <b>Free, confidential services</b></li> </ul>	<a href="https://cisss-outaouais.gouv.qc.ca/language/en/accessing-a-service/care-and-services-in-the-community/smoking-cessation-centre-stop-smoking/">https://cisss-outaouais.gouv.qc.ca/language/en/accessing-a-service/care-and-services-in-the-community/smoking-cessation-centre-stop-smoking/</a>
















ASSISTANCE RESOURCE ORGANIZATION	SERVICES		CONTACT INFORMATION
Wanaki Centre	    	<ul style="list-style-type: none"> <li>• <b>Adults</b></li> <li>• <b>First Nations and Inuit</b></li> <li>• <b>Kitigan Zibi Anishnabeg Algonquin Community</b></li> <li>• <b>Alcohol and drug</b> addiction</li> <li>• Five-day virtual program: Wellness Week (May and December)</li> <li>• Four-week virtual program</li> <li>• Virtual sharing circles: Wednesdays</li> <li>• Helpline 1-800-745-4205</li> <li>• <b>Free</b>, confidential services</li> </ul>	<a href="https://www.wanakicenter.com/">https://www.wanakicenter.com/</a> <a href="https://www.wanakicenter.com/">https://www.wanakicenter.com/</a> 50 Wanaki Mikan Box 37 Maniwaki QC J9E 3B3 <a href="mailto:admissions@wanakicentre.com">admissions@wanakicentre.com</a> 819-449-7000 ext. 4227
Cocaine Anonymous CA	     	<ul style="list-style-type: none"> <li>• Support to stop using <b>cocaine, alcohol</b> and other <b>drugs</b></li> <li>• Aims for recovery</li> <li>• <b>Virtual meeting</b></li> <li>• Sharing experiences with the other members</li> <li>• Mutual support: support from a sponsor</li> <li>• <b>Helpline</b></li> <li>• <b>24 hours a day</b>, 365 days a year</li> <li>• <b>Free</b>, confidential services</li> </ul>	1-877-806-0581 <a href="https://www.caquebec.org/en/home/">https://www.caquebec.org/en/home/</a>
Drugs: Help and Referral	    	<ul style="list-style-type: none"> <li>• Someone concerned about their <b>drug</b> use</li> <li>• Family and friends concerned about a loved one's drug use</li> <li>• <b>Helpline</b>: listening, information, referral</li> <li>• <b>24 hours a day</b>, 365 days a year</li> <li>• <b>Free</b>, confidential services</li> </ul>	1-800-265-2626 <a href="https://www.aidedrogue.ca/en/">https://www.aidedrogue.ca/en/</a>

ASSISTANCE RESOURCE ORGANIZATION	SERVICES		CONTACT INFORMATION
Gamblers Anonymous G.A	   	<ul style="list-style-type: none"> <li>• <b>You are concerned about gambling:</b> betting, pool-selling</li> <li>• Support to <b>stop playing</b></li> <li>• <b>Virtual meeting</b></li> <li>• Aims for recovery</li> <li>• Sharing experiences and knowledge with the other members</li> <li>• <b>Free and confidential</b> services</li> </ul>	<b>French</b> <a href="http://www.gaquebec.org">www.gaquebec.org</a> 1-866-484-6664  <b>English</b> <a href="http://www.gam-anon.org">www.gam-anon.org</a> 1-866-484-6664
Info-social 811	  	<ul style="list-style-type: none"> <li>• <b>Helpline</b> for the user or a loved one</li> <li>• <b>24 hours a day</b>, 365 days a year</li> <li>• <b>Free , confidential</b> services</li> </ul>	811, option 2
I QUIT NOW	    	<ul style="list-style-type: none"> <li>• <b>Quit smoking or vaping</b></li> <li>• <b>Online help:</b> Tools and videos to help get through the craving to smoke or vape</li> </ul>	<a href="https://www.tobaccofreequebec.ca/iqitnow">https://www.tobaccofreequebec.ca/iqitnow</a>
Gambling: Help and Referral	   	<ul style="list-style-type: none"> <li>• <b>Gamblers</b> and their <b>friends and family</b></li> <li>• <b>Helpline:</b> information and listening</li> <li>• <b>Gambling</b> problems</li> <li>• <b>24 hours a day</b>, 365 days a year</li> <li>• <b>Free, confidential</b> services</li> </ul>	1-800-461-0140 <a href="https://aidejeu.ca/en/">https://aidejeu.ca/en/</a>

ASSISTANCE RESOURCE ORGANIZATION	SERVICES		CONTACT INFORMATION
Drug Free Kids Canada	   	<ul style="list-style-type: none"> <li>• <b>Teenagers</b> and their <b>parents</b></li> <li>• To educate and raise awareness about drugs</li> </ul>	<a href="https://drugfreekidsCanada.org/">https://drugfreekidsCanada.org/</a>
I QUIT NOW line	    	<ul style="list-style-type: none"> <li>• <b>Someone</b> who wants <b>to quit smoking or vaping</b></li> <li>• <b>Helpline</b></li> <li>• Monday to Thursday from 8:00 a.m. to 9:00 p.m.</li> <li>• Friday 8:00 a.m. to 8:00 p.m.</li> <li>• <b>Free, confidential</b> services</li> </ul>	1-866-527-7383
Ligne Parents	 	<ul style="list-style-type: none"> <li>• <b>Parents</b> of children aged 0 to 20</li> <li>• <b>Helpline</b></li> <li>• <b>24 hours a day</b>, 365 days a year</li> <li>• <b>Free, confidential</b> services</li> </ul>	1-800-361-5085 <a href="http://ligneparents.com">ligneparents.com</a>
Nar-Anon	  	<ul style="list-style-type: none"> <li>• <b>Loved ones</b> of people addicted to drugs</li> <li>• People interested in the services are <b>redirected to the Al-Anon groups</b></li> <li>• <b>Free, confidential</b> services</li> </ul>	<a href="https://www.nar-anon.org/">https://www.nar-anon.org/</a>



ASSISTANCE RESOURCE ORGANIZATION	SERVICES		CONTACT INFORMATION
Narcotics Anonymous	     	<ul style="list-style-type: none"> <li>Someone for whom drugs have become a major problem</li> <li>In-person or virtual <b>support groups</b></li> <li>International association</li> <li><b>Free, confidential services</b></li> </ul>	<a href="https://na-outaouais.org/">https://na-outaouais.org/</a>
SMAT	    	<ul style="list-style-type: none"> <li><b>Someone</b> who wants <b>to quit smoking or vaping</b></li> <li>Help by text message for six months</li> <li>Register by Messenger or SMS by sending the word “SMAT” to 20202</li> <li><b>Free and confidential services</b></li> </ul>	<a href="https://www.smat.ca/en?lang=en">https://www.smat.ca/en?lang=en</a>

ASSISTANCE RESOURCE ORGANIZATION	SERVICES		CONTACT INFORMATION
TEL-AIDE OUTAOUAIS	 	<ul style="list-style-type: none"> <li>• <b>FRANCOPHONE HELPLINE</b></li> <li>• VOLUNTEERS AVAILABLE</li> <li>• <b>24 HOURS A DAY, 365 DAYS A YEAR</b></li> <li>• <b>FREE, CONFIDENTIAL SERVICES</b></li> </ul>	<a href="https://TELAIDEOUTAOUAIS.CA/">HTTPS://TELAIDEOUTAOUAIS.CA/</a>
Tel-Jeunes	      	<ul style="list-style-type: none"> <li>• <b>Teenagers</b></li> <li>• <b>Helpline:</b> listening, referral and intervention</li> <li>• <b>24 hours a day, 365 days a year</b></li> <li>• Information about <b>alcohol, drugs, and gambling</b></li> <li>• <b>Free, confidential</b> services</li> </ul>	1-800-263-2266 <a href="http://www.teljeunes.com">www.teljeunes.com</a>
Trouve ton centre	     	<ul style="list-style-type: none"> <li>• Directory of <b>addiction resources in Quebec</b></li> <li>• Contact information for: <ul style="list-style-type: none"> <li>○ <b>prevention centres;</b></li> <li>○ <b>treatment centres;</b></li> <li>○ <b>harm reduction centres;</b></li> <li>○ <b>Naloxone distribution centres.</b></li> </ul> </li> </ul>	<a href="https://www.trouvetoncentre.com/en/">https://www.trouvetoncentre.com/en/</a>