

WHO IS IT FOR?

This program may be right for you if you:

- Need more intensive support than outpatient counselling alone
- Are able to live safely in the community
- Want treatment close to home
- Are unable to attend residential treatment outside the community

PROGRAM DETAILS

- **Monday to Friday**
- Day and evening programming available
- Goal-focused, time-limited treatment
- Individualized care plans based on your needs

LOCATION

Community-Based
Mental Health Stabilization Unit

REFERRALS

Referrals are accepted through:

**DRYDEN REGIONAL MENTAL HEALTH
AND ADDICTIONS SERVICES**

MOBILE CRISIS DEPARTMENT:

 **807-223-1418**

 **www.drhc.on.ca**



**Day/Evening
Substance Use
Treatment Program**





Recovery Support That Fits Your Life

DAY/EVENING SUBSTANCE USE TREATMENT PROGRAM RECOVERY SUPPORT THAT FITS YOUR LIFE

- The Day/Evening Substance Use Treatment Program is a structured, non-residential program for individuals experiencing mild to moderate substance use concerns who need more support than traditional outpatient counselling but do not require residential treatment.
- Continue living at home while receiving intensive treatment close to home, allowing you to stay connected to your family, work, school, and community.

WHAT WE OFFER

- Individual and group counselling
- Comprehensive assessments
- Recovery planning and relapse prevention
- Coping skills, emotion regulation, and stress management
- Case management and system navigation
- Pre and post-treatment support
- Psychoeducation and life skills programming
- Evening groups and drop-in support
- In-person and virtual services



RECOVERY