

Addiction Resources Directory in Outaouais 2025



**From prevention to treatment,
through awareness and education!**

Table of Contents

Acknowledgements	4
Introduction	5
Summary Table of Addiction Services in Outaouais	6
Icons for Types of Addictions and Services Offered	9
Pontiac area	10
Les Maisons des jeunes du Pontiac	11
Jardin éducatif du Pontiac	15
Vallée-de-la-Gatineau Area	17
Mani-Jeunes – Youth Centre	18
Jeunesse Sans frontières Vallée-de-la-Gatineau	20
Vallée-de-la-Lièvre and Petite-Nation Area	21
Prévention CÉSAR (Petite-Nation)	22
S.O.S Contact Al-To (Vallée-de-la-Lièvre)	24
Collines-de-l’Outaouais Area	25
Le Mashado youth centre	26
Gatineau Area	27
Adojeune Inc.	28
Outaouais Region	31
Community Organizations with a Regional Addiction Mandate	31
Centre intégré de santé et de services sociaux (CISSS) de l’Outaouais	31
Adult Services	31
Youth Services	31
Community Organizations with a Regional Mandate	32
A.P.T.A.F.O	32
CIPTO	34
Centre intégré de santé et de services sociaux	36
Adult Services	36
Early intervention addiction services	36
/Mes choix program	36
Regional Specialized Assessment Program	38
Specialized Addiction Rehabilitation	40
Outpatient Services - Adults	40
Clinique Parachute Outpatient Clinic	42
Outpatient Opioid Addiction and Withdrawal Treatment	42
Intensive outpatient rehabilitation services	44
- Adults (RIVE)	44
Addiction Housing Services – Adults	46
Youth Services	48
Specialized Addiction Rehabilitation	48

Outpatient Youth Services (Le Parcours)	48
Specialized addiction rehabilitation Services Intensive Outpatient Services – Youth (Le Circuit) ..	50
Youth outreach services	52
in the addiction trajectory.....	52
Sources of Information for.....	54
addiction workers	54
Help and information resources	61
for the Outaouais population	61

Acknowledgements

We extend our gratitude to everyone involved in reviewing the *2025 Addiction Resource Directory*. We are proud of this collaboration that promotes a common vision for addiction prevention benefiting all Outaouais residents.

This project was made possible through the generous and continued commitment of members of the various community organizations, partners and committees, including the *Regional Addiction Prevention Committee (RAPC)*, and the invaluable contributions of the many people who work at the Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais.

Public Health Branch (PHB) of the CISSS de l'Outaouais

Coordinated by:

Suzanne Aubé, Planning, Programming and Research Officer, PHB, CISSS de l'Outaouais

Action Profile Subcommittee:

Mario Viens, Addiction Worker, Centre d'intervention et de prévention en toxicomanie de l'Outaouais (CIPTO)

Angela Mugisha, Project Coordinator, Connexions Resource Centre

Mélissa Charlebois, Human Relations Officer (HRO), Service de réadaptation spécialisé en dépendance jeunesse, CISSS de l'Outaouais

Stéphanie Sarrazin, Planning, Programming and Research Officer, PHB, CISSS de l'Outaouais

Dr. Caroline Massicotte, Medical Lead for Harm Reduction and Overdose Prevention, PHB, Outaouais CISSS

Formatting and editing:

Francine Perrault, Administrative Officer – Class 1, PHB, CISSS de l'Outaouais

Introduction

Putting prevention at the heart of our actions!

Addiction to alcohol, cannabis and other drugs, tobacco and vaping products, problematic Internet or screen use and gambling affects not only the individual, but also their friends and family, community and society as a whole. Therefore, addiction is a problem that concerns us all, socially and collectively.

The Public Health Branch (PHB) of the CISSS de l'Outaouais provides leadership for regional consultations, called the *Comité régional en prévention des dépendances (CRPD)*, bringing together various community, school and health and social services stakeholders. The strength of this committee lies in the collaboration, commitment and contribution of all, as well as the mutual recognition of expertise.

Knowledge of addiction prevention and treatment resources in the Outaouais region and an understanding of the role and services offered by each partner enables the local population to be better directed to the right services. This facilitates resource optimization and the collaboration of not only RAPC caseworkers, but also other partners, such as schools, communities and municipalities, in support of various initiatives.

2025 Outaouais Addiction Resources Directory

At the beginning of the **Addiction Resources Directory**, a summary table is provided to make it easier to search for addiction services offered by Outaouais organizations or the CISSS de l'Outaouais:

- Organizations in each area: Pontiac, Vallée-de-la-Gatineau, Vallée-de-la-Lièvre and Petite-Nation, Collines-de-l'Outaouais and Gatineau
- Regional organizations: services offered throughout the Outaouais region
- Addiction services offered by the CISSS de l'Outaouais

The services offered by each organization with an addiction prevention mandate are then presented, followed by the CISSS de l'Outaouais's addiction treatment services.

There are two other sections in the *Addiction Resources Directory*:

- **Information Sources for Addiction Workers:** organizations, associations, centres and research groups providing information on addiction, intervention options or training.
- **Help and Information Resources for Outaouais Residents:** to find help resources for addiction. Icons, representing the types of addictions and the different services offered, are provided in this section.

The **2025 Addiction Resources Directory** is the result of significant reflection, mobilization and a common desire to prevent addiction in the Outaouais region and to support everyone in finding the help they need. It is a collective, constantly evolving document.

PHB
CISSS de l'Outaouais
RAPC

Summary Table of Addiction Services in Outaouais

	TARGET POPULATION				ACTIONS												TYPE OF ADDICTION				
Addiction resources	Ages 10 to 17	Ages 18 to 24	Ages 25 +	Friends and family		Prevention	Awareness	Treatment	Detoxification	Needs assessment	Clinical assessment	Post-assessment treatment	Drug checking	Harm reduction	Equipment distribution		Alcohol	Drugs	Tobacco and vaping	Gambling	Problematic internet and screen use
Pontiac area																					
Les Maisons des jeunes du Pontiac	X			X		X	X							X			X	X	X	X	X
Jardin éducatif du Pontiac	X 8 to 17					X	X	X		X				X			X	X	X	X	X
Vallée-de-la-Gatineau area																					
Mani-Jeunes – Youth Centre	X					X	X	X		X				X			X	X	X	X	X
Jeunesse sans frontières de la Vallée-de-la-Gatineau	X Ages 12 to 17			X		X	X	X		X				X	X		X	X	X	X	X
Vallée-de-la-Lièvre and Petite-Nation area																					
Prévention CÉSAR (Petite-Nation)	X Ages 11 to 17			X		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	X
Collines-de-l'Outaouais area																					
Le Mashado youth centre	X Ages 6 to 17					X	X	X		X				X			X	X	X	X	X
Gatineau area																					
Adojeune Inc.	X	X				X	X	X		X	X		X	X	X		X	X	X	X	X

					TARGET		ACTIONS										TYPE OF ADDICTION				
Addiction resources	Ages 10 to 17	Ages 18 to 24	Ages 25 +	Friends and family		Prevention	Awareness	Treatment	Detoxification	Needs assessment	Clinical assessment	Post-assessment treatment	Drug checking	Harm reduction	Equipment distribution		Alcohol	Drugs	Tobacco and vaping	Gambling	Problematic Internet and screen use
Community organizations with a regional mandate																					
A.P.T.A.F.O	X Ages 14+	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	X	X		X
Centre intégré de santé et de services sociaux (CISSS) de l’Outaouais – Adult services																					
Early intervention services for addiction/ <i>Mes choix</i> program – Adults		X	X			X	X	X			X			X			X	X		X	
Regional Specialized Assessment Program (RSAP) in addiction – Adults		X	X	X			X	X		X	X			X	X		X	X		X	X
Specialized addiction rehabilitation – Outpatient – Adults		X	X	X			X	X			X	X		X	X		X	X		X	X
Clinique Parachute – Outpatient withdrawal and opioid addiction treatment	X	X	X			X	X	X	X	X	X	X	X	X	X		X	X	X		
Intensive addiction rehabilitation services – Outpatient – Adults (RIVE)		X	X	X			X	X			X	X		X	X		X	X		X	X
Addiction Housing Services – Adults		X	X	X			X	X	X	X	X	X	X	X	X		X	X	X	X	X

						TARGET				ACTIONS										TYPE OF ADDICTION				
Addiction resources	Ages 10 to 17	Ages 18 to 24	Ages 25 +	Friends and family		Prevention	Awareness	Treatment	Detoxification	Needs assessment	Clinical assessment	Post-assessment treatment	Drug checking	Harm reduction	Equipment distribution		Alcohol	Drugs	Tobacco and vaping	Gambling	Problematic Internet and screen use			
Centre intégré de santé et de services sociaux (CISSS) de l’Outaouais – Youth services																								
Specialized addiction rehabilitation – Youth outpatient services (Le Parcours)	X Age s 12 to 17							X	X	X	X	X		X			X	X		X	X			
Specialized addiction rehabilitation services – Intensive outpatient services – Youth (Le Circuit)	X Age s 12 to 17	X						X	X	X	X	X		X			X	X		X	X			
Youth outreach services in the addiction trajectory – Stream: Aire ouverte	X	X		X		X	X	X		X				X			X	X	X	X	X			
Youth outreach services in the addiction trajectory – Stream: Youth outreach service	X	X		X			X	X		X	X	X		X			X	X	X	X	X			

Icons for Types of Addictions and Services Offered

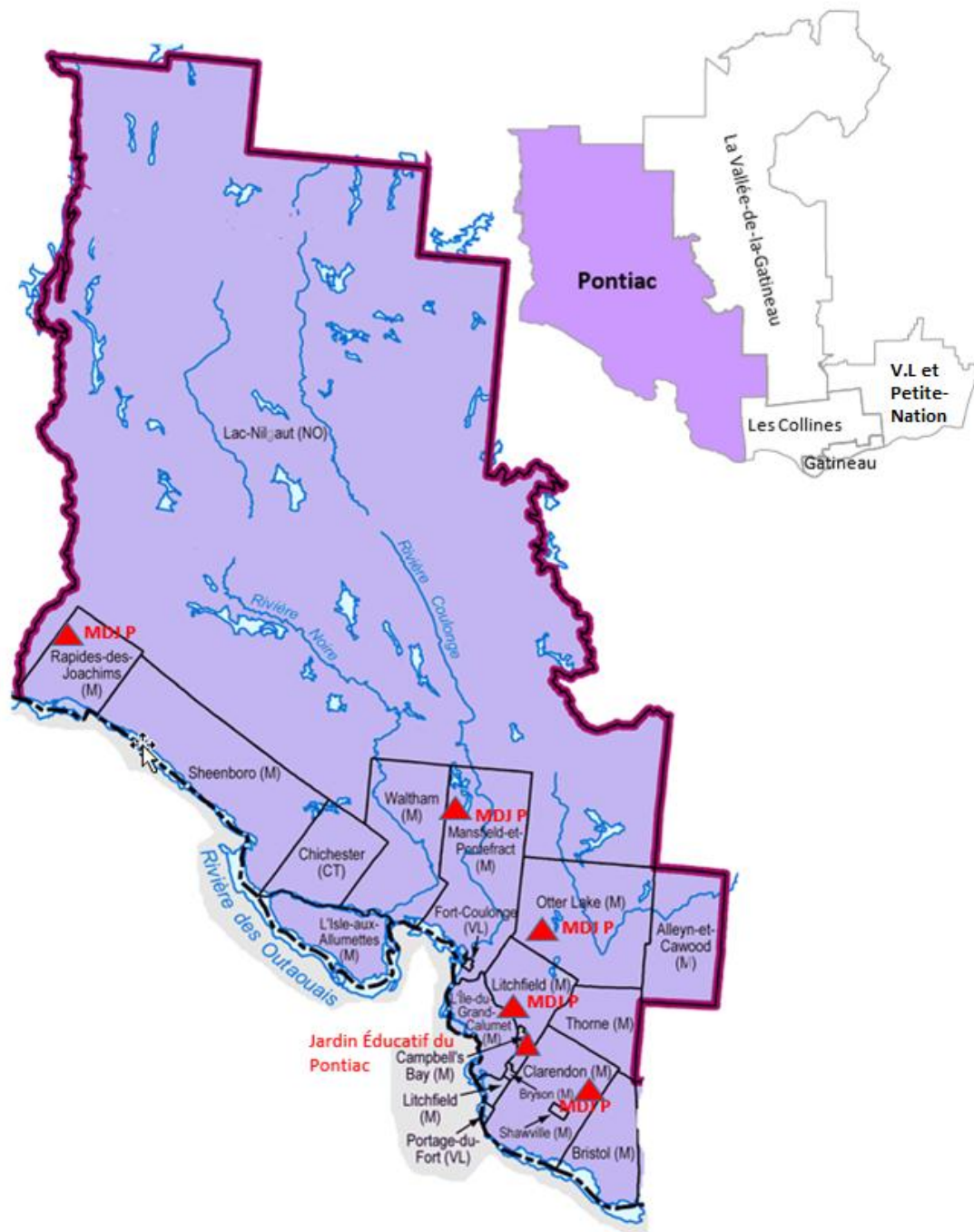
The following icons are intended to make it easier to search by type of addiction and to identify the services offered by community organizations and the CISSS de l'Outaouais.

These icons are included in reference to services provided by organizations whose main mandate is addiction prevention, as well as services offered by the CISSS de l'Outaouais and in the section entitled *Help and Information Resources for Outaouais Residents*.

Type of Addiction	
	Alcohol
	Drugs
	Gambling
	Internet and screens
	Tobacco and vaping

Services	
	Injection equipment
	Help by phone, in person or text
	Services offered in French
	Services offered in English

Pontiac area



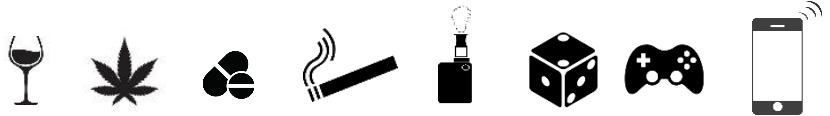
	Les Maisons des jeunes du Pontiac (Addiction Prevention Stream)	
Targeted Addictions		
Mandate Objectives	Les Maisons des jeunes du Pontiac is a charitable non-profit organization that provides four support centres and support for children and youth in the Pontiac area: • one location in Rapides-des-Joachims • one in Mansfield • one in Shawville • one in Campbell's Bay Our youth centres define themselves as a youth and adult association whose mission is to provide a lively meeting place where young people, mainly aged 6 to 17, in contact with significant adults, can become critical, active and responsible citizens.	
Target Population	• Youth aged 6 to 17.	
Program Activities	• 4 locations/youth centre • 3-day camps • Youth cooperative • Inter-municipal sport program coordination • Community and elementary school-based prevention and awareness program • Seasonal programming	
How to Access Services	We can be reached by: • Telephone: 819-683-1044 • Email: info@mdjpontiac.com • Social media platforms ○ Facebook: Les maisons des jeunes du Pontiac ○ Snapchat: MDJ Pontiac ○ Instagram: mdj_pontiac You can also visit our centres in person during business hours.	
Eligibility Criteria	☐ Eligibility: Youth aged 6 to 17 and their families	
Site Accessibility MANSFIELD	Indoor or outdoor stairs	☒ YES: 6 steps ☐ NO
	Access ramp	☐ YES ☒ NO

	Elevator	☐ YES ☒ NO
	Wheelchair accessible	☒ YES ☐ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☐ YES ☒ NO
	Animals allowed	☒ YES ☐ NO
Site Accessibility CAMPBELL'S BAY	Indoor or outdoor stairs	☒ YES: 4 steps ☐ NO
	Access ramp	☒ YES ☐ NO
	Elevator	☐ YES ☒ NO
	Wheelchair accessible	☐ YES ☒ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☐ YES ☒ NO
	Animals allowed	☒ YES ☐ NO
Site Accessibility SHAWVILLE	Indoor or outdoor stairs	☒ YES: 1 step ☐ NO
	Access ramp	☒ YES ☐ NO
	Elevator	☐ YES ☒ NO
	Wheelchair accessible	☐ YES ☒ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☐ YES ☒ NO
	Animals allowed	☒ YES ☐ NO
Site Accessibility RAPIDES-DES- JOACHIMS	Indoor or outdoor stairs	☒ YES: 7 outdoor steps ☐ NO
	Access ramp	☐ YES ☒ NO
	Elevator	☐ YES ☒ NO

	Wheelchair accessible	☐ YES ☒ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☐ YES ☒ NO
	Animals allowed	☒ YES ☐ NO
Contact information	MDJ Pontiac points of service operations: Administration office: • Address: 298 A Rue Principale, Mansfield, QC J0X 1R0 • Phone: 819-683-1044 • Fax: 819-683-2669 • Email: info@mdjpontiac.com • mdjdesiree@gmail.com • Hours of operation: • Monday to Friday, 9 a.m. to 4 p.m. • Executive Director: Stéphane Durocher • Bookkeeper: Mariette Philippe • Coordinator: Désirée Tremblay Points of service: Shawville • Pontiac High School, 455 Maple Street, Shawville, QC J0X 2Y0 • Phone: 819-683-1044 and 819-209-7626 • Email • info@mdjpontiac.com • mdjdesiree@gmail.com • mdjvanessal@gmail.com • Hours of operation: • Monday to Friday: 11:30 a.m. to 12:30 p.m. • Monday, Wednesday, Friday: 3 p.m. to 7 p.m. • Lead Facilitator: Vanessa Lafleur Campbell's Bay • 4 Patterson Street, Campbell's Bay, QC J0X 1K0 • Email: info@mdjpontiac.com • mdjallyssa@gmail.com • Hours of operation: • Wednesday to Friday: 3 p.m. to 9 p.m. • Lead Facilitator: Alyssa Boughner Mansfield • 298 A Rue Principale, Mansfield, QC J0X 1R0 • Telephone: 819-683-1044 • Fax: 819-683-2669 • Email: • info@mdjpontiac.com or mdjdesiree@gmail.com	

	• Hours of operation: • Wednesday to Friday: 3 p.m. to 7 p.m. • Lead Facilitator: Rachel Bisson Rapides-des-Joachims • 54 De l'Église St., Rapides-des-Joachims, QC J0X 3M0 • Phone: 819-360-0092 • Coordinator: Kelsey Daly • Email: info@mdjpontiac.com • kdaly.mdjpontiac@outlook.com • Hours of operation: • Monday to Friday, 5 p.m. to 9 p.m. • Hours of operation may vary depending on time of year and programming.
--	---

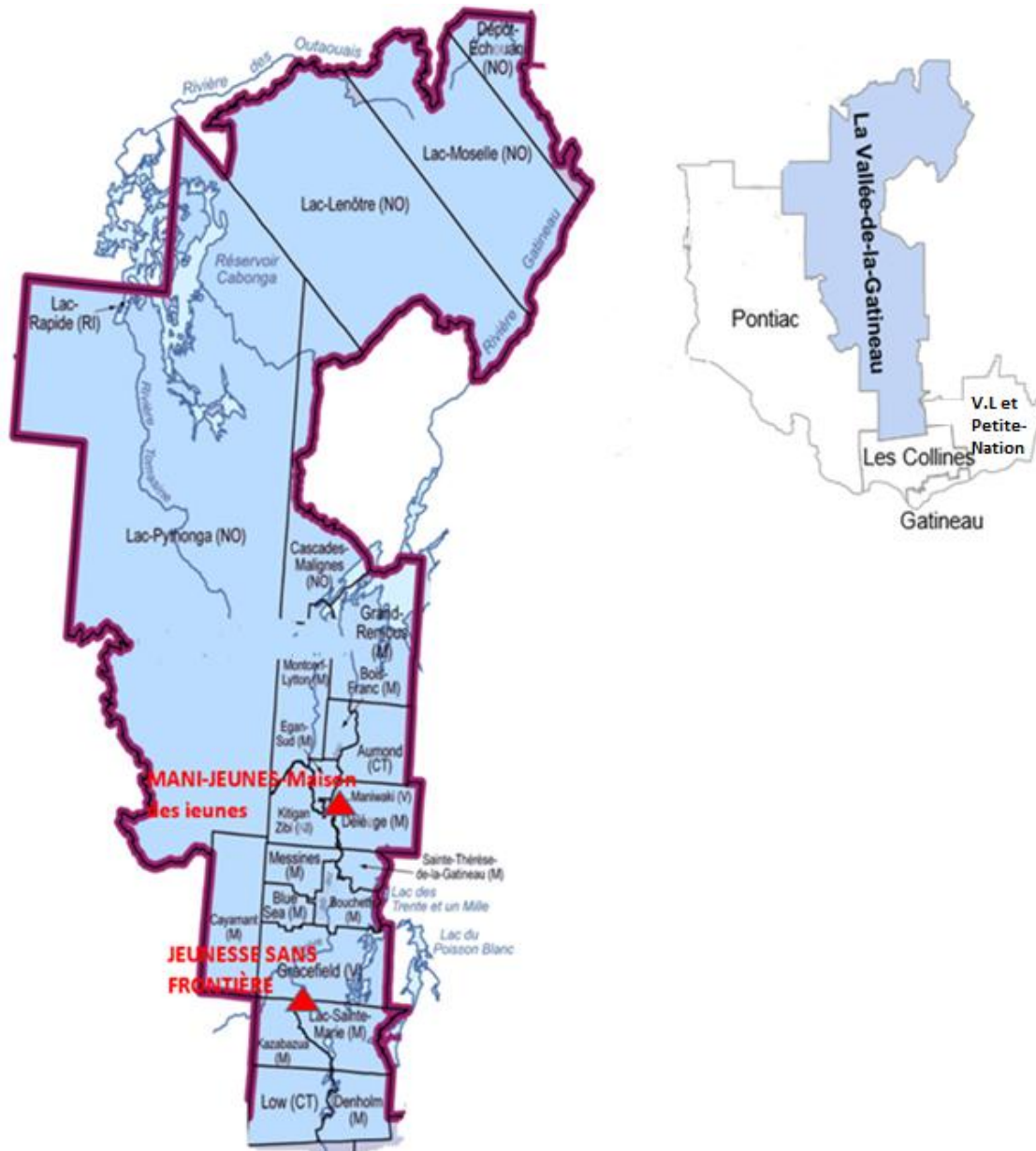
*Sheet updated in September 2024

	Jardin éducatif du Pontiac (Addiction Prevention Stream)	
Targeted Addictions		
Mandate Objectives	The Jardin éducatif du Pontiac's mission is to provide re-education services to Pontiac youth (both Francophones and Anglophones) between the ages of 8 and 17 with difficulties integrating and adapting to school, social and family life. This mission is accomplished through meaningful activities aimed at offering these young people a healthier school, social and family reintegration. In addition, specific addiction awareness and prevention activities have been added to school and summer camp services.	
Target Population	The Jardin éducatif du Pontiac's addiction prevention mandate targets youth aged 8 to 17 with difficulties integrating and adapting to school, social and family life. Activities include developing personal and social skills among youth, such as the ability to make responsible lifestyle choices and to manage social influences.	
Program Activities	A specific addiction prevention program will be implemented in schools. Awareness workshops will be also offered as part of the summer camp.	
How to Access Services	• For the summer program, through a referral from the CISSS de l'Outaouais, the Director of Youth Protection (DYP), schools or our own caseworkers • For school programs, mainly through a referral from schools • A referral may also be provided by the CISSS de l'Outaouais or DYP (less frequent)	
Eligibility Criteria	☐ None ☒ Eligibility: • Youth aged 8 to 17 with difficulties integrating and adapting to school, social and family life.	
Site Accessibility	<u>Indoor</u> or outdoor stairs	☒ YES: 29 steps (3 floors) ☐ NO
	Access ramp	☐ YES ☒ NO
	Elevator	☐ YES ☒ NO
	Wheelchair accessible	☐ YES

		☒ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☐ YES ☒ NO
	Animals allowed	☒ YES ☐ NO
Contact information	3 McCuaig St., PO Box 29, Campbell's Bay, QC J0X 1K0 Telephone: 819-648-5402 – email: direction@jepontiac.org	

*Sheet updated in September 2024

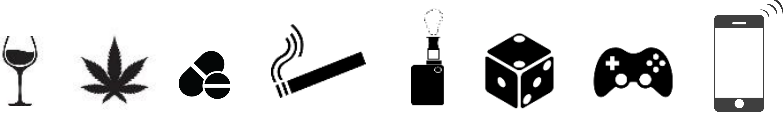
Vallée-de-la-Gatineau Area



	Mani-Jeunes – Youth Centre (Addiction Prevention Stream)	
Targeted Addictions		
Mandate Objectives	Youth centre offering addiction prevention workshops: • Developing passions in youth (alternatives to substance use) • Promoting health • Encouraging abstinence while applying the harm reduction approach. • Raising awareness about addiction services available in the region and referring individuals to specialized services	
Target Population	• Grade 6 elementary school to Sec. 5 (in the school environment) • Ages 8 to 17 (at the Maison des jeunes)	
Program Activities	• Workshops on addiction prevention / reducing the risks of using (available at the youth centre) • Addiction Prevention Week activities • Workshops in elementary school with the A.D.O.S. Program and secondary schools with the Dévelop'Action program. • Awareness and prevention in the youth centre, schools and the community	
How to Access Services	• Workshops held at the youth centre (see monthly schedule) • Classroom visits to facilitate prevention and awareness workshops • Description of available services sent annually to elementary school principals at Le Rucher institutions and the administration at the Cité étudiante de la Haute-Gatineau to inform them of available addiction prevention workshops.	
Eligibility Criteria	☐ None ☒ Eligibility: • Youths in Grade 6 elementary school to Sec. 5 and youths aged 8 to 17 for workshops at the youth centre. • Be a student in a school participating in the prevention program offered by Mani-Jeunes	
Site Accessibility	Indoor or outdoor stairs	☐ YES ☒ NO
	Access ramp	☐ YES ☒ NO
	Elevator	☐ YES ☒ NO
	Wheelchair accessible	☒ YES ☐ NO

	Free parking	☒ YES ☐ NO
	Accessible by public transit	☐ YES ☒ NO
	Animals allowed	☐ YES ☒ NO
Contact information	274 Oblats Street, Maniwaki, Quebec J9E 1G7 Telephone: 819-449-6609 Email: direction@mani-jeunes.ca	

*Sheet updated in October 2024

	Jeunesse Sans frontières Vallée-de-la-Gatineau (Addiction Prevention Stream)	
Targeted Addictions		
Mandate Objectives	Youth centre offering educational and community involvement programs. Health promotion and addiction prevention services for youth aged 12 to 17 and their parents.	
Target Population	Youth aged 12 to 17 ○ At-risk youth or youth with or without problematic use issues	
Program Activities	• Addiction prevention workshops • Addiction Prevention Week • Personalized support, referrals to specialized services • Health promotion and personal skills development, self-esteem, identity building • Awareness and prevention	
How to Access Services	• Register at the youth centre in person	
Eligibility Criteria	☐ None ☒ Eligibility: Be between the ages of 12 and 17	
Site Accessibility	Indoor or outdoor stairs	☒ YES (3 steps) ☐ NO
	Access ramp	☐ YES ☒ NO
	Elevator	☐ YES ☒ NO
	Wheelchair accessible	☐ YES ☒ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☐ YES ☒ NO
	Animals allowed	☒ YES ☐ NO
Contact information	119 Saint-Joseph St., Gracefield, QC J0X 1W0 Telephone: 819-463-4030 Email: Info.jsfvg@gmail.com	

*Sheet updated in October 2024

Vallée-de-la-Lièvre and Petite-Nation Area



	Prévention CÉSAR (Petite-Nation) (Addiction Prevention Stream)	
Targeted Addictions		
Mandate Objectives	• Deliver addiction prevention workshops in local schools (elementary school grade 6 to secondary 5) aimed at developing factors that protect students from addiction • Decrease their need to use psychoactive substances (PASs), delay the age of first PAS use • Provide front-line intervention (individual and friends and family) • Provide school-based intervention • Equip staff, provide specific training, deepen knowledge • Support the intervention team and raise awareness among youth about certain themes in the organization's youth centres	
Target Population	• Youth aged 11 to 17	
Program Activities	• A.D.O.S. - Ongoing elementary-school-based substance abuse and addiction prevention program • Dévelop'action – School-based personal and social skills and addiction prevention program (Secondary School) • Drug focus group (GRD program), in collaboration with schools • Front-line intervention: Use assessment, referrals, support, skills maintenance • School-based intervention: Use assessment; referrals; support; follow-up; reflection and discussions after going back to school following suspension	
How to Access Services	• Call the Prévention CÉSAR organization (Petite-Nation) • Self-referral, referral by a caseworker or parent	
Eligibility Criteria	☐ None ☒ Eligibility: For youths aged 11 to 17	
Site Accessibility	Indoor or outdoor stairs	☒ YES (3 outdoor) ☒ NO
	Access ramp	☐ YES ☒ NO
	Elevator	☐ YES ☒ NO
	Wheelchair accessible	☐ YES ☒ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☐ YES

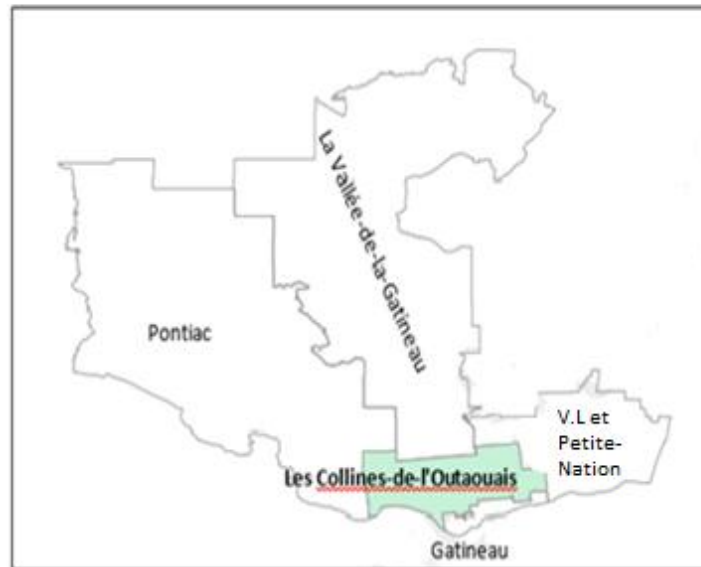
		☒ NO
	Animals allowed	☒ YES ☐ NO
Contact information	168 Jeanne d'Arc Street, Papineauville, QC J0V 1R0 Telephone: 819-308-1010, ext. 103 Email: infotoxico@preventioncesar.ca	

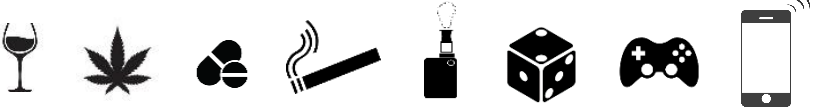
*Sheet updated in September 2024

	S.O.S Contact Al-To (Vallée-de-la-Lièvre) (Addiction Prevention Stream)	
Targeted Addictions		
Mandate Objectives	- Addiction prevention and education through harm reduction - Assistance services, support, referral and support for people with addictions - Support services through school organizations and Cœur-des-Vallée school services (CSSCV)	
Target Population	Youth aged 10 to 25, their family and significant adult	
Program Activities	- Social services - Youth intervention (school-based and outreach street work) - Prevention workshops and education - Front-line intervention - Presence in youth centres in Vallée-de-la-Lièvre - Workshop and training for caseworkers and school organization users - Passe-Ado program (École les Quatre-Vents, Angers sector)	
How to Access Services	Presence in the community, organizations, telephone and in-person support, email and social networks (Facebook, website)	
Eligibility Criteria	☒ None	
Site Accessibility	Indoor or outdoor stairs	☒ YES (3 steps) ☐ NO
	Access ramp	☒ YES ☐ NO
	Elevator	☐ YES ☒ NO
	Wheelchair accessible	☒ YES ☐ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☒ YES ☐ NO
Contact information	948 George St., Gatineau, QC J8L 2E5 Telephone: 819-281-2570 Email: soscontact@hotmail.com	

*Sheet updated in September 2024

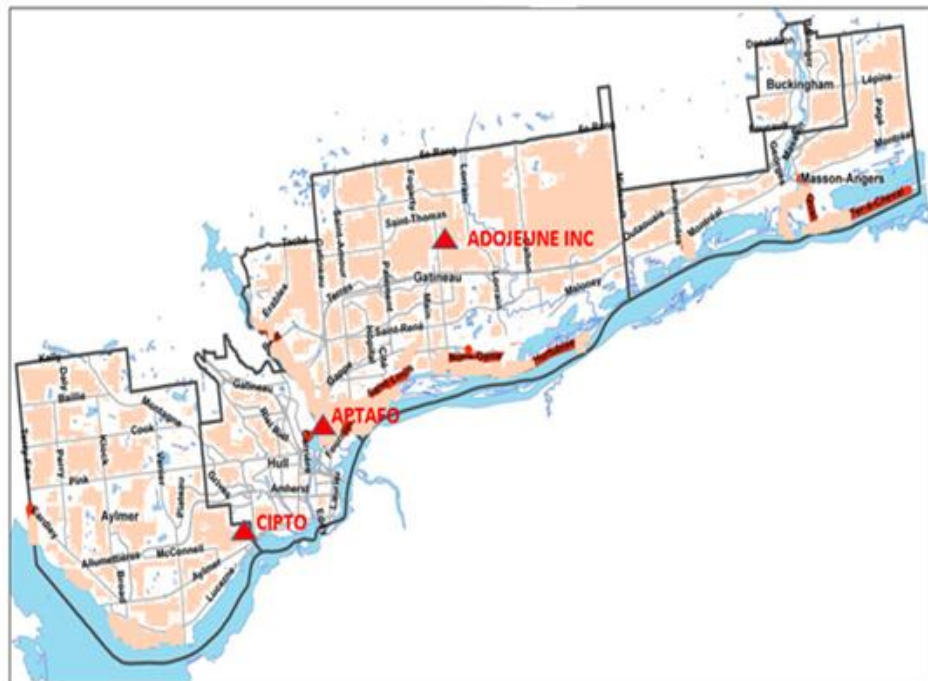
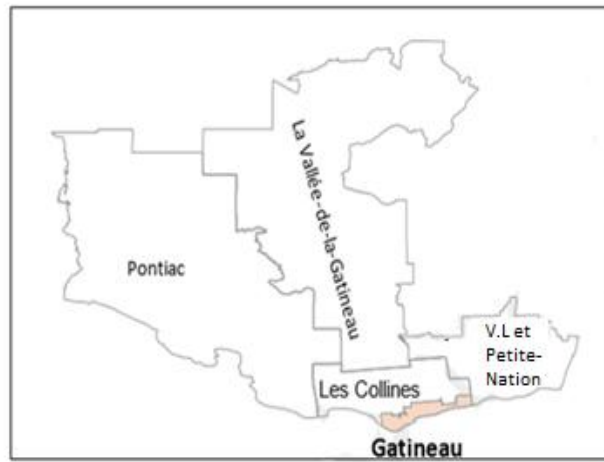
Collines-de-l'Outaouais Area

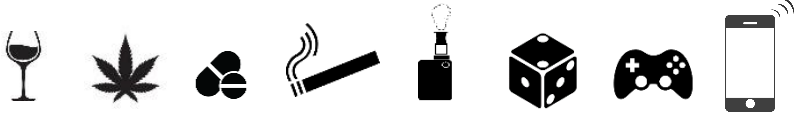


	Le Mashado youth centre (Addiction Prevention Stream)	
Targeted Addictions		
Mandate Objectives	• Prevention and healthy living awareness • Harm reduction vs. use • Develop an intervention plan based on the needs of interviewed youth	
Target Population	• Ages 6 to 17	
Program Activities	• A.D.O.S. Program (universal program, school-based addiction prevention) • Drug discussion group (targeted) • Awareness workshops based on thematic weeks and days • One-on-one sessions with an addiction worker	
How to Access Services	• Contact the caseworker by email at prevention.toxico@gmail.com or by phone at: 819-456-1100 • The caseworker's presence at youth centre during lunch and in the evening • Referral by teaching staff • Caseworker's Facebook and Instagram page	
Eligibility Criteria	☒ Eligibility (specify): Ages 6 to 17	
Site Accessibility	Indoor or outdoor stairs	☒ YES Outdoor: 1 step Indoor: 16 steps ☐ NO
	Access ramp	☐ YES ☒ NO
	Elevator	☐ YES ☒ NO
	Wheelchair accessible	☐ YES ☒ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☒ YES ☐ NO
Contact information	8 Des Optimistes Road, La Pêche, QC J0X 3K0 Telephone: 819-456-1100 Email: prevention.toxico@gmail.com	

*Sheet updated in September 2024

Gatineau Area



	Adojeune Inc. (Addiction prevention stream)
Targeted Addictions	
Mandate Objectives	STREAM 1: Addiction prevention • Prevent the risks associated with substance use and cyber-addiction among youth in elementary and secondary schools, as well as in youth centres • Deliver prevention and awareness workshops to support personal and social skills development and promote healthy living • Educate and inform the community about substances and addictions • Provide opportunities for discussion and information to parents and caseworkers through conferences on themes related to adolescence • Provide prevention tools (stress and anxiety management, awareness video and podcast, etc.) STREAM 2: L'Appart Adojeune • 24/7 Regional emergency housing • Provide prevention, referrals and support for youth in housing • Information on addictions-related use risks and resources available to youth and parents • Family mediation services • Mother-minor child services STREAM 3: Outreach street work • Offer a meaningful presence in the places most frequented by adolescents and young adults • Public education, harm reduction, referrals and supports
Target Population	STREAM 1: Addiction prevention • Youth aged 10 to 17 • Parents and caseworkers STREAM 2: L'Appart Adojeune • Youth aged 12 to 17 • Parents STREAM 3: Outreach street work • Youth aged 12 to 25

Program Activities	STREAM 1: Addiction prevention • Addiction's prevention workshops for Grade 5 and 6 elementary school students, including cyber-addiction (Le Grand Chemin) and the Dévelop'Action program (Action Toxicomanie) • Prevention workshops for high school students • Training volunteers, interns and caseworkers • Conferences and kiosks • Other ad hoc activities (based on demand) STREAM 2: L'Appart Adojeune • References • Support • Family mediation STREAM 3: Outreach street work • References • Support	
How to Access Services	STREAM 1: Addiction prevention • Description of available services sent annually to elementary and secondary school principals associated with the Centre de services scolaire des Draveurs (CSSD), informing them of workshops and conferences, followed by an availability schedule to arrange classroom workshops • Advertising events organized by Adojeune by email to the administration, teaching staff and caseworkers at CSSD schools • Sharing events among organizations, on our social networks and on our website STREAM 2: L'Appart Adojeune • Requests for services by phone only STREAM 3: Outreach street work • Ties established with the outreach street worker	
Eligibility Criteria	STREAM 1: Addiction prevention ☒ Eligibility: • CSSD elementary and secondary schools • Private schools • Be a parent/youth worker STREAM 2: L'Appart Adojeune ☒ Eligibility: • Be between the ages of 12 and 17 • Be willing • Parent(s)' authorization STREAM 3: Outreach street work ☒ Eligibility: Youth aged 12 to 25 (at risk)	
Site Accessibility	Indoor or outdoor stairs	☒ YES: 5 to 8 steps ☐ NO

	Access ramp	☒ YES ☐ NO
	Elevator	☐ YES ☒ NO
	Wheelchair accessible	☒ YES ☐ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☐ YES ☒ NO
Contact information	STREAM 1: Addiction prevention • 22 Auvergne Street, Gatineau, QC J9T 6J8 • 819-568-4499 STREAM 2: L'Appart Adojeune • 1133 Maloney Blvd. E., Gatineau, QC J8P 1H8 • 819-439-1010 STREAM 3: Outreach street work • 819-598-8818	

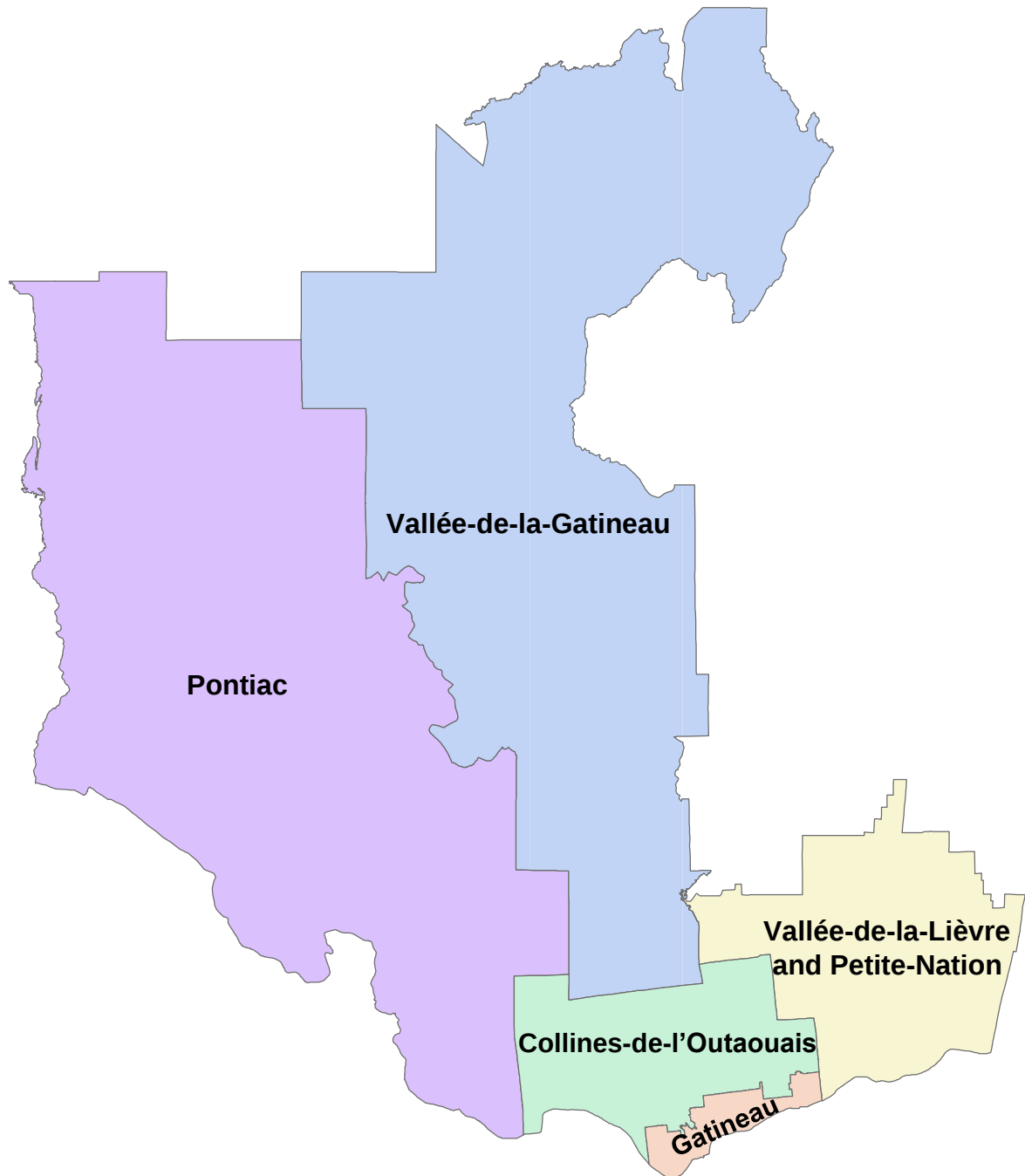
*Sheet updated in November 2024

Outaouais Region

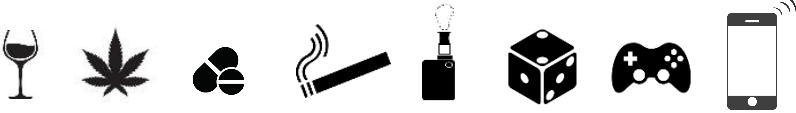
Community Organizations with a Regional Addiction Mandate
Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais

Adult Services

Youth Services



Community Organizations with a Regional Mandate

 A.P.T.A.F.O. Approche globale en dépendance au féminin	A.P.T.A.F.O. Association pour la prévention de la toxicomanie et de l'alcoolisme chez les femmes de l'Outaouais
Targeted Addictions	
Mandate Objectives	• Provide local women with support, information, listening, assistance and support • Develop and implement awareness and prevention programs on problems of addiction, substance abuse, alcoholism and developing an addiction • Promoting women's agency over their overall health • Raising awareness and informing the community about the phenomenon of addiction and the development of addiction among women • Fostering partnership through cooperation and collaboration among organizations working with people with addiction
Target Population	• Adolescent girls and adult women
Program Activities	• Social services, support, assistance • Training, awareness and prevention workshops • Specific assistance and prevention program • Group and individual intervention • Addiction prevention intervention program for young women aged 16 and up • School-based addiction prevention intervention program for students in Secondary 1 to 5 Prevention program: "<u>Prévenir un choix de vie!</u>" • Health promotion and addiction prevention program for women aged 16 and up (seven two-hour workshops) • Program objectives: ○ Increase women's skills and abilities to decrease the prevalence of substance abuse and drug or alcohol addiction among women ○ Prevent and counter the development of addiction ○ Increase knowledge about the phenomenon of addiction Awareness and information activities: • Training and awareness workshops are aimed at youth, adults, the community and community's workers: ○ The addiction cycle ○ The <i>Cannabis Act</i> ○ The phenomenon of addiction among women ○ Drugs and their impacts on health Training tailored to the needs of the community

How to Access Services	• Call and/or referral • Support required for first appointment	
Eligibility Criteria	☐ None ☒ Eligibility: • Services offered to women and girls in the Outaouais region	
Site Accessibility	Indoor or outdoor stairs	☒ YES ☐ NO
	Access ramp	☒ YES ☐ NO
	Elevator	☒ YES ☐ NO
	Wheelchair accessible	☒ YES ☐ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☒ YES ☐ NO
Contact information	16 Bériault St., Gatineau, QC J8X 1A3 Telephone: 819-778-3372 Email: aptafo@bellnet.ca (website under construction)	

*Sheet updated in September 2024

	CIPTO Centre d'intervention et de prévention en toxicomanie de l'Outaouais	
Targeted Addictions		
Mandate Objectives	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 social services, support and assistance for people who use psychoactive substances and their friends and families, in addition to initiating collective action.	
Target Population	• People who use psychoactive substances. Particularly those who face barriers to accessing supports or services to improve their quality of life • The friends, family and communities affected by the negative consequences of substance use	
Program Activities	• Front-line intervention: Social services, listening, support and referrals • Training and awareness workshops for professionals and people with experience in substance use • Mobile homelessness team (MHT): Housing retention and reintegration • LAB: Inclusive place and democratization of the arts • Hepatitis C treatment support program (PATH-C): Personalized support for access to hepatitis C treatment • Boussole program: One-on-one support for access to addiction rehabilitation services (including through our partner, the CRDO) • Outreach street work: Active tracking and connection to those who are cut off from conventional services • School-based addiction prevention program (PPDMS): Deployment of prevention opportunities for youth aged 12 to 17, their parents and school staff in several Outaouais schools • Mobile supervised substance use service (SCS): Safe, legal and mobile place to receive substance use support • Rayon program: Analysis and verification of psychoactive substances • Peer support: Support for the involvement of people with lived experiences in substance use in CIPTO actions	
How to Access Services	Individuals can call 819-770-7249 or write to toxico@cipto.qc.ca for more information, or contact those responsible for each program on the "Contactez-nous" page of the website: www.cipto.qc.ca	
Eligibility Criteria	☒ None ☐ Eligibility: Varies by program or activity	
Site Accessibility	Indoor or outdoor stairs	☒ YES: 16 steps ☐ NO
	Access ramp	☐ YES ☒ NO

	Elevator	☐ YES ☒ NO
	Wheelchair accessible	☐ YES ☒ NO
	Free parking	☐ YES ☒ NO: parking meter or nearby streets
	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☒ YES ☐ NO
Contact information	Main office: 145 Eddy St.,Gatineau QC J8X 2W7 Mailing address: 92 St-Jacques St., Gatineau, QC J8X 2Z2 Telephone: 819-770-7249 / Toll-free: 1-866-778-4372 Fax: 819-770-9199 Email: toxico@ciptoc.qc.ca Website: www.ciptoc.qc.ca Facebook: CIPTO : Harm reduction organization	

*Sheet updated in September 2024

Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais

Adult Services

Centre intégré de santé et de services sociaux de l'Outaouais Québec	Early intervention addiction services /Mes choix program	
Targeted Addictions	   	
Mandate Objectives	Assistance and support for people who want to maintain or regain low-risk substance use and/or gambling.	
Target Population	Individuals aged 18 and up with at-risk substance use and/or gambling habits that do not require specialized rehabilitation or detox services and who want to change their habits.	
Program Activities	• Psychosocial (individual) counselling and/or • Mes Choix program: 3 streams depending on the user profile and 3 possible formats (individual, group and self-directed): ○ <i>Mes Choix Alcool</i> program (formerly <i>Alcochoix</i>) ○ <i>Mes Choix Cannabis</i> program ○ <i>Mes Choix Toutes Substances</i> program	
How to access services	• Service request via 811 • Request for services from a health professional or any other caseworker trained in the DÉBA detection tool • The referral form must be sent to the Mental Health Access Desk with the completed DÉBA form (training required)	
Eligibility Criteria	☐ None ☒ Eligibility: • Within the Outaouais region • Ages 18+ • Score equal to or less than 17 on the DÉBA for alcohol, equal to or less than 5 on the DÉBA for drugs, without recurrent impacts, equal to or less than 10 on the DÉBA for gambling ☒ Eligibility: for Mes Choix program: • No symptoms or high risk of withdrawal • No recurring impact from substance use • Stable mental health, not in crisis	
Site Accessibility	Indoor or outdoor stairs	☒ YES ☐ NO
	Access ramp	☒ YES ☐ NO
	Elevator	☒ YES ☐ NO
	Wheelchair accessible	☒ YES

		☐ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☒ YES ☐ NO
Contact information	• Psychosocial counselling in all CLSCs • Mes Choix program offered in person at select CLSCs or virtually throughout the Outaouais region • For information: 811 (Info-social)	

*Sheet updated in December 2023

Centre intégré de santé et de services sociaux de l'Outaouais Québec 	Regional Specialized Assessment Program (RSAP) for addiction - Adult
Targeted Addictions	
Mandate Objectives	• Gateway for addiction services • Receive and analyze service requests. Callback within 48 hours to book withdrawal risk assessment appointment within 14 business days • Provision of a standardized specialized addiction evaluation (NiD-ÉP) or psychosocial assessment (gambling assessment, problematic Internet use evaluation) to assess the required services according to the American Society of Addiction Medicine (ASAM) criteria • Friends and family summary assessment • Referral to addiction services (outpatient, intensive outpatient, housing, Clinique Parachute), private or community resources
Target Population	• People with a problem with substance use and/or gambling and/or problematic Internet use • User's friend or family member (the user does need to be receiving services at the same time)
Program Activities	• NiD-ÉP, gambling, problematic Internet use and friends and family assessment • Maintaining motivation group: ○ Supports clients early in the process and helps encourage engagement and motivation ○ Facilitated by specialized addiction educators ○ 5 sessions over 5 weeks (1 session per week) ○ Available in the Hull and Gatineau sectors
How to Access Services	• By telephone during business hours (Monday to Friday, 8:30 a.m. to 4:30 p.m.) • In person during business hours at the various points of service (Monday to Friday, 8:30 a.m. to 4:30 p.m.) • Partners: Single form with DÉBA evaluation • By calling 811 and selecting option 2
Eligibility Criteria	☒ Eligibility: • Meet criteria for use or addiction problems for substances, gambling or problematic Internet use, depending on the detection tool used or received from the partner • Have a Quebec health insurance (RAMQ) card or proof of residence in Quebec • Be willing to receive services • Not currently incarcerated and therefore able to participate in the regular service trajectory

	Not be seeking services to treat another form of addiction (emotional addiction, sex addiction, etc.)	
Site Accessibility	Indoor or outdoor stairs	☒ YES: 10 steps outdoors, 4 floors indoors, 24 steps per floor ☐ NO
	Access ramp	☒ YES ☐ NO
	Elevator	☒ YES ☐ NO
	Wheelchair accessible	☒ YES ☐ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☒ YES: Service dogs only (e.g., Mira) ☐ NO
Contact information	- Hull: 25 Saint-François St. (Hull sector) / Phone: 819-776-5584 - Gatineau: 444 Saint-René Blvd. E. (Gatineau sector) Telephone: 819-669-3644 - For more information: 811 (Info social)	

*Sheet updated in October 2024

Centre intégré de santé et de services sociaux de l'Outaouais Québec	Specialized Addiction Rehabilitation Outpatient Services - Adults	
Targeted Addictions		
Mandate Objectives	• Rehabilitation and social integration services for people with addictions to alcohol, drugs, gambling or cyber-addiction who require these kinds of services, as well as assistance and support services for their friends and family • Harm reduction approach	
Target Population	• Persons aged 18 and up with an addiction or substance use problem and/or pathological gambling and cyberaddiction, as well as their loved ones	
Program Activities	• Group, individual or couple services • Group activities prioritized based on recommendations from best addiction practices • One-on-one counselling services for clients with contraindications to group intervention or for Anglophone clients at points of service, excluding one in the Hull sector • Volunteer team support group	
How to Access Services	• Service is provided as a result of a referral from another program that has identified a substance abuse or addiction problem, as well as a referral from a physician/general practitioner, psychiatrist or psychologist who has established a diagnosis • Regional Specialized Assessment Program (RSAP) referral form – adult required	
Eligibility Criteria	☐ None ☒ Eligibility: • RSAP assessment • Meet criteria for substance abuse or addiction , gambling and cyber-addiction depending on the detection tool used or received from the partner • Have a Quebec health insurance (RAMQ) card or proof of residence in Quebec • Be willing to receive services • Not currently incarcerated and therefore able to participate in the regular service trajectory • Not be seeking services to treat another form of addiction (emotional addiction, sex addiction, etc.)	
Site Accessibility	Indoor or outdoor stairs	☐ YES ☒ NO
	Access ramp	☒ YES ☐ NO
	Elevator	☒ YES ☐ NO

	Wheelchair accessible	☒ YES ☐ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☒ YES (except remote areas) ☐ NO
	Animals allowed	☐ YES ☒ NO
Contact information	• Service is available in the CLSCs in each area • Visit: https://ciyss-ouataouais.gouv.qc.ca/language/en/clsc-list/ • Telephone: 819-776-5584 / Info-Social 811, option 2	

*Sheet updated in December 2023

Centre intégré de santé et de services sociaux de l'Outaouais Québec 	Clinique Parachute Outpatient Clinic Outpatient Opioid Addiction and Withdrawal Treatment
Targeted Addictions	    
Mandate Objectives	- Managing outpatient alcohol and drug withdrawal services safely and comfortably - Treating opioid addiction and providing psychosocial support in the process
Target Population	Outpatient detox: available to those at risk of mild to moderate withdrawal Opioid agonist therapy: users with opioid use disorder
Program Activities	Outpatient detox - Care provided by a medical team (nurse and physician) for withdrawal assessment and care - Medical care for relapse prevention Opioid agonist therapy - Assessment and care from a medical team of nurses and physicians - Treatments available: Buprenorphine (Suboxone/Sublocade), methadone, Kadian - STI and STBBI testing and treatment care - Screening and treatment for Hepatitis C virus - Psychosocial support in an outpatient rehabilitation approach and support in reintegration approaches - Distribution of drug equipment and Naloxone kits, with usage instructions
How to Access Services	Outpatient detox: - Users should contact the CRDO at 819-776-5584 to complete a specialized assessment through the Regional Specialized Assessment Program (RSAP) to be referred to services - Walk-in appointments during business hours (Monday to Friday, 8:30 a.m. to 4:30 p.m.) Opioid agonist treatment: - Users should call the CRDO at 819-776-5584 and will be directed to Clinique Parachute for urgent care - Walk-in appointments during business hours (Monday to Friday, 8:30 a.m. to 4:30 p.m.)
Eligibility Criteria	☒ Eligibility: Outpatient detox: - Mild to moderate risk of withdrawal Opioid agonist treatment: - Diagnosed with opioid use disorder in accordance with the Diagnostic and Statistical Manual of Mental Disorders (DSM-5)

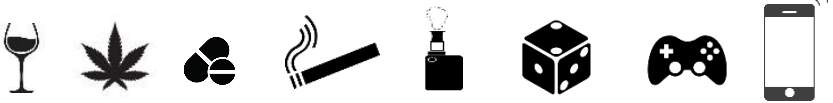
	Outpatient detox: • Not at risk of severe withdrawal Opioid agonist treatment: • Not require treatment for pain only (without opioid use disorder)	
Site Accessibility	Indoor or outdoor stairs	☒ YES: 18 indoor steps and 10 outdoor steps ☐ NO
	Access ramp	☒ YES ☐ NO
	Elevator	☒ YES ☐ NO
	Wheelchair accessible	☒ YES ☐ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☐ YES ☒ NO
Contact information	Services are available: • 25 Saint-François St. (Hull sector), Gatineau, QC J9A 1B1 • Maniwaki CLSC, 149 Rue Principale N., Maniwaki, QC J9E 2B7 Telephone: 819-449-2513 • Basse-Lièvre/Coop Santé FMG (Buckingham sector), 620 Buckingham Ave. Gatineau, QC (for users already receiving care at this clinic), Telephone: 819-986-6006 For more information: 811 (Info social)	

*Sheet updated in October 2024

Centre intégré de santé et de services sociaux de l'Outaouais Québec	Intensive Outpatient Rehabilitation Services - Adults (RIVE)
Targeted Addictions	
Mandate Objectives	• Stabilize the person's condition and help them to function better overall in the community • Support the user in changing their usage habits • Contribute to biological, psychological, social and addiction rehabilitation • Help the user develop different personal skills • Support them in their efforts toward independence (social reintegration) • Provide resources for the user to overcome isolation • Provide support more closely over a period of time to make positive changes • Help the individual know and use the resources and services available in the community • This program offers intensive services from 9 a.m. to 7 p.m. throughout the week.
Target Population	• People aged 18 and up with a drug, alcohol, or gambling addiction problem
Program Activities	• One half-day for 8 weeks • Up to 12 users per workshop • Themes focused on perceived user needs • Improvised workshop facilitated by caseworkers based on participant needs • Intermittent recreation, sports and revitalization workshops • Workshops with testimonials from an individual or family member making a good recovery, occasionally • Place for sharing, developing communication skills and sharing experiences (self-expression) • Group workshops ○ Monday to Friday ○ 2.5 hours of programming per workshop • Individual counselling • Recreational activities • Occupational therapy approach
How to Access Services	• The user must be referred by a CRDO worker

Eligibility Criteria	☐ None ☒ Eligibility: - Assessment demonstrating addiction problem and NiD-ÉP - Rating of 2.1 for ASAM criteria	
	☐ No signs of withdrawal symptoms or mild withdrawal symptoms	
	☐ Stable or treated physical health condition that does not interfere with recovery	
	☐ Emotional condition requiring intensive intervention to avoid deterioration or MH Dx requiring support (to reduce reactions (interference) with recovery)	
	☐ Need for structured interventions several times a week to achieve objectives as well as a motivation that is sometimes ambivalent to change	
	☐ Impaired functioning or increased Sx associated with use disorder despite the user's being actively involved in existing services	
	☐ Low awareness of triggers, ambivalence toward services or high likelihood of relapse or continued use without regular support	
	☐ Supportive environment, presence of social/support network. No signs of withdrawal symptoms or mild withdrawal symptoms Clinical judgment shows that the referred person can participate in group sessions	
Site Accessibility	Indoor or outdoor stairs	☒ YES ☐ NO
	Access ramp	☒ YES ☐ NO
	Elevator	☒ YES ☐ NO
	Wheelchair accessible	☒ YES ☐ NO
	Free parking	☒ YES ☐ NO
	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☐ YES ☒ NO
Contact information	25 Saint-François St., Gatineau, QC J9A 1B1 Phone: 819-776-5584	

*Sheet updated in December 2023

Centre intégré de santé et de services sociaux de l'Ottawa Québec	Addiction Housing Services – Adults
Targeted Addictions	
Mandate Objectives	- Addiction housing services gives adults the ability to go through withdrawal from one or more psychoactive substances in a safe environment. - The objectives of intensive rehabilitation and the reintegration stream are to allow the person to remove themselves from their environment and regain control over their life in a safe environment. - The objective of the housing program is also to learn and develop new strategies for developing a better life balance. It also gives each individual time for themselves to reflect on their lifestyle and take a stand in the face of their addiction.
Target Population	People aged 18 and up with a drug, alcohol, or gambling addiction problem or with problematic Internet use (PIU).
Program Activities	Three streams - Detoxification - Rehabilitation - Reintegration Programming spread over 1–4 weeks - Group rehabilitation activities - Individual counselling - Recreational activities - Reintegration
How to Access Services	- Self-referral - Referral by an addiction service professional - Reference CIPTO's <i>Boussole</i> program - Referral from RSAP or hospital liaison services - Referral by a professional in the network
Eligibility Criteria	☒ Eligibility: - Assessment demonstrating an addiction problem - NiD-ÉP demonstrating need for level 3.7 housing services based on ASAM criteria - Stable and/or treated mental health - Physical health conditions not requiring services from a technical hospital support centre - No active suicidal ideations with high risk of acting out - Ability to follow programming

Site Accessibility	Indoor or outdoor stairs	☒ YES (outdoor front: approx. 10 steps; indoor : approx. 10 steps per floor and 3 floors) ☐ NO
	Access ramp	☒ YES ☐ NO
	Elevator	☒ YES ☐ NO
	Wheelchair accessible	☒ YES ☐ NO
	Free parking	☐ YES ☒ NO: not available for housing services clients
	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☐ YES ☒ NO
Contact information	Address: 25 Saint-François St., Gatineau, QC J9A 1B1 Telephone: 819-776-5584	

*Sheet updated in October 2024

Youth Services

Centre intégré de santé et de services sociaux de l'Outaouais Québec	Specialized Addiction Rehabilitation Outpatient Youth Services (Le Parcours)	
Targeted Addictions		
Mandate Objectives	The purpose of outpatient services is to provide rehabilitation services to willing youth with a substance use disorder or problematic Internet and screen use (cyber-addiction). In addition, assistance and support services are available to friends and family as well as children and youth whose parents have a substance use disorder (SUD).	
Target Population	- Youth aged 12 to 17 in the Outaouais region with an SUD or problematic Internet and screen use as well as significant friends and family - Children and youth with a significant family member with an SUD	
Program Activities	- Individual, group, parental or family services - Many of our services are offered directly in high schools in the Outaouais region - Increase service intensity as required (Intensive Outpatient Services)	
How to Access Services	- A referral accompanied by a DEP-ADO or DÉBA-Internet evaluation must be sent to the Guichet d'accès jeunesse with the single application form (GA Jeunesse) - Youth or their family or friends can contact 811 directly	
Eligibility Criteria	☒ Eligibility: Teenager - DEP-ADO assessment, red light - DÉBA-Internet with a score of 39 or more Family or friends - Have a teenager in my immediate circle with a substance use disorder or problematic Internet and screen use - Be affected by the substance use disorder/addiction of a significant family member (parents, siblings, etc.)	
Site Accessibility	Indoor or outdoor stairs	☒ YES ☒ NO * Depends on the location of the meeting, check in advance with the caseworker to meet
	Access ramp	☒ YES ☒ NO * Depends on the location of the meeting, check in advance with the caseworker to meet

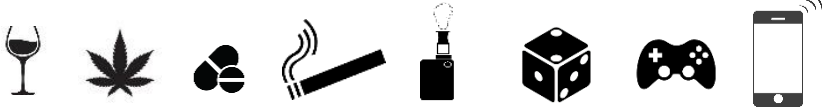
	Elevator	☒ YES ☒ NO * Depends on the location of the meeting, check in advance with the caseworker to meet
	Wheelchair accessible	☒ YES ☒ NO * Depends on the location of the meeting, check in advance with the caseworker to meet
	Free parking *Depends on the location of the meeting, check in advance with the caseworker to meet	☒ YES *** Free in schools (visitor spaces) ☒ NO
	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☐ YES ☒ NO
Contact information	Services are offered at the various points of service in the Outaouais region. Head office: 20 Pharand St., Gatineau, QC J9A 1K7 Telephone: 819-771-7761	

*Sheet updated in October 2024

Centre intégré de santé et de services sociaux de l'Outaouais Québec	Specialized Addiction Rehabilitation Services Intensive Outpatient Services – Youth (Le Circuit)	
Targeted Addictions		
Mandate Objectives	The goal of intensive outpatient services is to intensify and vary the activities offered to teens enrolled in outpatient services in addition to their counselling sessions. The purpose of adding an educator is to support the teen and provide them with more guidance in their process.	
Target Population	- Youth aged 12 to 17 in the Outaouais region with a substance use disorder (SUD) or problematic Internet and screen use - Adults aged 18 to 25 with an SUD receiving adult outpatient care - Youth leaving intensive rehabilitation and requiring some level of service continuity	
Program Activities	- Individual, group, parental or family services - Many of our services are offered directly in high schools in the Outaouais region. - Increase service intensity as required (Intensive Outpatient Services)	
How to Access Services	The user should be referred by their primary care provider for specialized outpatient addiction rehabilitation services.	
Eligibility Criteria	☒ Eligibility: Level 2.1 to 2.5 needs level based on American Society of Addiction Medicine (ASAM) criteria Teen: - DEP-ADO assessment, red light - DÉBA-Internet with a score of 39 or more Family or friends: - Have a teenager in my immediate circle with a substance use disorder or problematic Internet and screen use - Be affected by the substance use disorder/addiction of a significant family member (parents, siblings, etc.)	
Site Accessibility	Indoor or outdoor stairs	☒ YES ☒ NO *Depends on the location of the meeting, check in advance with the caseworker to meet
	Access ramp	☒ YES ☒ NO * Depends on the location of the meeting, check in advance with the caseworker to meet

	Elevator	☒ YES ☒ NO * Depends on the location of the meeting, check in advance with the caseworker to meet
	Wheelchair accessible	☒ YES ☒ NO * Depends on the location of the meeting, check in advance with the caseworker to meet
	Free parking	☒ YES ☒ NO * Depends on the location of the meeting, check in advance with the caseworker to meet
	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☐ YES ☒ NO
Contact information	Services are available in the Vallée-de-la-Lièvre and Des Collines areas. Head office: 20 Pharand St., Gatineau, QC J9A 1K7 Telephone: 819-771-7761	

*Sheet updated in October 2024

Centre intégré de santé et de services sociaux de l'Outaouais Québec	Youth Outreach Services in the addiction trajectory	
Targeted addictions		
Mandate Objectives	The purpose of the Youth Outreach Services is to provide screening, support and assistance services to willing youths with a substance use disorder or problematic Internet and screen use (cyber-addiction). In addition, assistance and support services are provided to their family and friends. The Youth Outreach Services also allows for screening of adults encountered during service delivery and referral to appropriate adult services based on results.	
Target Population	• Youth aged 12 to 17 in the Outaouais region with a substance use disorder (SUD) or problematic Internet and screen use (PISU) • Significant friends and family members impacted by the youth's SUD or PISU • Youth aged 12 to 25 with Aire-ouverte	
Program Activities	Individual, group, parental or family services	
How to Access Services	• 8-1-1 • Referrals to the Guichet d'accès jeunesse (partners with agreements for referrals) • Aire ouverte: on-site reception service (refer to schedule on CISSSO website: Aire Ouverte (12 to 25 years old) - CISSS de l'Outaouais)	
Eligibility Criteria	☒ None (Aire ouverte no eligibility criteria) ☒ Eligibility (specify): Aire ouverte • Teen and young adult aged 12 to 25 (Aire ouverte) or their loved one requiring support • No referral required. • Flexible schedule and walk-ins available	
Site Accessibility	Indoor or outdoor stairs	☒ YES: Aire ouverte: front 4 and back 4 ☐ NO
	Access ramp	☒ YES: Aire ouverte ☐ NO
	Elevator	☒ YES: Aire ouverte ☐ NO
	Wheelchair accessible	☒ YES: Aire ouverte ☐ NO
	Free parking reserved for the Aire ouverte youth	☒ YES ☐ NO

	Accessible by public transit	☒ YES ☐ NO
	Animals allowed	☒ YES ☐ NO
Contact information	Services are offered at the various points of service in the Outaouais region. Call 8-1-1	

*New sheet added in Nov 2024

Sources of Information for addiction workers

Organization	Mandate / Mission	Website
Association des intervenants en dépendance du Québec (AIDQ)	Support, develop and promote addiction intervention practices. The holistic approach is encouraged and combines prevention, harm reduction, treatment and reintegration into an inclusive equation for those affected by addiction and those at risk of addiction. Non-problematic use or use that may have physical, mental and emotional health benefits are integrated into reflections.	Association des intervenants en dépendance du Québec (AIDQ) - AIDQ
Association Pour la Santé Publique du Québec (AS PQ)	Support Quebec's social and economic development by promoting a sustainable health and well-being design. Inform citizens and decision-makers on a variety of public health issues. Thematic files are available on a variety of topics including: • Alcohol • Cannabis • Overdose crisis	About our organization AS PQ
Association Québécoise pour la promotion de la santé des personnes utilisatrices de drogues (AQPSUD)	Promote health, prevent sexually transmitted and blood-borne infections (STBBI) and improve living conditions for people who use drugs. The site offers health promotion and harm reduction tools and information, such as alcohol, drugs, consumer counselling, drugs and mental health, alternative treatment, STBBI, etc. The organization also manages the journal <i>Injecteur</i>.	Home -AQPSUD
British Columbia Centre on Substance Use (BCCSU)	To develop, support, and assess the implementation of evidence-based approaches in substance use and addiction.	BCCSU – British Columbia Centre on Substance Use

CAPSANA <u>PAUSE:</u> Screen-free time	Help individuals become responsible for their health and support professionals from different backgrounds so that they can better intervene with their clients, both in prevention and in support of at-risk youth. • Better understand the phenomenon of hyperconnectivity • Access to a detection tool as well as possible avenues for intervention avenues • Provide advice to students and offer challenges for them to overcome.	<u>For screen use that feels good PAUSE</u>
Canadian Substance Use Resource and Knowledge Exchange Centre (<u>SURE</u>) <i>Centre canadien d'échange de connaissances et de ressources sur l'usage de substances (<u>CRUS</u>)</i>	Consolidate tools and resources to help communities implement a public health approach to substance use. The hope is that the range of resources will provide decision-makers, peer supporters, professionals and more with tools to inform their decisions and actions to protect and promote rights, the health and safety of people who use substances and the community.	<u>SURE: French</u> <u>SURE: English</u>
Canadian Centre on Substance Use and Addiction (<u>CCSA</u>)	Provide national leadership on substance use and addiction issues. Their mandate is to use evidence to undertake coordinated measures across Canada. Their data and analyses are used to inform policy development for all levels of government.	<u>Canadian Centre on Substance Use and Addiction</u>
<u>Centre de toxicomanie</u> – Université de Sherbrooke	Provide training, conferences, seminars and information sessions for addiction and mental health workers.	<u>Addictions Service - Université de Sherbrooke</u>

<u>Centre d'expertise et de collaboration en troubles concomitants (CECT)</u>	Support institutions and their teams in the implementation and sustainability of an integrated and tailored provision of care and services for the specific needs of people with concurrent disorders. • Scientific activity • Scientific opinion • Consulting support • ECHO: Concurrent disorders-CHUM • Document portal	Centre d'expertise et de collaboration en troubles concomitants – UdeM RUISSS
Addiction Prevention Centre (APC)	Support the fight against addictions in Quebec and Canada by participating in the advancement and transfer of knowledge on all addictions affecting the well-being of the population – alcohol, illicit drugs, drugs, gambling addiction, cyber-addiction, etc. This achieved by promoting the sharing of expertise, collaboration between the stakeholders concerned and the awareness of organizations and the public about the issues stemming from addiction.	Mission + activities Addiction Prevention Centre
Canadian Drug Policy Coalition (CDPC) <i>Coalition canadienne des politiques sur les drogues (CCPD)</i>	Promote and advance compassionate and science-based drug policies. The organization seeks to change the public perception of substance use and the people who use substances. Internationally, the coalition plays a key role at the United Nations and contributes to domestic processes on international drug policy. The site also features a Canadian map of harm reduction organizations.	About - Canadian Drug Policy Coalition Harm Reduction - Canadian Drug Policy Coalition
<u>Connexions Resource Centre</u>	To promote the health, well-being and vitality of the English-speaking population in the Outaouais region by providing information, making referrals, as well as developing and delivering health promotion programs and activities. This is done in collaboration with public and community partners to improve access to services.	Connexions Resource Centre

Conseil québécois sur le tabac et la santé (CQTS)	Support the implementation of smoking and vaping prevention and cessation activities consistent with best practices, among adolescents in schools and youth organizations in the Outaouais region, but also provincially.	Accueil - Conseil québécois sur le tabac et la santé (cqts.qc.ca)
Addiction: Ministère de la Santé et des Services sociaux (MSSS)	Learn about addictions (alcohol, drugs and gambling). Site documentation section.	Professional support and documentation – Addictions Program/Services – Health Professionals – MSSS
Drogues, santé et société	Provide information through research findings, literature reviews, theoretical reflection articles or methodological commentaries on drug use (alcohol, cannabis, drugs or other psychoactive substances) or gambling . This French-language scientific journal is published twice a year and is freely available online.	Drogues, santé et société - Home
Éduc'alcool	To inform, equip and educate Quebec residents about alcohol consumption . Their mission is also to influence collective action to raise public awareness and thus prevent high-risk drinking.	Home – Éduc'alcool
Équipe de soutien clinique et organisationnel en dépendance et itinérance	Provide provincial support to all health and social service professionals to address clinical and organizational issues related to addiction and homelessness services .	Clinical and organizational support • Addiction and homelessness
Groupe de recherche et d'intervention psychosociale (GRIP)	Reduce the harms associated with substance use and prevent problematic use. The harm reduction approach includes educating and making information available on psychoactive substances, new patterns of use, ways to limit risky behaviours and negative consequences. The GRIP aims to make individuals, especially youth, more able to make informed, less risky and more responsible decisions about their substance use.	If you choose to consume, choose to inform yourself - GRIP

Canadian Research Initiative in Substance Misuse (CRISM) <i>Initiative Canadienne de Recherche en Abus de Substance (ICRAS)</i>	To translate evidence-based interventions for substance use into clinical practice, community-based prevention, harm reduction, and changes in the health system. The focus is on the transfer and delivery of interventions. This national research consortium supports the creation of more effective, personalized and easily adopted intervention programs and services.	Home - CRISM QC ICRIS
Institut national de santé publique du Québec (INSPQ)	Support Quebec's Ministère de la Santé et des Services sociaux (MSSS), regional public health authorities and institutions in assuming their responsibilities by making their expertise and specialized laboratory and screening services available. The INSPQ also serves other stakeholders, such as other government departments and agencies, the academic and research communities, Canadian and international public health organizations, Indigenous communities, the private sector and the general public.	Psychoactive substances, tobacco and gambling Substances psychoactives, jeux de hasard et d'argent Institut national de santé publique du Québec (inspq.qc.ca)
Institut national d'excellence en santé et en services sociaux (INESSS)	Promote clinical excellence and effective use of resources in the health and social services sector. The themes of addiction and homelessness are a component of social services that includes works concerning services offered to people presenting at-risk behaviours, abuse problems or addiction to alcohol, drugs or gambling, as well as homeless people or at risk of becoming homeless.	INESSS: Addiction and homelessness

Institut universitaire sur les dépendances (IUD)	Develop knowledge in the field of addiction, in addition to assisting and supporting clinical settings through research to foster the development of leading practices. Through the dissemination and sharing of research and evidence-based knowledge, the IUD contributes to training health network stakeholders and partner organizations at the provincial level.	Institut universitaire sur les dépendances
Institut universitaire sur les dépendances (IUD)	Direct readers to reliable and freely accessible sources to promote knowledge on youth addiction. The objective of the Jeunesse et dépendance thematic collection is to provide information on, among other things, statistical data; risk factors and patterns of use; concurrent disorders and high-risk behaviours; and the continuum of prevention and intervention. Books are also available at the Centre québécois de documentation en toxicomanie (CQDT).	Addiction and Youth Institut universitaire sur les dépendances
L'association québécoise des centres d'intervention en dépendance (AQCID)	To bring together, support, mobilize and represent community and non-profit organizations providing prevention, harm reduction and addiction and substance use treatment services in Quebec.	Association québécoise des centres d'intervention en dépendance
Centre for Addiction and Mental Health (CAMH)	Educate about signs and symptoms, definitions and other important facts about mental health and addiction. Detailed information on several common mental disorders, substances, medications and treatments can be found in the <i>Mental Illness & Addiction Index</i>. To increase knowledge by consulting clear, reliable information on alcohol, cannabis, gambling, inhalants, street fentanyl, LSD, tobacco, and more.	Mental Illness and Addiction Index CAMH

Centre pour l'intelligence émotionnelle en ligne (CIEL)	To open a dialogue about mental-health-related digital issues in order to make the relationship between people and social networks more positive. Offer Digital Wellness workshops to youth in collaboration with an interdisciplinary panel of experts. Disseminating the latest scientific knowledge about the environment online helps inform the public and raise public awareness through conferences and social networks. Workshops and conferences • Digital self-defence workshop • Training - community, education or health • Various conferences	Le Centre pour l'intelligence émotionnelle en ligne Le CIEL
Recherche et intervention sur les substances psychoactives – Québec (RISQ)	Contribute to the development of more effective intervention strategies for addicts or people at risk of becoming addicts by bringing together researchers from all walks of life who are interested in the psychosocial aspects of addiction.	Mission - Psychoactive Substance Research and Intervention – Québec (RISQ) – UQTR
Government of Quebec – Alcohol, Drugs and Gambling Stream	Prevent problems related to substance use and gambling, learn more about substance use and gambling, cannabis regulation in Quebec, help and resources.	Alcohol, Drugs and Gambling Government of Quebec
Health Canada	Make reliable and easily accessible information resources available to Canadians and organizations. Health Canada's mandate is to help Canadians maintain and improve their health. • Alcohol • Smoking, vaping and tobacco • Cannabis and your health	Health Canada – Canada.ca
Toxquébec	To provide individuals and organizations interested in alcohol, substance use disorder and excessive or pathological gambling with a source of readily available quality information.	Toxquébec

Help and information resources for the Outaouais population

The following icons are intended to make it easier to search by type of addiction and to identify the services offered by community organizations and the CISSS de l'Outaouais.

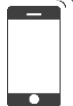
Type of Addiction		Services	
	Alcohol		Injection equipment
	Drugs		Help by phone, in person or text
	Gambling		Services offered in French
	Internet and screens		Services offered in English
	Tobacco and vaping		

Help and information resources	Services	Contact information
Action Toxicomanie	     - Promoting healthy life habits. Addiction prevention - Website: - Information for parents and youth aged 10 to 30 Cannabis, energy drinks, cyber-addiction, gambling, etc.	Home – Action Toxicomanie
Adogatineau.ca	 - Digital youth portal Youth aged 12 to 17 Recreational activities - Contests and events - Culture and inclusion - School and academic support Employment and engagement - Environment, parks and green spaces - Us, city and media - Organizations Health and support resources Transportation	Home – Ado Gatineau
Al-Anon	    Al-Anon Family Groups (AFG) Loved ones affected by another person's drinking. - In-person meetings - Virtual meetings Listening and sharing experiences with others in similar situations. Free, confidential services	Help and hope for families and friends of alcoholics <u>In-person meetings</u> At the Crépuscule AFG Wednesdays at 1:15 p.m. John XXIII Church (basement) 1194 Saint-René Blvd. West, Gatineau, QC J8T 6H3 Door 2 at rear * French Espérance AFG Monday evenings at 8 p.m.

Help and information resources	Services		Contact information
			St-Pierre-Chanel Church Basement, Réjean Gaudette Room 17 Groseilliers St. Gatineau, QC J8Z 1M4 * French Sérénité AFG Thursdays at 7:30 p.m. St-François-De-Sales Church (basement) 799 Jacques-Cartier St., Gatineau, QC J8T 2W1 * French Al-Anon Ottawa Meetings: Ottawa AFG PO Box 57011, 163 Bell St. North, Ottawa, ON K1R 7E1, CANADA Telephone 613-860-3431 Email ottawaais@yahoo.ca
Alateen	  	• Teens aged 13 to 18 affected by another person's drinking • Al-Anon Family Groups Mobile App • Electronic Meeting • Listening and sharing experiences with other teens in similar situations • Free, confidential services	Try an electronic Alateen meeting!

Help and information resources	Services		Contact information
Alcoholics Anonymous (AA)	   	• Person with an alcohol use problem • In-person meetings • Virtual meetings • Telephone helpline from 9 a.m. to 10 p.m. • Free, confidential services	Have a problem with alcohol? There is a solution. Alcoholics Anonymous Find a meeting near you
Aspire à Mieux	  	• Free and confidential mobile app to stop vaping • Youth aged 18 to 24 • Support for 8 weeks ○ Text messaging service ○ 24/7 Support ○ Access an interactive logbook (quiz) ○ Access to tools to help you stop • Informational website • Facebook support group • Based on motivational interviewing: autonomy and personal motivation to change behaviour.	Aspire à Mieux

Help and information resources	Services	Contact information
BRAS Outaouais	       • People living with HIV/AIDS and their loved ones • Workshops and group activities • Information, training and referrals • Texting helpline: 819-303-3737 • Substance analysis • Distribution of materials: ○ for safe substance use ○ for sexual health (condoms, lubricants, etc.) • Maison des Oliviers: shelter for people living with HIV/AIDS and/or HCV (hepatitis C virus) • Maison Ru'elles: housing for women experiencing homelessness • Supervised use site • Intervention with men who have sex with men (MSM) • Online sex work escort project (WETS) • Outreach street work	BRAS Outaouais 109 Wright St., Gatineau, QC J8X 2G7 Telephone 819-776-2727 Committed to HIV prevention and safe consumption since 1990. BRAS OUTAOUAIS
Cana-Coach	    • Mobile support app: free, secure and confidential • Youth aged 14 to 25 • To decrease or stop cannabis use • Promote free and informed decision-making • Reduce the risks associated with cannabis use • Online discussion forum to • stay informed • ask questions • exchange with other people • take stock of your use • set goals for yourself • Personalized support • Help tools to better manage use.	Cana-Coach App

Help and information resources	Services	Contact information
<u>Quit Smoking Centres (CAT) in the Outaouais region</u>	     • Support for quitting smoking or vaping • Support from a smoking cessation counsellor • In-person counselling • Group follow-up • Phone counselling • Free, confidential services • Ask for help: 819-966-6696	<u>Quit smoking or vaping - CISSS de l'Outaouais</u> Telephone 819-966-6696
<u>Maniwaki Native Friendship Centre</u>	           • Indigenous families • Mental health support services ○ Counselling ○ Social and cultural support ○ Prevention, intervention, postvention for addiction support ○ Confidentiality ○ Jordan's Principle Applications ○ Coordination of medical transportation ○ Youth transport • Health services • Youth Services • Education retention • Weekly activities: ○ cultural evenings, collective kitchens, narcotics anonymous, children's club, elders' circle, etc.	<u>Centre amitié autochtone de Maniwaki</u> Address 153 Laurier St., Maniwaki, QC J9E 2K6 Telephone 819-892-0892 Email <u>mnfc@maniwakinfc.ca</u> Hours of operation Monday to Friday from 8 a.m. to 12 p.m. and from 1 p.m. to 4 p.m. Gatineau Service Point 241, de la Cité-des-Jeunes Blvd., Gatineau, QC J8Y 6L2 Parking Lot 10, Block 5 Telephone 819-934-4088 Email <u>mnfc@maniwakinfc.ca</u> <u>Facebook Page</u>

Help and information resources	Services	Contact information
Wanaki Centre	     • Adults • First Nations and Inuit • Alcohol and drug addiction • Four-week online program • Virtual Sharing Circles: Wednesdays • Helpline: 1-800-745-4205 • Free, confidential services	Home WanakiCentre 2021 Address 50 Wanaki Mikan, PO Box 37 Maniwaki, QC J9E 3B3 Telephone 819-449-7000, ext. 4227 Email admissions@wanakicentre.com
Cocaine Anonymous CA	      • Support to stop using cocaine, alcohol and other drugs • Aimed at recovery • Virtual meeting only • Sharing experiences with other members • Mutual aid: support from a sponsor • Helpline • 24 hours a day, 365 days a year • Free, confidential services	Cocaine Anonymous Quebec Region – We’re Here and We’re Free Toll-free 1-800-806-0581 Online meetings Meetings – Cocaine Anonymous Quebec Region

Help and information resources	Services	Contact information
Domaine Perce-Neige	     • Addiction care facility • Men and women (18 years of age and older) with alcohol, drug or medication addiction • Population subject to judicial control • Persons under substitution therapy • 3 programs available: ○ Detox assistance and support (a few days) ○ Therapy (20 weeks) ○ Social reintegration (90 days) • Services offered: ○ Educational activity ○ Occupational therapy ○ Group therapy ○ Individual therapy ○ Family meetings • Support before, during and after stay • Fees vary by income	Addiction help centre Domaine Perce-Neige Address 156 Lorrain Blvd. Gatineau, QC J8P 2G2 Telephone 873-636-3976 1-855-636-3976 (toll free) Email info@domaineperceneige.com
Drugs: Help and Referral	     • Someone concerned about their drug use • Friends and family concerned about a loved one's drug use • Helpline: listening, information, referrals • 24 hours a day, 365 days a year • Free, confidential services	Home - Drug: Help and information Telephone 1-800-265-2626

Help and information resources	Services	Contact information
<u>Gamblers Anonymous GA</u>	 • Gambling concerns you: betting, gambling • Support for quitting gambling • Aimed at recovery • Sharing experiences with other members • In-person meetings • Virtual meetings • Free, confidential services   	<u>French</u> <u>Home-French</u> 1-866-484-6664 <u>English</u> <u>Home-English</u> 1-866-484-6664 <u>Email:</u> <u>info@gaquebec.org</u> <u>In-person meetings:</u> Tuesdays at 7:30 p.m. St-Rosaire Parish Centre 5 Saint-Arthur St., Gatineau, QC J8T 3C2 French Virtual meetings Saturdays at 10 a.m. <u>Saturdays</u> <u>(gaquebec.org)</u>
<u>Info-social 811 option 2</u>	  	811, Option 2

Help and information resources	Services	Contact information
I QUIT NOW	  • Quit smoking or vaping • Online help: tools and exercises to progress independently at your own pace • Free, confidential services	Tobacco-Free Quebec: Tobacco control portal
Gambling: Help and Referral	  • Gambling, gaming and Internet problems • Gamblers and their friends and family • TeleCounseling: help by phone or videoconference. • 24 hours a day, 7 days a week • Free, confidential services	Gambling: help and referral 24/7 helpline on excessive gambling Telephone 1-800-461-0140
Drug Free Kids Canada	  • Parents and guardians • Drug education and awareness • Tools for communicating with youth • Parent Support Hub: ○ free parental support service ○ on-line assistance 24 hours a day, 7 days a week	Drug Free Kids Canada – Drug Free Kids Canada Parental support Helpline: 1-866-381-1511 Chat support

Help and information resources	Services	Contact information
Kitigan Zibi Health and Social Services	 • Kitigan Zibi Anishnabeg First Nation member services Health Program: <u>Addiction counselling</u> • Alcohol and drug abuse • Addiction prevention and intervention services • Referral and transportation to a detox centre • Referral to rehabilitation centres • Post-intervention follow-up • Support from the Narcotic Anonymous group • Prevention of fetal alcohol spectrum disorder • Alcoholics Anonymous annual assistance	Health & Social Services – Kitigan Zibi Health Programs – Kitigan Zibi Contact Darren McGregor NNADAP Substance Abuse Counselor Darren.McGregor@kza.qc.ca 819-449-5593 ext. 2017
Libair	 • Mobile support app: free and confidential • Youth aged 13 to 17 • Vaping reduction/cessation program • Modules ○ Stoppage ○ Motivation ○ Addiction ○ Triggers • Personalized support • Support tools to manage vaping cravings	Libair-toi de la dépendance

Help and information resources	Services		Contact information
I QUIT NOW helpline	    	• Someone who wants to quit smoking or vaping • Helpline ○ Monday to Thursday, 8 a.m. to 9 p.m. ○ Friday, 8 a.m. to 8 p.m. • Free, confidential services	Telephone 1-866-527-7383
Nar-Anon	  	• Family & friends of addicts • People interested in services are redirected to Al-Anon groups • Free, confidential services	Nar-Anon
Narcotiques Anonymes de l'Outaouais	     	• People with major drug problems • In-person or virtual support groups • International association • Free, confidential services	Narcotiques Anonymes de l'Outaouais List of meetings

Help and information resources	Services	Contact information
Quash	     • Free mobile app • Specifically targeting youth aged 14 to 19 • Quitting smoking/vaping program ○ Make a personal plan ○ Meet objectives ○ Control your cigarette or vape cravings ○ Adopt new health habits • Online expense calculator	Quash
SMAT	     • Text messaging to quit smoking • Specifically targeting youth aged 18 to 34 • People who want to quit smoking • Sending of messages of encouragement and help tips • Text support with specialists for stopping • Sending of information to stop 2 Types of Support • By Messenger: duration of at least 6 weeks • By SMS: duration of at least 8 weeks • Free, confidential services	SMAT
Tel-aide Outaouais	  • French language adult helpline • Listening and referrals • 24 hours a day, 365 days a year • Free, confidential services	Tel-aide Outaouais Helpline Outaouais: 819-775-3223 Ottawa: 613-741-6433 Toll-free: 1-800-567-9699

Help and information resources	Services	Contact information
Tel-Jeunes	       • Youth, parents and school staff • Information on alcohol, drugs and other subjects • Phone, chat and text support: listening, referral and intervention • Youth services: ○ Helpline: 6 a.m. to 2:00 a.m. ○ Texting helpline: 8 a.m. to 10:30 p.m. ○ Chat: 8 a.m. to 10:30 p.m. • Services for parents: ○ Helpline: 6 a.m. to midnight ○ Chat: 6 a.m. to 10:30 p.m. • Free, confidential services	Tel-jeunes Help for youth and teens Quebec Teens Telephone: 1-800-263-2266 SMS: 514-600-1002 Chat Parents Telephone: 1-800-631-5085 Chat
Tel-jeunes Parents	   • Parents of children aged 0 to 20 • Helpline: 6 a.m. to midnight • Chat support: 6 a.m. to 10:30 p.m. • Free, confidential services • Topics: ○ School ○ Being a parent ○ Love and friendship ○ Sexuality ○ Communication and coaching ○ Mental Health ○ Alcohol/drug use ○ Technologies	Counselling space for parents of teenagers Tel-jeunes Telephone 1-800-361-5085

Help and information resources	Services		Contact information
Trouve ton centre	     	• Quebec Directory of Addiction and Substance Use Intervention Centres • Referral tool to facilitate access to services offered by the various centres: ○ Therapy ○ Prevention ○ Harm reduction ○ Naloxone distribution	About us — Trouve ton centre Telephone 1-800-265-2626