

Do you need help with your drinking, drug or gambling habits?

Free personalized professional services are provided by a multidisciplinary team (psychosocial counsellors, doctors and nurses)

Have you **tried to reduce** your drinking or drug use?

Has your drinking or drug use caused **reactions from your family and friends?**

Have you told yourself that you **drink too much or take too many drugs?**

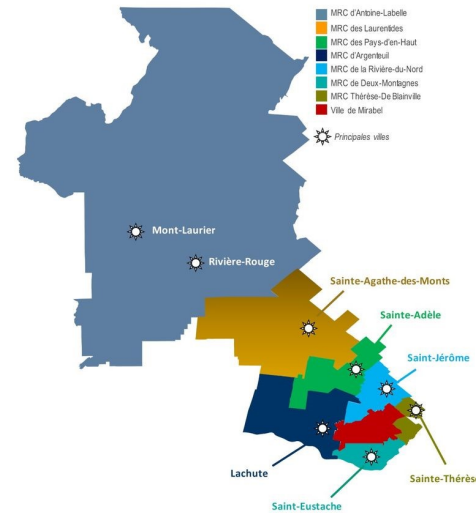
When you drank a lot or took a lot of drugs, did you feel **reactions in your body** the next day?

Have you **hidden or tried to hide your gambling habits** from other people (e.g., members of your family)?

During a gambling session, have you **played longer than you had planned to?**

Addiction services are available throughout the CISSS des Laurentides territory

- Deux-Montagnes
- Sainte-Thérèse
- Lachute
- Saint-Jérôme
- Sainte-Adèle/Saint-Sauveur
- Mont-Tremblant
- Sainte-Agathe-des-Monts
- Rivière-Rouge
- Mont-Laurier



To obtain services for addictions

Call:

811

Info-Social Laurentides Free and confidential telephone consultation service

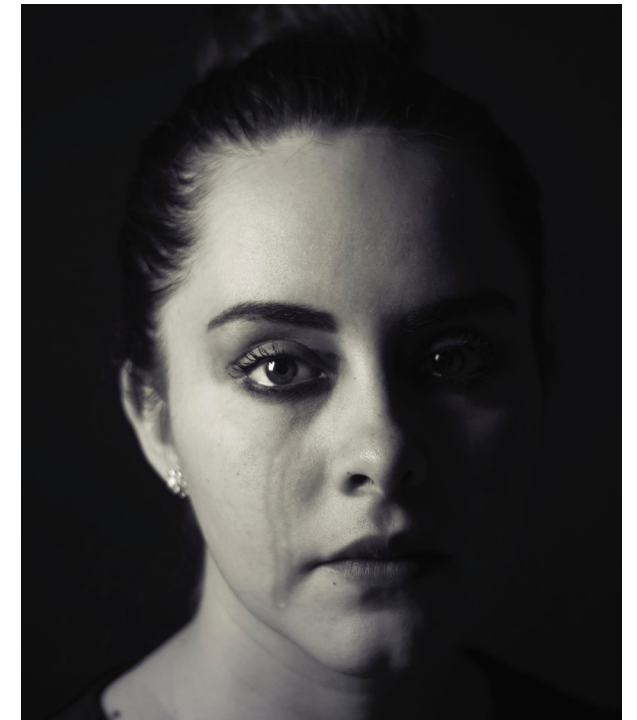
Direction des programmes
**Santé mentale, dépendance
et services psychosociaux
généraux adulte**
(Mental health, addictions and
adult general psychosocial service
programs)

QUELQUE 100 INSTALLATIONS
EN SANTÉ ET SERVICES SOCIAUX

Centre intégré
de santé
et de services sociaux
des Laurentides
Québec

LE CISSS DES LAURENTIDES
complice de votre santé

ADDICTION SERVICES



Communications – Juillet 2024

Québec

Adult services for addictions

Target clientele

Addiction services are for anyone aged 18 and up who has problems with alcohol or drug use, gambling, or internet use, as well as for their family and friends. The CISSS des Laurentides is a public institution that provides free personalized services.

Access to services

Services are accessible directly from **Info-Social by calling 811**.

You may also be referred directly to our services by a CISSS des Laurentides or other health-care provider. You can also contact your old counsellor to reactivate your treatment if it ended less than six months ago.

Reception, evaluation and orientation

Based on your situation, a specialized addictions evaluation may be conducted during the first meeting. This evaluation allows us to take stock of your drinking, drug use and gaming habits so that we can identify the services best suited to your needs.

Residential detoxification and rehabilitation

Quitting alcohol/drugs/gambling causes an imbalance that brings on physical and psychological withdrawal symptoms which sometimes require residential detoxification and rehabilitation services. Throughout this step, which lasts for a maximum of 21 days, the multidisciplinary team, made up of doctors, nurses and psychosocial counsellors, accompanies you through withdrawal safely and compassionately.

Clinical approaches

The preferred clinical approaches used by the addiction services are:

- harm reduction (including abstinence),
- the cognitive-behavioural approach,
- the motivational approach,
- the systemic approach.

Self-exclusion from establishments

Self-exclusion lets gamblers be prohibited access to casinos and game rooms for a predetermined period of 3 months to 5 years if they request it. Registration in the program is irrevocable and causes the automatic closing of the Espacejeux account. Self-exclusion is a free, confidential program.

Source: [Loto-Québec](#)

Outpatient services

Prevention/Education

The goal of addiction prevention/education is to prevent and reduce the negative consequences related to drinking, drug use and gambling. These services, spread over 6 to 8 meetings, is for people at risk of developing an addiction. Relapse prevention services are also offered to people not currently drinking, using drugs or gambling.

Alcochoix+/Mes choix alcool

Alcochoix+/Mes choix alcool is a prevention program of 6 to 8 individual or group meetings to identify concrete ways to change your drinking habits. Alcochoix+ is for people who drink between 10 and 35 alcoholic drinks per week.

Opioid agonist therapy

This treatment is aimed at people who have developed a usage disorder or are misusing opioids (heroin, Dilaudid, Oxycontin, etc.). Medical and psychosocial services are designed to support you in the changes you want to make. This service is available at our Saint-Jérôme and Sainte-Agathe-des-Monts facilities.

Outpatient withdrawal

Outpatient withdrawal is a service available to some people with alcohol or drug use problems. Your eligibility must be assessed by the medical team. This service allows safe withdrawal at home, accompanied by a nurse.

Outpatient rehabilitation

The person dealing with an addiction is accompanied by a specialized counsellor through a rehabilitation process based on the intensity of the required service. Group clinical programming and individual follow-up lasting approximately 6 months are available.

Rehabilitation enables you to make changes to your consumption or gambling habits as well as the associated psychological, physical and social consequences.

Services for family and friends

We accompany family and friends (over the age of 18) of the person dealing with an addiction in order to improve their wellbeing and their relationship with the person with the addiction.

Social reinsertion

The social reinsertion service allows the person dealing with an addiction to be supported and accompanied along their path and through their various steps. The goal is to develop the person's independence and to promote their rehabilitation. The length of these services varies based on the individual's needs.