

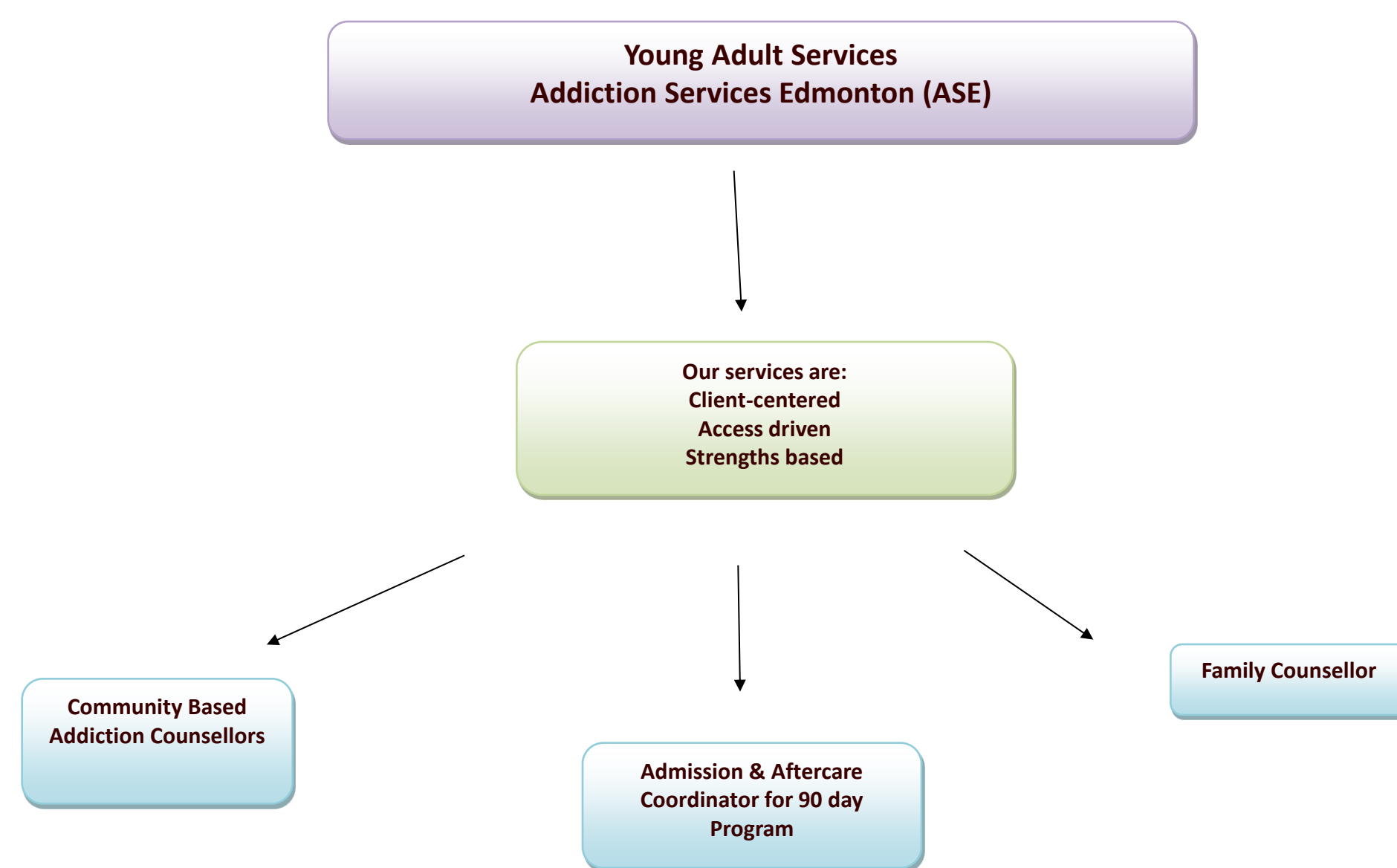
Background

Young adults between the ages of 18 and 24 make up a significant portion of all adult clients served in Alberta Health Services (AHS), Addiction & Mental Health. In 2009, the Safe Communities Initiative introduced the first treatment beds geared towards young adults in three treatment centres; Shunda Creek, Aventa & Poundmaker's Lodge (PML).

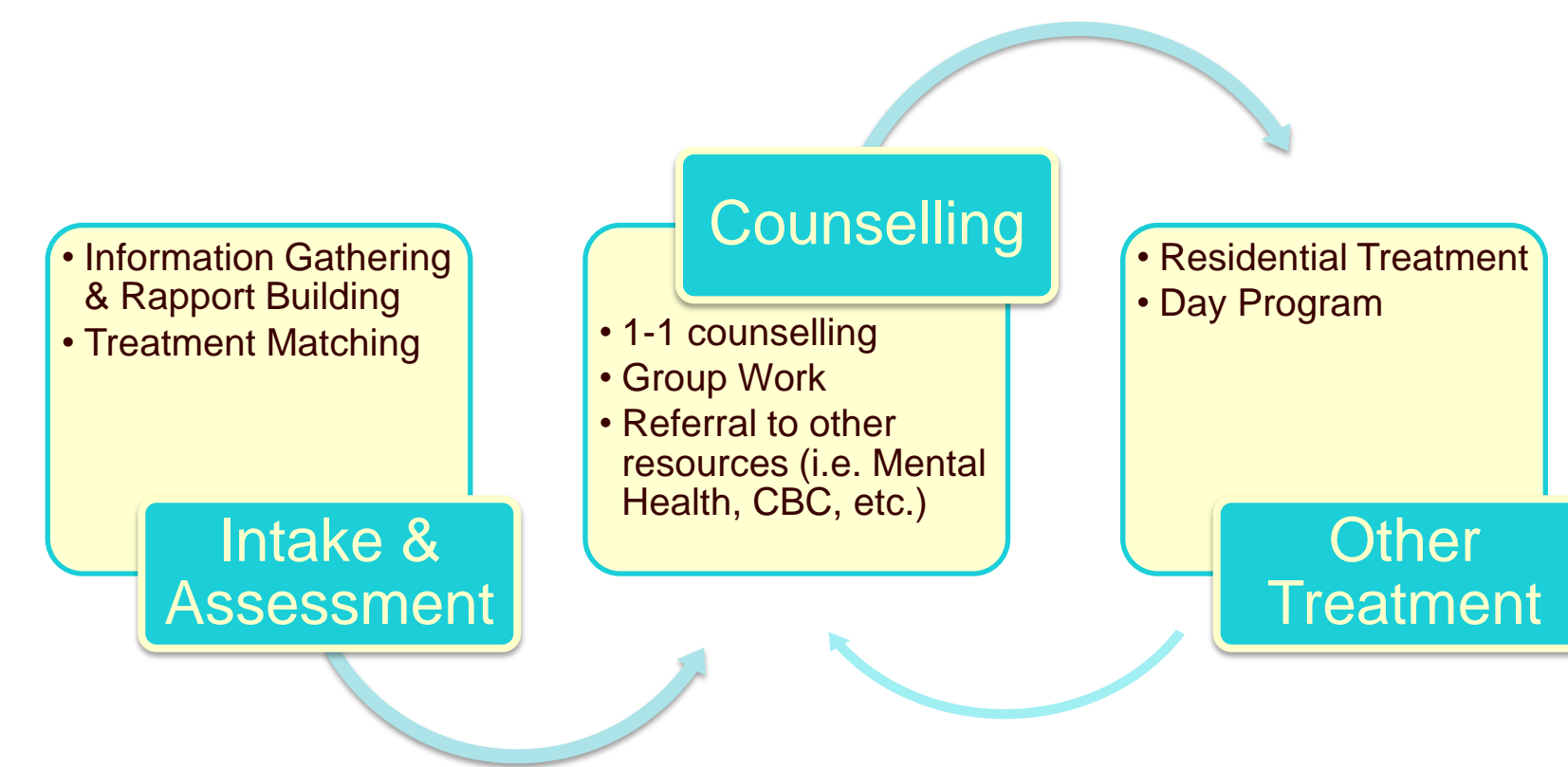
The Young Adult Services Initiative is a unique partnership that places AHS counsellors on site at contracted agencies (PML, Aventa and Shunda Creek); these counsellors focus on the transition points of care, providing admission services and aftercare support. AHS Young Adult Addiction Counsellors in the young adult's home community provide assessment, treatment, referral and other case management services to the residential component.

Objectives

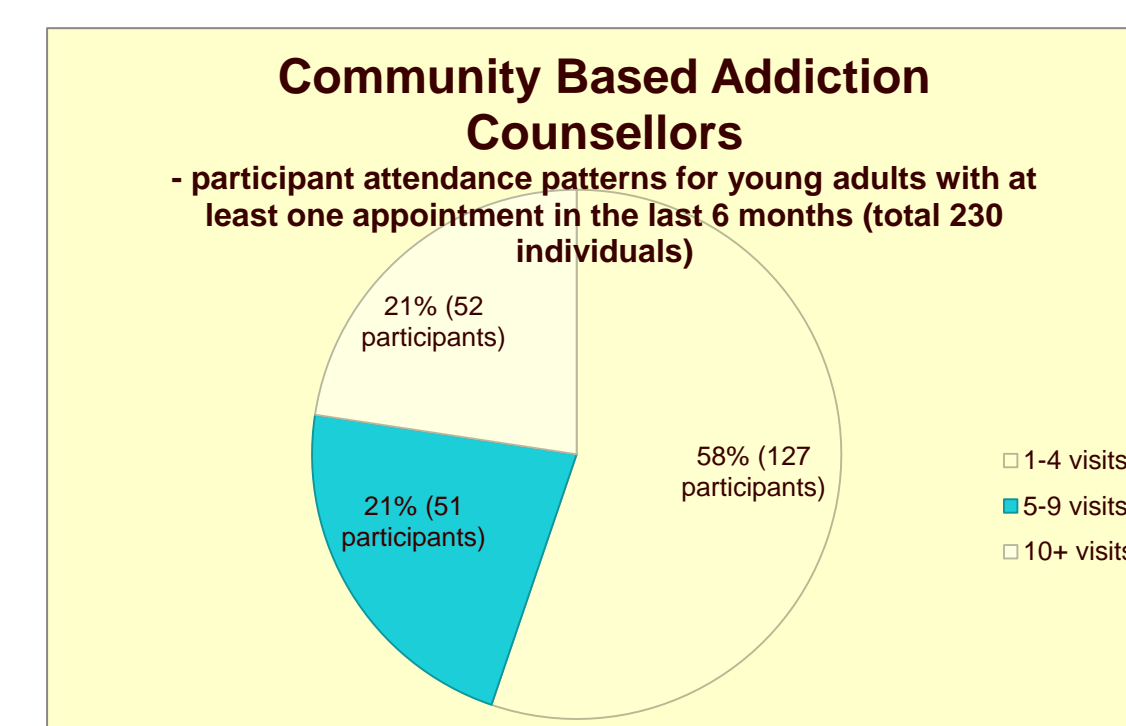
There is a need for young adults (YATs) to have the opportunity to access **cost-free**, age-specific, intensive, and structured addiction treatment. This early engagement and treatment of young adults, through a targeted and age-relevant addiction treatment service, is crucial in supporting wellness and preventing longer-term and more severe issues.



Transition Points of Care

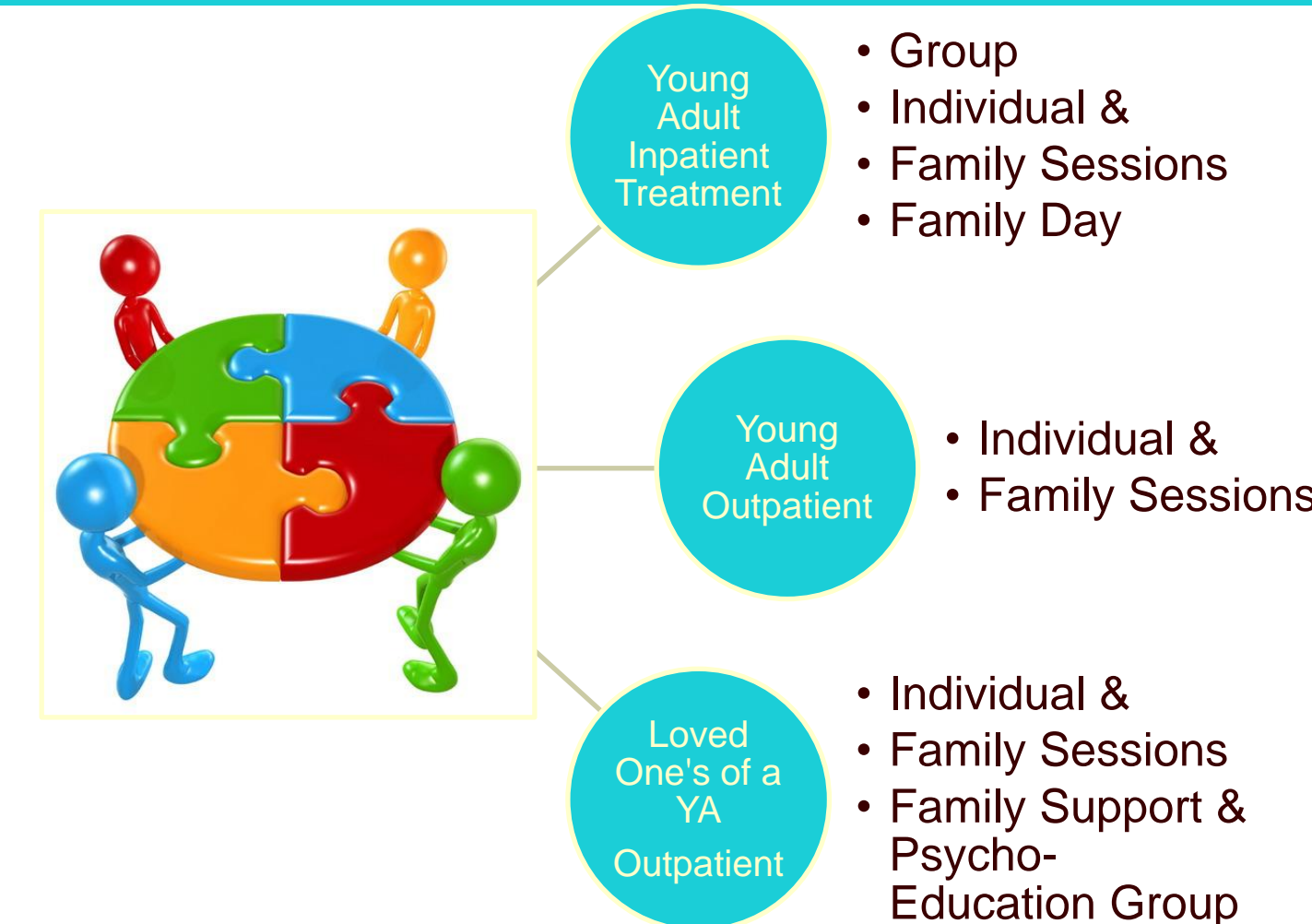


Clients are supported throughout their treatment process by their counsellor. The YAS initiative has the intention of working with clients before, during and after their treatment program involvement (i.e. 90 day YATP, Day Program, etc.) This supports continuity of care and ongoing maintenance of change.



- Admissions: • 79 young adults
- Service Days: • 6734 days of residential treatment
- YATs Seen on Intake: • 1004 YATs were seen from January 1st, 2014-April 30th, 2015

Family Counselling Services

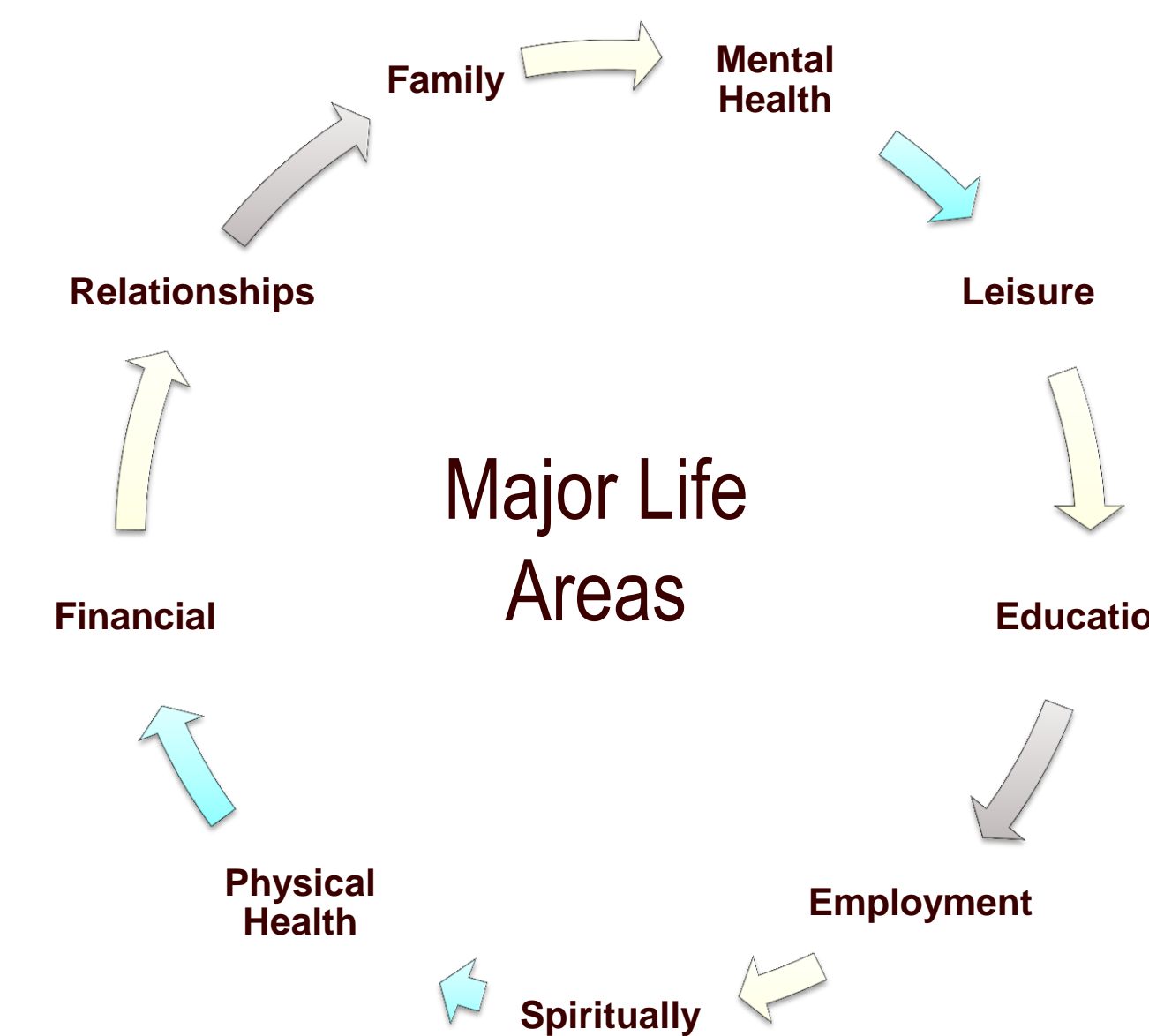


Family Day Feedback

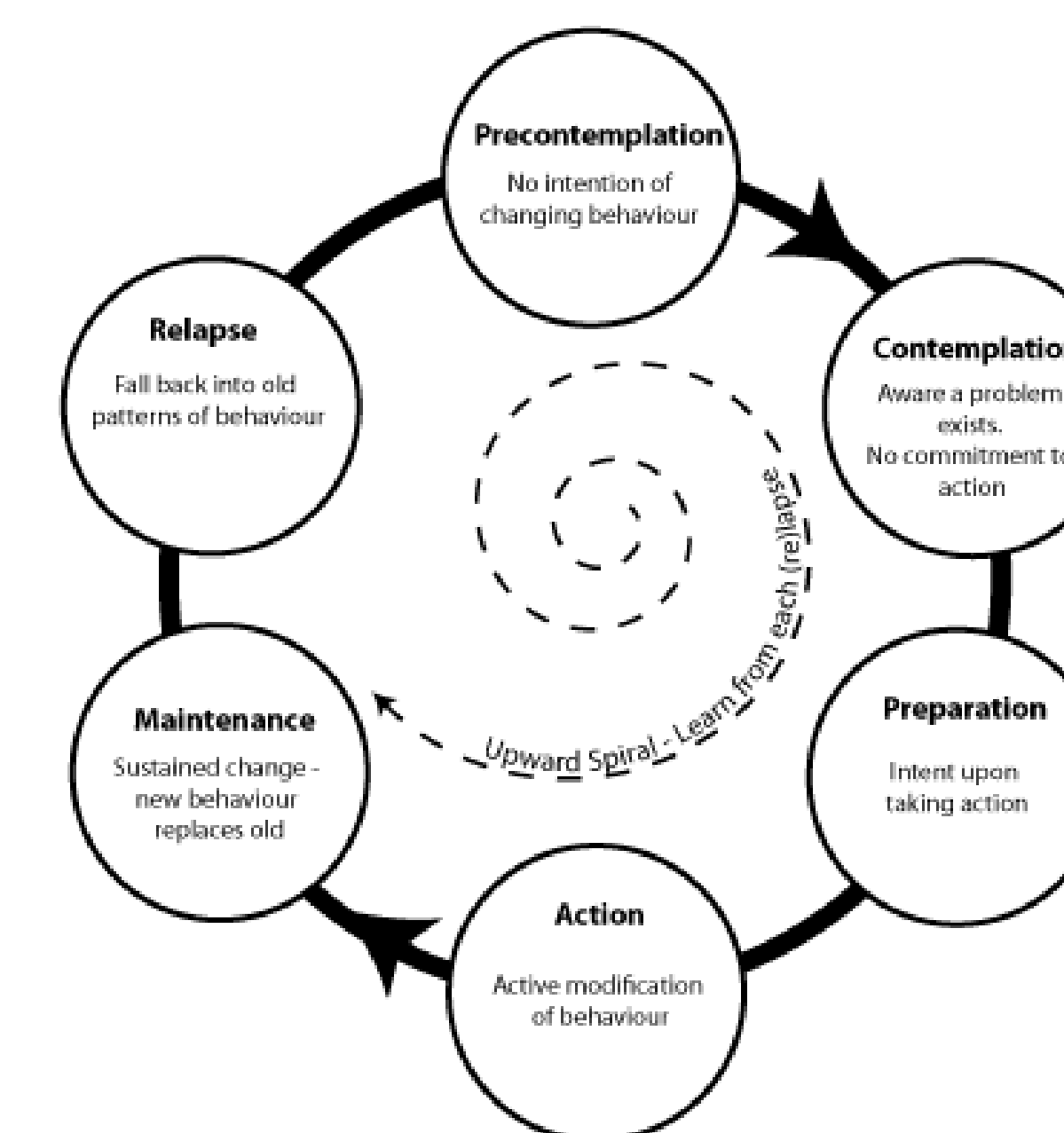
"I got to bond with her in a sober and clean state. I got to remember the person she really is"

"It was amazing! I got to spend sober, clean time with my family. Show them who I really am and what my life is about here."

Major Life Areas & Stages of Change



Addiction Counsellors meet the client where they are at and work to build discrepancies between where the client is currently and where they see themselves going. By using the Major Life Areas as a guide to highlight these discrepancies, we can support and promote change talk. Depending on the client's presenting 'stage of change' (Prochaska & DiClemente, 1983) will dictate appropriate treatment matching.



Treatment Options at ASE

- Intake/Assessments**
Forty-five minute session to gather information about the concern and begin the Treatment Planning process.
- Individual Counselling**
One-hour sessions with a Young Adult Addictions Counsellor to set, achieve, and maintain personal recovery goals.
- Family Counselling**
Sessions with the Family Counsellor to discuss concerns related to substance use or gambling behavior and the potential impacts on the family unit.
- Group Counselling**
A variety of group sessions, each led by a Counsellor to further support recovery. With the exception of the Information Series, clients must be referred by an ASE Addictions Counsellor.
- Day Program**
A three-week intensive program that includes workshops, information sessions, and gender specific therapy groups. Non-residential.
- 90 Day Residential Treatment Program**
There are three 90 day programs available in Alberta; clients must be referred by an AHS Addiction Counsellor.

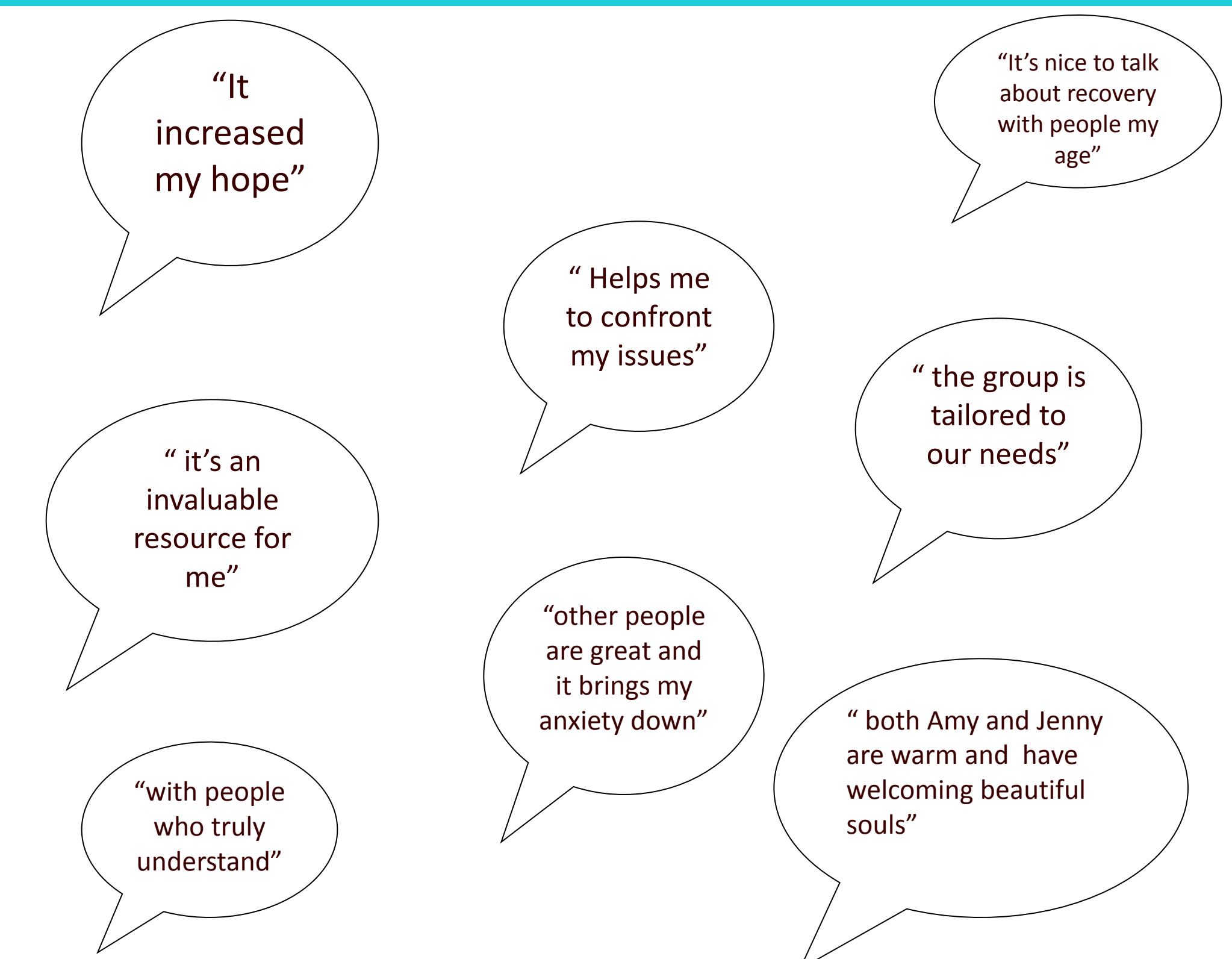
Passage 2 Recovery Group



The group is for clients between the ages of 18-24 who are concerned about their substance use and/or gambling. This is an **ongoing**, recovery support group for **Young Adults**. Participants must have gone through intake and have a desire to make changes to their substance use and/or gambling. This group is a process and support based group and therefore, you will be expected to share.

Please contact a Young Adult Counsellor for further information:

What the Young Adults are saying about group



Contact information

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