

Addiction & Co-Dependent Support Resources

Referral List for Niagara/Hamilton area

Note: What follows is a compilation of resources available at large in the community of southern Ontario for people struggling with alcohol/drug addiction – or their loved ones. RAIN is not recommending any particular resource or otherwise endorsing the sort of assistance which can be found there. This list is a starting point for a person to seek the right sort of assistance for their needs at a given moment. Some of these resources have a Christian base but many do not. Please use at your own discretion.

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*Some institutions offer multiple services as well as other forms of assistance not related to alcohol or drug addiction. The institution is listed in its most appropriate category.

1. General Resources (a basic place to start seeking help)

a) Community Addiction Services of Niagara

- Referral Agency
- Assessments
- Family treatment
- Early treatment
- Counselling
- Day treatment
- Aftercare
- Supportive Housing Program
- 905-684-1183

b) Alcohol, Drugs and Gambling Services, Hamilton

- Remedial Measures/*Back on Track* for people convicted of impaired driving
- Alcohol & Drug Program serving adults over 23+ years old.
- Problem Gambling Program serving people of all ages and their families.
- Complete 'Assessment Tools' if a client wants to go into a treatment program
- Referrals to appropriate resources
- 905-546-3606

2. Alcohol & Drug Addiction Resources

a) *Alcoholics Anonymous*

- For a list of meetings, go to AA Niagara (www.aaniagara.org)
- Open meetings (for anyone)
- Closed meetings (for addicts only)
- 24 hour answering service (1-866-311-9042)

b) *Narcotics Anonymous (Niagara)*

- www.niagarana.com or email: niagaranarcoticsanonymous@hotmail.com
- 905-685-0075

c) *Family Outreach Ontario – Christian Addiction Support Services*

- Specialize in interventions. Will walk the family through crisis period and assist placement of person (if willing) in a detox and/or rehab centre. Family Outreach does not provide ongoing counselling.
- No fees
- www.familyoutreachontario.com or Email: info@familyoutreachontario.com
- Contact: 905-309-9906 (Contact person: Murray Hofsink)

3. Counselling Services

a) *ADAPT (Burlington)*

- Assessment of alcohol, drug or gambling problems
- Individual and group counseling
- Assessment and counseling services for youths struggling with issues related to alcohol and/or
- Drugs or affected by the drug/alcohol issues of someone else
- Support parents through individual sessions or 5 week parent education group
- Problem gambling treatment
- Family counseling
- Individual and group counseling for individuals with concurrent disorders (affected by both substance use or gambling plus a mental health issue)
- Addiction services to those experiencing early stages of psychoses
- Community justice programs
- Referrals, aftercare, *Back on Track* (for those convicted of impaired driving)
- www.haltonadapt.org
- 905-639-6537

b) *Alternatives for Youth (Hamilton)*

- A variety of services are available for youth ages 12-23 who are experiencing difficulties related to substance use/abuse.
- Support also provided to parents/families.
- Services include assessments, individual counseling, family support, a parent support group, group
- Counseling, children of parents who are substance abusers (cosap)
- 905-527-4469 or website: www.ay.on.ca

c) *Elisha House* (Christian: Welland)

- Counselling for a variety of issues including addiction and co-dependency
- Christ-centred, Bible-based; recommended by CanRC ministers
- First session free, after that each session \$80.00
- www.elishahouse.on.ca
- 905-735-9934 (contact person: Arlene Feenstra - counselor)

4. Detox Centres

a) *Womankind Addiction Service* (Hamilton)

- Women's' detox
- Emergency shelter
- 5 week treatment program (inpatient and outpatient)
- Aftercare (2 years)
- 905-545-9100

b) *Hamilton Men's Withdrawal Centre*

- 905-527-9264

c) *Turning Point* (Hamilton)

- Detox, counseling, aftercare
- Private (starts at \$8000 + HST)
- Men and women
- 905-523-8369

d) *Niagara Regional Men's Withdrawal Management Service*

- Detox (10 Adams Street, St. Catharines, ON)
- No smoking, but have nicotine patches available
- 905-682-7211

e) *Niagara Regional Women's Withdrawal Management Service*

- Detox (6 Adams St. St. Catharines, ON)
- No smoking, but have nicotine patches available
- 905-687-9721

f) *Withdrawal Management Centre (Brampton)*

- Detox (135 McLaughlin Rd., South Brampton, ON)
- Smoking is permitted 4 times a day, 1 cigarette per break
- 1-905-456-3500

5. Treatment Centres (or: Rehabilitation Centres)

a) Bellwood Health Services (Toronto)

- For men and women; see: www.bellwood.ca
- Alcohol, drugs, eating disorders, sex addictions, gambling, trauma and addiction, methadone
- Tapering and treatment
- Some services are funded, some have a fee
- Family program
- 416-495-0926 or 1-800-387-6198

b) Hamilton Mission Services (Christian; see: www.mission-services.com)

1. *Suntrac* (men)

- Over age 19
- Day or evening classes over 8 weeks

2. *Discovery House* (men)

- Pre-treatment, stabilizes the men for a couple of months before going into a treatment program.

3. *Beringers Place* (men)

- Post-treatment, approx. 1 year, after the men have done treatment and have nowhere to go

c) *Homewood* (Guelph)

- www.homewood.org
- 19+ years of age for both men and women
- Private room: \$300.00/day; semi-private room: \$250.00/day
- 35 day deposit at admission
- Ward beds are covered by OHIP (expect a waiting list)
- Contact: 1-519-824-1010

d) *Jean Tweed* (Toronto)

- For women
- 3 week program; residential or out-patient
- Program for their children(0-6 months)
- Individualized counselling program (3-6 months)
- Gambling program
- 2 years of aftercare
- Individual counseling for women dealing with trauma
- Weekly therapy group for family members and support groups
- Family and couples counseling
- Contact: 416-255-7359

- e) *Pine River Institute* (100 km northwest of Toronto [near Shelburne/Orangeville])
- For youth 13-19 years of age
 - "Pine River Institute is a residential treatment centre and outdoor leadership experience for youth 13 to 19 struggling with mental health issues, and specifically addictive behaviours. Their family lives are in uproar. Their personal and academic lives are in jeopardy. These are kids who have exhausted other interventions, and need a new, creative approach." From website: www.pineriverinstitute.com
 - \$625.00/month for 9-12 months
 - Only 36 students able to be housed
 - Admissions: 519-925-9225 ext. 102
- f) *Stonehenge Therapeutic Community* (Guelph)
- For men and women (www.stonehengetc.com)
 - Long term residential addiction treatment (4-6 months)
 - Residential methadone treatment program
 - Out-patient methadone case management program
 - Early childhood development addictions program for pregnant and parenting women - Includes our "Lets Grow Together" Support group
 - Family support group (monthly)
 - Aftercare support group (weekly)
 - Addiction supportive housing
 - Correctional programs: Correctional Service of Canada (CSC)- 13 residential beds for male and female federal offenders
 - Ministry of community safety and correctional services (MCSCS) - 10 Residential beds for male and female provincial offenders.
 - Contact: 519-837-1470
- g) *Wayside House* (St. Catharines)
- Provides transitional housing for males 18 years and older wanting an alcohol and drug-free environment with access to rehabilitation programs, including alcohol/drug counselling,
 - Employment services, etc. guidelines and curfews are in place.
 - Contact: 905-648-6601
- h) *Westover Treatment Centre* (Thamesville [near Chatham])
- "The Westover Treatment Centre is a place where individuals [16 plus] can go to find counselling, guidance, support and friendship in their recovery from alcohol and drug addiction. The centre also aids individuals who have been affected by another person's addiction." From website: www.westover-fdn.org
 - Cost: \$3,800.00 for 19 days
 - 2 Victoria St. South Thamesville, ON
 - Urgent Need: Contact Audrey at 1-519-692-3156
 - All other calls contact at 1-519-692-5110

6. Methadone Clinics

a) *New Port Centre* (Niagara Region)

- 18 day residential program for men and women
- Hepatitis C clinic
- Methadone Services
- Eating disorder outpatient program
- Contact: 905-378-4647 ext. 32500

b) *A Better Choice* (Niagara Region)

- Provides high-level support to pregnant and parenting women with substance use issues
- Methadone Maintenance
- Out and About Clinic (905-378-4647 ext. 63850)
- Gambling Program (905-682-6411 ext. 6384)
- General Contact: 905-378-4647 ext. 63854

c) *Methadone Clinic Hospital Sites*

- Port Colborne General New Port Centre: 905-378-4647 ext. 32542
- Douglas Memorial Hospital Site in Fort Erie: 905-378-4647 ext. 50102
- Ontario Street Site in St Catharines: 905-378-4647 ext. 63850

7. Help for Young Children of an Addict

a) *Marlene VanRootselaar* (Member of Dunnville CanRC)

- Experience fostering children of addicts
- Will help support children, provide a listening ear and biblical encouragement
- Contact: 289-880-6258

8. Co-Dependent Support Services

a) *Al-Anon*

- For family members (including teens) and close friends
- www.al-anon.alateen.org for info and meeting locations in your area or call
- 905-328-1677