

Family Support

Your family may be offered consultation and/or education to support your recovery work.

Sharing of Information

Your right to privacy is important. We must protect confidentiality while balancing the need to share information in order to give you the best health care possible. If you have any concerns, please talk to your counsellor.

Vision

"To support people living with concurrent disorders through providing treatment, education, research, and integrated community partnerships."

Mission

"To empower, rekindle hope, and promote wellness and recovery for people living with concurrent conditions, guided by Best Practice principles in treatment and research."

Values

"We are dedicated to client empowerment, excellence in treatment through respectful, responsive relationships. These values we hold to be true in all stages of recovery."

VCH Vision:

We are committed to supporting healthy lives in healthy communities with our partners through care, education and research.

For more copies, go online at <http://vch.eduhealth.ca> or email phe@vch.ca and quote Catalogue No. CA.100.C46
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www.vch.ca

Centre for Concurrent Disorders

Mental Health & Addiction
Adult/Adolescents

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Vancouver B.C. V5T 2H1
Phone: 604-255-9843
Fax: 604-251-4579

Monday to Friday
9:00 am to 5:00 pm

Vancouver Acute &
Community Mental Health

Who Are We?

The program is based in the community giving support to people who have issues with alcohol and drug misuse, and who also have a mental health issue.

What Do We Do?

We provide services to youth (15-24 years old), adults, and families.

We offer a harm reduction approach (provide support to a person to make better decisions and choices, focus on realistic goals, and reduce immediate harms) and provide a safe and supportive counselling environment.

We follow recovery principles of supporting clients to build self-determination, maintain hope, become involved in their care, and identify goals and purpose.

Services may include:

- assessment and treatment planning
- individual and group counselling
- education about the illness
- family consultation
- referral to other supports and resources

Referral

You can self-refer or be referred by your family doctor, mental health or addiction worker, agency, or family member. You can begin the program by attending an information session to learn more about what CCD offers. Once you attend the information session, you can complete a referral to enter the program.

Information sessions are held every Monday at 3:00 p.m. at the Centre for Concurrent Disorders.

Assessment Phase

After we have received your referral, a counsellor will contact you to assess your needs and plan treatment and/or other support options. If you do not have a counsellor in the community, we can provide one-on-one counselling and/or family consultation depending on need.

Treatment Groups

We offer various groups, which may include Cognitive Behavioural Therapy, Managing Anxiety, Overcoming Depression, Trauma, Parenting & Recovery, Mindfulness Skills, Acupuncture and Yoga.

Groups can vary in availability depending on the needs of clients and program resources. Please contact CCD for current group scheduling.

Maintenance

You can continue working on life issues and problems. You try out and build on the skills you have learned. We encourage clients to access other supports and programs (e.g., 12 step groups, rehab groups, etc).

After Treatment

When you leave the program, we will discuss with you a plan and/or other resources to continue your recovery work.