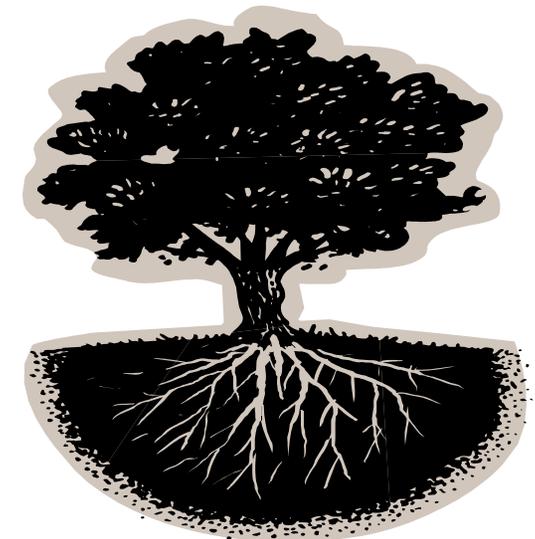


G.F. Strong Drug and Alcohol Counselling



Why is this service available?

In general, people living with disabilities experience more problems related to substance use than the general population.

Research also suggests that up to $\frac{2}{3}$ of people living with traumatic brain injuries and spinal cord injuries have a history with problematic substance use or develop problems with substance use after their injuries.

Potential benefits of drug and alcohol counselling:

- Enjoy a friendly, relaxed and supportive connection.
- Create a plan that helps you gain more control over your life.
- Come up with ways to handle withdrawal symptoms/cravings.
- Learn more about your individual patterns and triggers.
- Develop less harmful coping tools.
- Enhance your strengths, build your supports and move past your barriers.
- Get the most out of your rehab.

Quick Resource List

- **The Alcohol and Drug Information and Referral Line:**
BC Wide: 1-800-663-1441 bc211.ca
- **SMART recovery:** smartrecovery.org
- **Alcohol Anonymous BC/Yukon:**
604-434-3933
<http://www.al-anon.alateen.org/>
- **Al-Anon and Alateen:**
604-688-1716 bc yukon-al-anon.org/
- **Narcotics Anonymous:**
1-866-683-6819 (toll free) na.org
- **BC Smoking Cessation program:** 811
- **QuitNOW smoking cessation:**
1-877-455-2233 quitnow.ca

Vancouver-specific:

- **Aboriginal Wellness Program:**
604-675-2551
- **INSITE:** 604-687-7483.
- **PRISM (GLBTQ) services:** 604-658-1214
- **Vancouver Access Central:**
(detox and addiction housing)
1-866-658-1221
- **Vancouver Crisis Centre:** 604-872-3311
- **VGH Access & Assessment Centre:**
604-875-8289

For more copies, go online at <http://vch.eduhealth.ca> or email pheM@vch.ca and quote Catalogue No. **DB.590.D781**
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www.vch.ca

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How does drug and alcohol counselling work at G.F.Strong?

These services aim to meet the needs of people undergoing their rehabilitation who also have concerns related to the use of alcohol, tobacco or other drugs, and concurrent mental health concerns.

Clients must be registered G.F. Strong inpatients, outpatients, outreach or Blusson wound clinic clients.

G.F. Strong drug and alcohol counselling beliefs:

- Everyone has unique strengths and resources.
- People have the right to be treated with respect, compassion and dignity.
- We need to set our own goals regarding alcohol, tobacco and drug use.
- It is best to make informed choices.

Services provided:

1. **Assessment:**
Not sure if you have a problem?
The counsellor can help you to explore the impact that drugs and alcohol may be having on your life.
2. **Individual Counselling:**
Clients and their significant others can access one-on-one and group counselling.
3. **Onsite drop-in support groups for clients and loved ones:**
 - **Alcoholics Anonymous (AA)**
Tuesday 7–8:00 pm
Room #189
4. **Education/Discussion Sessions:**
Individual and group sessions on a variety of topics.
5. **Discharge Planning:**
It can be a good idea to build a solid support system in the community. Find out what is available.

What is harm reduction?

Certain signs can indicate that substance use is becoming a problem, including harmful consequences (like injuries, using in unsafe ways, bingeing and problems with relationships, finances or legal issues).

Harm reduction refers to any program or policy that helps reduce the harms of drug or alcohol use. This may involve getting information about using in a safer way, accessing help to cut down or being supported with sobriety.

While drugs, alcohol, and smoking are not permitted on GFS premises or grounds, the Drug and Alcohol Counsellor practices a harm reduction philosophy to support clients during rehab and beyond.

This means that you don't have to quit or cut down on using, smoking or drinking to see the drug and alcohol counsellor.