



This project was made possible thanks to the Lions Gate Hospital Foundation. If you would like to make a donation, visit [www.lghfoundation.com](http://www.lghfoundation.com) or call 604-984-5785.



### Carlile Centre

3rd floor - HOpe Centre  
1337 St. Andrews Avenue  
North Vancouver, BC V7L 0B8  
Tel: 604-984-5004  
Fax: 604-984-3793  
[vch.ca/carlile](http://vch.ca/carlile)



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# Carlile Centre

## Youth Concurrent Disorders Centre General Information



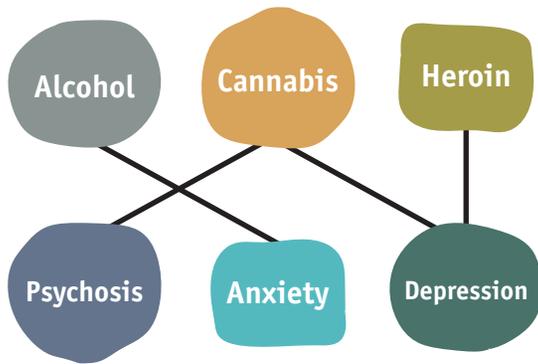
## Who Do We Help?

The Carlile Youth Concurrent Disorders Centre is a 10-bed inpatient centre for youth aged 13 to 18 years who are struggling with mental health concerns and problematic substance use.

## What is a Concurrent Disorder?

People who have combined substance use and mental health concerns are said to have concurrent disorders.

Concurrent disorders can include combinations such as:



People often ask, “Which came first: The mental health problem or the substance use problem?”

This is a hard question to answer.

Often it is more useful to think of them as independent problems that interact with each other.

## What Do We Do?

We support youth as they manage their substance use and mental health concerns by providing:

- A holistic approach
- Assessment and diagnostic classification
- Medically managed detox
- A safe and welcoming environment
- Opportunity to build coping skills
- A range of therapeutic approaches
- Opportunities to create positive connections
- Connecting with their families and supports
- Work closely with community connections

## Who is on the Team:

- Concurrent Disorders Clinician
- Nurses
- Occupational Therapists
- Psychiatrists
- Psychologist
- School support staff
- Social Workers
- Youth Care Workers

## How Do Youth Become a Part of the Carlile Centre?

**\*By referral only\***

Youth must be from the Vancouver Coastal Health region and referred by a health care clinician.

To make a referral speak to your community supports.

For further information regarding referrals please go to:

**[www.vch.ca/carlile](http://www.vch.ca/carlile) or contact Central Addictions Intake Team (CAIT): 604-675-2455**