

## Your Stay

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To ensure that you do not lose anything valuable and maintain safety and confidentiality we suggest the following:

### What TO Bring:

- Comfortable clothing and slippers
- Sneakers
- Books, school work
- Personal hygiene products (toothbrush, deodorant, shampoo, body wash)
- Hope, positivity and a sense of humour

### What NOT to Bring:

- Electronics of any kind (cell phones, laptops, tablets, iPads)
- Large amounts of cash
- Drugs, alcohol, cigarettes (although we are a harm reduction program the HOpe Centre does not allow smoking or drug use on the premises)
- Weapons
- Jewelry
- Belts, clothing with drawstrings

\*sharp objects and valuables will be placed in your locked belongings cupboard\*

## Visiting Hours:

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2:00 pm–8:30 pm or based on the needs of the family and youth.



### 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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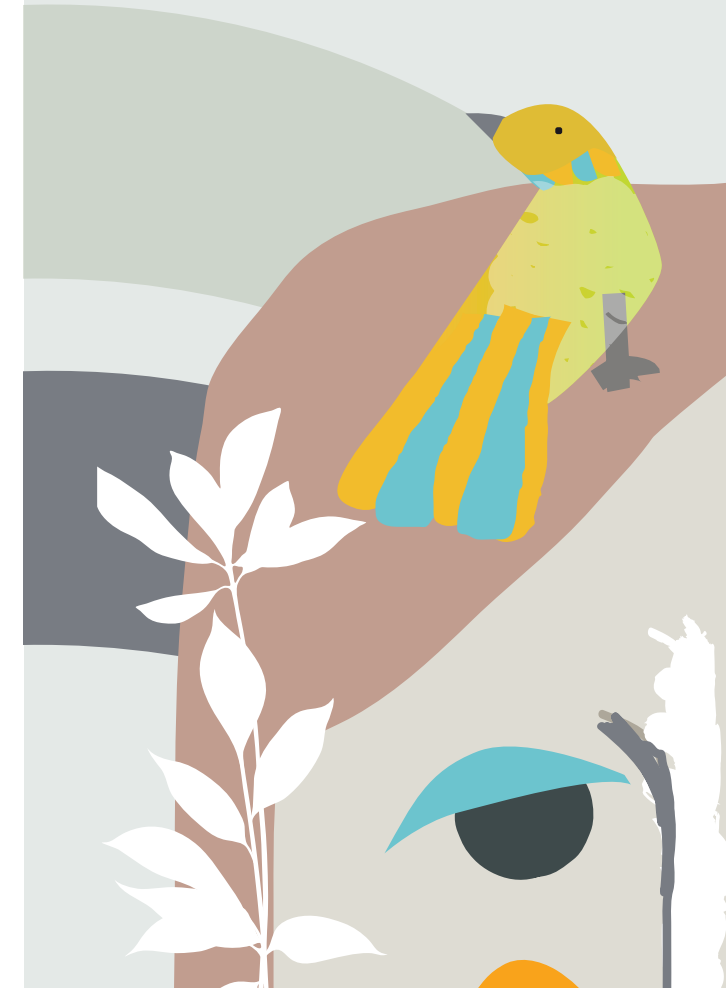
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[www.vch.ca](http://www.vch.ca)

# Carlile Centre

## Youth Concurrent Disorders Centre

### What to Expect



## How We Help

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### During your stay our team will work with you to:

- Identify your goals and strengths
- Meet with you and your identified supports on a regular basis
- Individual and group counselling
- Support recreational, school, employment, cultural and spiritual opportunities
- Provide physical and mental health assessments
- Create an environment that ensures comfort, safety and confidentiality

### Your Team:

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

We work together with you to provide holistic care that supports you in achieving your identified goals. We will not only focus on the areas that have caused you concern; we will also look to build on existing strengths, taking into account any cultural-spiritual supports, manage any distress caused by your stopping substances and look into what can help with any mental health concerns. We view everyone as individuals with different and specific needs.

## Before Your Stay

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The Carlile Centre will begin, where possible, to work with you, your family/ supports and community providers to ensure that when you arrive on the unit we have as much information as possible. We will work with you on understanding your goals, challenges and strengths to help you along your journey to recovery.

## Welcome

The Carlile Youth Concurrent Disorders Centre is a 10-bed inpatient unit for youth 13–18 years old who have concerns with both mental health and substance use. We work together with youth, family and communities to recognize the impact that mental health and substance use have on each other, and support the importance of individuality, culture, family, trauma and safety in helping achieve wellness and hope.

