

VCH Day Treatment Site

The Day Treatment Program runs in partnership with Broadway Youth Resource Centre giving participants the ability to connect with other essential resources such as a Nurse Practitioner, Housing Support Workers and resources as well as educational and vocational supports.

Broadway Youth Resource Center
2455 Fraser Street, Vancouver, B.C.

Youth Clinic Hours:
Tuesdays and Thursdays 2:30–5:30 pm

The Referral Process

Referrals are accepted on a rolling basis and new participants are welcome to join at the start of every three week cycle.

To receive or submit a Day Treatment Program referral please connect with CAIT via phone or email:

604-209-3705
cait.youth@vch.ca
Fax: 604-675-2487

For specific questions regarding the Day Treatment Program please contact program intake clinician:

Alexander Brown:
604-240-4965
alexander.brown@vch.ca

Vancouver Youth Day Treatment Program



Making better
decisions together
with patients
and families

For more copies, go online at <http://vch.eduhealth.ca> or email phe@vch.ca and quote Catalogue No. **DB.590.2.V36**
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Youth Services

Promoting wellness. Ensuring care.

Population served by the Day Treatment Program

The Day Treatment Program is offered to youth ages 16-24 who are in the Vancouver Coastal Health region and who want to make changes to their substance habits.

All admissions to the Day Treatment Program are voluntary. We strive to provide low barrier, accessible programming.

The program is structured so that youth can continue with their usual daily routine, such as attending school or work, while also striving to attain their program goals.



The team consists of:

- Concurrent Disorder Clinician
- Intake Clinician
- Social Worker

The Structure:

The Day Treatment Program is a treatment option for those looking to make changes around their substance-use. Through psychoeducational groups, one-to-one sessions and community outings, youth are given the opportunity to learn together and work on their own set of structured goals

Our programming is run from a trauma informed lens and includes both therapeutic and skill building work.

Group topics include:

- Managing guilt and shame
- Mindfulness
- Relapse prevention
- Trauma integration
- Healthy relationships
- Self care
- Working through triggers
- Building coping skills.

The Day Treatment Program runs from Wednesday to Saturday from 1:00 pm–4:00 pm for a total of 12 weeks. The program is broken up into 4 modules that are each 3 weeks long.

Each group runs for approximately three hours and includes time breaks and food.



Services Offered:

- Case management
- Weekly 1-1 sessions with concurrent clinician
- Access to primary care
- Lunch and snacks
- Cultural and spiritual support
- Outreach in the community
- Help connecting with services including longer term community supports
- Referrals to community services and inpatient treatment
- Harm reduction supplies and education

