

## Who Are We?

STAR (Sisters Together Active in Recovery) is an out-patient treatment program. We offer a variety of treatment options, free of charge, for women having problems related to the use of drugs or alcohol.



We are a bisexual, gay, and transgender inclusive service. We support all women.

## What Do We Do?

Our treatment program includes:

- Women's Recovery Essentials (Early Recovery Drop-In group)
- Women's Recovery Intensive (6 Week Intensive Treatment Program)
- Acupuncture (Co-ed)
- SMART Recovery Group (Co-ed)
- Harm reduction supplies and education
- Assessment and treatment planning
- Short-term (6-8 sessions) individual counselling, as needed
- Access to addictions doctors and nurses, as needed
- One-time psychiatric consult, as needed
- Referral to other programs and services

For more information about



please contact us at  
604-266-6124  
star@vch.ca

For more copies, go online at <http://vch.eduhealth.ca> or email [pchem@vch.ca](mailto:pchem@vch.ca) and quote Catalogue No. **DB.590.S73**  
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## Outpatient Addiction Treatment for Women



South Mental Health and  
Addiction Services  
220-1200 West 73rd Ave., West Wing  
Vancouver, BC V6P 6G5  
Tel: 604-266-6124

## Drop-In Groups

These groups are open to all screened Addiction Services' clients on a drop-in, as needed basis.



- **Recovery Essentials:** A women's drop-in group that teaches introductory skills for success in recovery.
- **Recovery Support:** A drop-in process group for all women.
- **SMART Group:** (Co-Ed) A peer-led support program. SMART focuses on: life balance, coping with triggers and cravings, and managing thoughts, feelings, and behaviors.
- **Acupuncture for Addictions:** (Co-Ed)

## Groups that Require a Referral

Available to clients once a referral is made by one of our addiction counsellors.

- **Recovery Intensive:** This is a women's 6-week out-patient program. This group provides education and support. Topics include:
  - relapse prevention
  - self-esteem
  - communication
  - boundaries
  - assertiveness
  - relationships
  - grief and loss.

Participants must be stable, able to attend all sessions, and able to commit to a goal of abstinence.



## SCHEDULE

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|---|--|--|
| 9:30am–12:30pm<br><br><b>Recovery Intensive</b><br><br>(6 week Program) | 9:30am–12:30pm<br><br><b>Recovery Intensive</b><br><br>(6 week Program)            | 9:30am–12:30pm<br><br><b>Recovery Intensive</b><br><br>(6 week Program) | 9:30am–12:30pm<br><br><b>Recovery Intensive</b><br><br>(6 week Program)            | 9:30am–10:30pm<br><br><b>Recovery Support</b><br><br>(weekly drop-in)  |
|   |  |   |  | 10:30–11:00am<br><br><b>Weekly Orientation</b><br><br>(6 week Program) |
| 12:30pm–1:30pm<br><br><b>Acupuncture</b>                                | 1:30pm–3pm<br><br><b>Recovery Essentials</b><br><br>(Early Recovery Drop-in Group) | 1:30pm–3pm<br><br><b>Acupuncture</b>                                    | 1:30pm–3pm<br><br><b>Recovery Essentials</b><br><br>(Early Recovery Drop-in Group) | 1:30pm–3pm<br><br><b>Acupuncture</b>                                   |
|   | 3pm–4pm<br><br><b>SMART Recovery</b>   |   |  |  |