

Inpatient Treatment Centres in Toronto: (cont.)

Hope Place Centres:

Hope Place offers residential addiction treatment for men and women 18 years of age and older. The program includes a comprehensive holistic addiction treatment curriculum that incorporates the 12-step philosophy. (905) 875-3214, 1-877-399-7299; www.hopeplacecentres.org

The Salvation Army Homestead:

The Salvation Army Homestead offers 10-week inpatient substance treatment to women 18 years and older. Aftercare is available for 2 years following completion of inpatient treatment. (416) 921-0953; www.salvationarmyhomestead.org

The Jean Tweed Centre:

The Jean Tweed Centre offers 3-week inpatient treatment to help women facing substance abuse and/or a gambling addiction. There are a range of programs and services available to help women and their families including special services for the clients' young children (e.g., an on-site licensed child development centre). Aftercare is available to help with the transition home. (416) 255-7359; www.jeantweed.com

Contact Us

Please contact us for further information.

Centre for Student Development and Counselling

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www.ryerson.ca/counselling

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Inpatient Facilities



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Everyone Makes a Mark

Myths About Addiction and Addiction Treatment:

- Myth... The solution to addiction is simple. It says no to drugs and alcohol.
- Truth... Addiction is complex, especially in young adults. The 12-Step approach minimizes the challenges that youth face and suggests that addiction is a choice. It is important to remember that no one chooses to become addicted to a substance, and addiction is NOT a result of a character flaw or weakness. Genetics, the environment, stress and many other factors can influence addiction.
- Myth... Only those who have hit rock bottom need professional help.
- Truth... Treatment can be helpful at any place in the broad spectrum of addiction, and is not strictly for those who feel they have hit rock bottom. There are various reasons for when and why individuals seek treatment.

Did you know...addiction is highest among people ages 15 to 24 years.

Do I have an Addiction?

- I need an increased amount of a substance to get the same desired effect.
- I have negative physical and psychological symptoms when I don't use the substance.
- I have tried but been unable to stop or cut down my use of a substance.
- I spend a lot of time getting, using, and recovering from a substance.
- I am less involved in social, work, or school activities because of substance use.

If you can identify with some of these statements, it may be time to seek treatment.

What is Inpatient Addiction Treatment?

Inpatient addiction treatment, sometimes called residential treatment, provides initial, short-term, intensive addiction recovery services in a live-in facility for typically 30 to 180 days. It offers different types of therapy such as psychological counselling and medical interventions. Treatment is individualized and overseen by a comprehensive team of physicians, social workers, therapists and nurses. Adolescent programs often involve treatment methods such as wilderness experiences, group therapy, and a focus on improving the family system. Detox is often the first step in inpatient treatment. The purpose of detox is to gradually rid the body of any harmful substances and receive professional support during the withdrawal experience. Detox is often not enough for people to maintain long-term success in overcoming an addiction, however, it is often necessary in order to proceed to the next step of treatment, such as entering an inpatient unit.

Inpatient Treatment Provides:

- 24-hour care, support and structure
- Services that are tailored to help with recovery
- An opportunity to leave a stressful environment and to be away from triggers that may have created or contributed to the addiction
- Support for clients, family members and friends
- Tools to prevent relapse
- A support group made up of individuals who are on the same path and who share similar experiences
- Help overcoming other mental health problems (e.g., Depression, Bipolar Disorder) that people may be struggling with in addition to their drug or alcohol problem

What Happens When I Leave a Treatment Centre?

Outpatient treatment provides addiction care and counselling sessions on a regular basis in your community to support recovery. Many inpatient treatment centres offer aftercare programs to help people maintain their gains and to help with the transition back home.

Inpatient Treatment Centres in Toronto:

Center for Addiction and Mental Health Acute Care Services: Individuals are assessed at the CAMH emergency centre or inpatient unit to qualify for this service. CAMH provides this inpatient service to those who require high levels of intervention and observation to aid in withdrawal and recovery from substance abuse.
(416) 535-5801, x 4113; www.camh.net

Toronto Withdrawal Management Services System: Personnel are available 24/7 to help people 16 years and older in determining whether they are suitable for inpatient treatment. They also provide more information on suitable withdrawal management services in Toronto.
1-866-366-9513

St. Joseph's Inpatient Care: This facility promotes recovery from substance abuse by providing access to short stay or long stay units, depending on the individual's needs.
(416) 530-6175; www.stjoe.on.ca

Toronto East General Hospital: This facility provides an inpatient withdrawal management program for males aged 16 and older who are currently in an acute state of intoxication or withdrawal.
1-866-366-9513; www.tegh.on.ca

Bellwood Health Services: This facility provides 3-week residential treatment program for alcohol addiction for people 19 years of age and older.
(416) 495-0926, 1-800-387-6198; www.bellwood.ca

Renascent: This centre provides a 21-day, live-in treatment program with separate services available for men and women. Renascent offers after-care programs that follow up with the progress made in treatment. Renascent also provides programs and support for family and friends who have also been affected by addiction.
1-866-232-1212; www.renascent.ca