

Outpatient Facilities



Contact Us

Please contact us for further information.

Centre for Student Development and Counselling

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Everyone Makes a Mark

What are Outpatient Addiction Services?

Outpatient addiction services are part of a wide range of options available to people looking for help with their addictions. These types of services differ from inpatient services in that people can come and go from treatment facilities according to their schedule and needs. These services allow people to continue with their daily lives (e.g. school, work) while also receiving help for their addiction.

What Services are Available in an Outpatient Format?

- Evaluations and assessments
- Alcohol and drug educational groups
- Individualized treatment planning
- Individual counselling sessions
- Family educational groups
- Discharge and transition planning
- Relapse prevention
- Access to other resources
- Introduction to a 12-step recovery program
- Drug screens

How do Outpatient Services Help with Addiction Recovery?

Addiction is characterized by periods of remission and relapse. So longer-term supports can help people maintain remission of their addiction. Outpatient services provide tools to help people achieve and maintain abstinence or less harmful behaviours, develop interpersonal relationships, improve life skills, and prevent relapse. Also, the flexibility of these services is suitable for younger adults, who are usually full-time in school or are trying to establish a career.

Where can I find Outpatient Addictions Services in Toronto for Younger People?

Name	Details	Contact Info
Caritas Project	-Specialized outpatient service for men aged 16 years and older. -Services available in Italian.	(416) 748-9988, 1-800-201-8138; www.caritas.ca
Addiction Outpatient/Aftercare Clinic at the University Health Network	-Services for women and men over 18 years of age. -Assessment, individual and group counselling, family supports. -Information about addiction, health and social agencies. -Access to psychologists, psychiatrists and social workers to develop coping skills. -Services available in several languages.	(416) 603-5735; www.uhn.ca/Clinics_&_Services/clinics/addiction_outpatient_clinic.asp
Acupuncture for Addictions Clinic at the University Health Network	-Acupuncture treatments, supportive counselling and crisis support for addictions. -Services for individuals aged 18 years and older.	(416) 603-5774; www.uhn.ca/Clinics_&_Services/clinics/acupuncture_clinic.asp
Aboriginal Mental Health and Addictions Services	-Aboriginal culture and traditions are central to services offered. -Services are client centered and provide a strength based approach in assisting to build identity as an aboriginal person. -Services available in: Ojibway, Oneida, Swampy Cree Cayuga, Chippewa, Odawa, and more.	(416) 360-0486; www.aht.ca
Portuguese Mental Health and Addictions Facility	-Specialized outpatient services that are linguistically and culturally appropriate for the Portuguese-speaking community. -General assessment, treatment and consultation service, addiction and concurrent disorder service and intensive case management service.	(416) 603-5747 www.uhn.ca/Clinics_&_Services/clinics/portuguese_mental_health.asp
Lillian and Don Wright Family Health Centre –Renascant	-Outpatient services include either on-site or distant delivery of services through teleconferencing. -Separate programs for men and women. -12-step treatment approach (abstinence-based)	(416) 927-1202 www.renascant.ca
Youth Addiction and Conc Disorders Service (YADS) at the Centre for Addictions and Mental Health (CAMH)	-Treatment for youth aged 16 to 24 years. -Specialized outpatient groups and individual counseling, day treatment and psychiatric consultation, and family counseling. -Academic day program available.	(416) 535-8501, x 1730; www.camh.ca
Breakaway Addiction Services	-Focuses on the needs of youth and young adults, as well as family members that are struggling with substance abuse concerns. -Individual and group counselling, prison in-reach, parent support groups, distribution of safer-use supplies and street outreach.-	(416) 243-1942; www.breakawayyouth.org
YMCA Youth Substance Abuse Program	-Programs for youth aged 14 to 24 years struggling with substance abuse. -One-on-one counseling.	(416) 504-1710; www.ymcagta.org
416 Community Support for Women	-Program is designed to help women cope with mental illness, addiction, and other life crises. -Specific programs for youth ages 16 to 19 years, and 20 to 30 years.	(416) 964-6936; www.416dropincentre.com
Humber River Regional Hospital	-Offers 28-day intensive outpatient program to help patients and families recover from substance dependence. -Follow-up support programs (e.g., crisis interventions, relapse prevention etc...) and aftercare is available following the 28-day program.	(416) 658-2029; (416) 658-2022; www.hrrh.on.ca
The Drug and Alcohol Registry of Treatment (DART)	-This helpline provides information about drug and alcohol addiction services in Ontario	1-800-565-8603; www.dart.on.ca