

*Referrals to this program can be made by self-referral or community partners, including counselors, social workers, nurses and physicians.*

#### WHO IS ELIGIBLE?

- 1 . Any adult resident of South Vancouver Island who has a substance misuse problem.
- 2 . You must not be using substances regularly, nor in withdrawal; and have not used substances in the 24 hours prior to attending group.
- 3 . Your physical and mental health need to be stable so that you can manage in a group environment.

#### WHAT ELSE SHOULD I KNOW?

1. It is an abstinence-based program.
2. Recovery Addiction Support is designed to be a flexible program; there is no minimum or maximum number of hours that you must attend.
3. There is no charge for the service.

Edited: November, 2020

#### **Daily RAS Group:**

**10:30 AM-12:00 PM**

**Doors open at 1015 AM**

**7 Days a week**

**365 days a year**

**Online (Zoom) attendance also available**

**Reflecting Our Commitment to Healthy Island Communities.**



**C.A.R.E.S.**

*Central Access and Rapid Engagement Service*

**Recovery  
Addiction  
Support**

#### **Contact Information**

Location: 1125 Pembroke St.

Phone: 250-213-4441

Fax: 250-519-3613

Email: RAS@viha.ca

Hours: 8 AM – 4:00PM Daily

# WHAT IS INVOLVED?

The Recovery Addiction Support is a flexible daily support program. Recovery Addiction Support offers psycho-educational groups. An Addictions Clinician, Addiction Counsellor and Addiction Workers staff this program, all with years of experience in the field.

The psycho-educational groups will address the biopsychosocial aspects of recovery including stress reduction, healthy boundaries, anxiety, anger, communication skills, depression and dozens of other topics to support the needs of clients with co-occurring diagnoses.

We now also offer the option of attending groups virtually via Zoom, allowing you to participate even if you have symptoms of illness or are otherwise not able to attend in person.

# WHAT CAN I EXPECT?

There is a hope that you will be an active participant in the group discussions.

Recovery Addiction Support is an abstinence-based program. In order to maintain the integrity of the program and the safety of clients, while acknowledging that relapse is a part of the addiction and recovery process, we have developed a relapse procedure that addresses the safety of the majority of clients at Recovery Addiction Support while recognizing the recovery needs of individuals.

**To facilitate a safe supportive environment, clients are unable to attend the program if they have used substances in the last 24 hours or are at a withdrawal risk.**

# HOW CAN I INCREASE MY CHANCES OF SUCCESS?

SHOW UP, BE SEEN!

Recovery from substance misuse involves more than just stopping use. It requires a significant commitment on your part to change many aspects of your life: friends, attitudes, behaviour, coping strategies, etc.

We want to help you acquire the tools for a positive recovery. These can include Fellowships, Alcohol & Drug Services, support groups, exercise, etc.

By utilizing these resources, you can lay the foundations for a healthy life.

Congratulations for considering Recovery Addiction Support, it is a positive step on the path to recovery.