

Harm Reduction Resources



Each resource listed exhibits aspects of *cultural safety*; their workers are culturally aware and/or complete cultural safety training. This information may be subject to change over time. Please ensure you are reviewing the suitability of each resource to your individual needs.



Unsure which Health Authority serves you? Get help from an MNBC Mental Health Navigator by calling 604-557-5851 or email mentalhealthnavigation@mnbc.ca



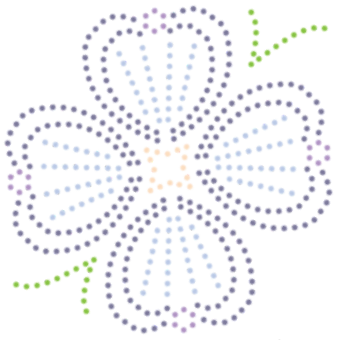
Culturally safe resources across all Health Authorities can be found by scanning the above QR code with the camera on your smartphone.

! **Need help right now?** Call the 24/7 Métis Crisis Line at 1-833-Metis-BC (1-833-638-4722) for free crisis support and information.



Mental Health & Harm Reduction

Last updated: July 25, 2024



Recovery & Treatment Resources from

Interior Health Authority



Interior Health



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Ooknakane Friendship Centre

Indigenous Holistic Wellness Addiction Specialist

Ages 18+. Outpatient. In-Person or over the Phone. No Cost. You need to become a member of the Centre and fill out an internal Referral form.

Holistic practice is based on Circle Learning Principles, the Medicine Wheel concept, the Red Road Philosophy, Experimental Learning, and the Seven Sacred Teachings, which are integrated with local Traditional Knowledge.

To learn more or get started: Call (250)-490-5304 or Email recovery@friendshipcentre.ca

<https://www.friendshipcentre.ca/about/>

Axis Family Resources

1st Step Mobile Treatment Program

Ages 25 and under. Outpatient. In-Person, Phone/Video Calls. No Cost—Possible Medication Cost. A Physician or Self-Referral.

Self referral for any youth underage must had a guardian involved in the process

Provides counselling and outreach services, utilizing a harm reduction approach that aims to 'meet persons served where they are in their readiness for change.' Individualized goals are then determined on a case-by-case basis using a biopsychosocial treatment plan to address the physical, emotional, and social needs of an individual. Treatment services can include one-on-one counselling, outreach services, substance use education, relapse prevention, group workshops, and recreational activities.

The 1st Step program serves the following communities: Kamloops, Williams Lake, Merritt, Chase, Ashcroft, Cache Creek, Lytton, Lillooet, Logan Lake, and 100 Mile House.

To learn more or get started: Call (250) 851-2949, Kamloops branch, or Email 1st.step@axis.bc.ca

<https://axis.bc.ca/services/addictions-services/>

Axis Family Resources

The Withdrawal Management Program

Ages 19+. Inpatient. In-Person. No Cost. Physician or Nurse Practitioner Referral.

Provides a holistic first step towards substance use recovery. This program utilizes a person-centred approach to meet each patient's specific needs in a safe, caring, culturally relevant, and non-judgemental environment. Services include recovery planning, regular monitoring of withdrawal symptoms, medication management, peer support, counselling, and Opioid Agonist Therapy (OAT) when applicable. Before completion of the program, facilitators will assist persons served in exploring options for continued treatment. Offered in Williams Lake and Castlegar but available to BC residents.

To learn more or get started: See the website for the Referral Package.

<https://axis.bc.ca/services/addictions-services/>

The Bridge Youth & Family Services

Supported Recovery

Ages 19+ must be post-treatment. Inpatient. In-Person. Costs may apply. A local Interior Health Mental Health and Substance Use (A&D) referral.

A transition housing program in Penticton or Kelowna for adults seeking support for recovery from substance use. The program provides fully furnished housing options in a substance-free assisted living facility. The program enhances independence with personalized life skills training, support, and transition planning to promote wellness. The length of stay is typically six months. All applications are screened through Interior Health.

To learn more or get started: Call (250)-763-0456 or Email info@thebridgeservices.ca

<https://thebridgeservices.ca/recovery-and-addictions-services>

The Bridge Youth & Family Services

Bridgeway: Intensive Adult treatment

Ages 19+. Inpatient. In-Person. Costs may apply. Referral from a person's Community-Based Substance Use Treatment Team.

The program is a structured six-week, participant-centred program provided in safe, substance-free, live-in environments for individuals age 19 and older for whom alcohol or substance misuse is an acknowledged problem. Bridgeway offers the program at two facilities: Gray Road and Ethel Street, Kelowna.

To learn more or get started: Call (250)-763-0456 ext.2402 or Email bridgeway@thebridgeservices.ca

<https://thebridgeservices.ca/recovery-and-addictions-services>