Addictions
Community-Based Services
Central Zone (Halifax, Eastern Shore, and West Hants)

WE CAN HELP

We work with people who are having problems with reducing or stopping their use of alcohol, tobacco, drugs and/or gambling.

Our goal is to help you improve your health.

We also work with families who are dealing with a loved one’s addiction to substances and/or gambling.
Community-Based Services

- Individual Treatment
- Group Treatment
- Skill Based Workshops
- Two Week Treatment Programs

At Addictions Services, we also offer women’s only programming for people who identify as women.

For more information, and or to self-refer, please call our Central Intake line: 424-8866 (toll free 1-866-340-6700) or visit our website at nshealth.ca/mental-health-addictions

Please Note:
We do not provide Third Party Assessments or reports.

Our Services are:

- For 19 years of age or older
- No cost to you
- Open daily, Monday to Friday
- Most locations are open one evening per week (varies with locations)
**Individual Treatment**

We will help people with the practical skills and tools to make changes to their substance use and/or gambling.

Generally people will have 6-8 sessions with a trained health care professional.

Some topics you may talk about are:

- Immediate needs
- Managing cravings, stress and emotions
- Building healthy supports
- Exploring recreation and leisure
- Maintaining healthy changes

We may also talk about Group Treatment options that can meet your needs.

**Group Treatment**

Group Treatment will be based on what may be most helpful for you. This may change over time, depending on your needs.

Some examples of Treatment Groups that are available throughout the year are:

- **Structured Relapse Prevention** – This is for people who have trouble making or keeping up changes to their use and/or gambling.
- **Mindfulness Based Relapse Prevention** – This is for people who are interested in learning and practicing mindfulness to help reduce the risk of relapse to use and/or gambling.
- **Seeking Safety Group** – This is for people who have both trauma symptoms and addiction. The main focus of the group is to learn how to stay safe while in recovery.
- **Stop Smoking Group** – This is for people who want to make changes in their tobacco use.

Please let us know if you have any questions.

Please note that a referral from a therapist is needed to attend most group treatment options.
Two Week Treatment Programs

Two week intensive treatment programs are for people who may benefit from a more intensive and daily treatment program. You may benefit from this type of program if you have recently left an inpatient withdrawal management program or need more help in making changes to your substance use and/or gambling after trying other treatment methods. These programs will be offered at different times throughout the year.

After completing an intensive treatment program, you continue with an individual therapist for follow up treatment.

Skill Building Workshops

These 3-day workshops focus on a particular skill area. You will learn, practice, and share skills that will help you make changes to your substance use and/or gambling.

Some examples of workshops include:

- Early Recovery Skills
- Leisure and Self Care
- Healthy Boundaries
- Coping with Anxiety

Day Treatment Program: Monday to Friday from 9:30 am – 3:30 pm (with some exceptions).

We focus on increasing your understanding of addiction and recovery. We work with you to increase skills to improve your ability to cope with difficult emotions. A variety of topics and skills are explored such as: relapse prevention, refusal skills, how the brain is impacted by addiction, self-care strategies and healthy leisure options, mindfulness, and coping with anxiety.

Women’s Wellness Program: Monday to Friday from 9:30 am – 1:00 pm.

This program is for those who identify as women. It offers a supportive space to explore the unique strengths and challenges for women in recovery. We focus on creating positive relationships with self and others as a way to reduce the risk of relapse. A variety of topics and skills are explored, such as setting boundaries in relationships, working with challenging emotions, using compassion in recovery, mindfulness, self-care strategies and leisure options.
Affected Others Program for Family and Friends

The **Affected Others Program** is for family and close friends who are impacted by a loved one’s substance use and/or gambling.

The Affected Others Program offers both group skills development and individual counselling. This program will help you learn ways to support your loved one and ways to improve your own health and self-care.

Your loved one does not need to be receiving addictions treatment in order for you to get help.

Other Addictions Community-Based Services

Health Promotion and Community Outreach

Our Health Promotion team works to make the community as healthy as possible for everyone.

This is done by working with the community, business partners, non-profit organizations, universities and government to:

- Contribute to healthy public policy, regulations and laws. Take actions that will protect and nurture the health of communities and citizens
- Share the latest research, best practices and information in the field of health promotion

We also have Community Outreach Workers located in some community organizations.

How do I access the Programs?

If you are interested in our programs, please call our Central Intake team, and complete an Intake.

Contact our Central Intake Team at 902-424-8866 (toll free 1-866-340-6700) Monday to Friday 8:30-4:30.

Please leave a message. Your call will be returned. Your intake will be completed over the phone, and you will need to answer some general health questions.

If you have any questions, be sure to ask our Central Intake team.
We value your safety

- We are a substance-free environment; this includes tobacco and gambling products. Please do not come to the office if you are actively under the influence of drugs or alcohol.
- Washing your hands is the best way to prevent the spread of infection.
- Please let us know if you are having any mobility concerns (like walking or climbing stairs).
- We are a scent-free environment; please do not wear perfume or scented products in our space.

Circle of Support
(family and people who you identify as a support)

Family and friends can be helpful in supporting you to improve your health and make changes to your substance use and/or gambling. We encourage the involvement of your circle of support and we will talk with you about what information you may be comfortable sharing. We respect your privacy, and our clinical staff can explain how we share information about your care, including the limits of confidentiality.

Locations

Bayers Road Community Mental Health & Addictions
Suite 109, Bayers Road Centre, 7071 Bayers Road, Halifax, NS

Bedford/Sackville Community Mental Health & Addictions
Cobequid Community Health Centre, 40 Freer Lane, Lower Sackville, NS

Cole Harbour/Eastern Shore Mental Health & Addictions
Cole Harbour Place, 51 Forest Hills Parkway, Dartmouth, NS

Dartmouth Community Mental Health & Addictions
Belmont House, 33 Alderney Drive, Dartmouth, NS

Middle Musquodoboit, Musquodoboit Harbour, and Sheet Harbour
Please call for office locations.

Spryfield Community Wellness Centre
16 Dentith Road, Spryfield, NS

West Hants Community Mental Health & Addictions
Hants Community Hospital, 89 Payzant Drive, Windsor, NS

Wyse Road Community Mental Health & Addictions
Suite 1070, 99 Wyse Road, Dartmouth, NS

Central Intake line: 902-424-8866 (toll free 1-866-340-6700)

If you have a mental health crisis, please call the Mental Health Mobile Crisis Team at 902-429-8167 or toll-free at 1-888-429-8167. If you need help immediately, call 911 or go to your nearest Emergency Department.

Other supports:

Health Link (non-emergency) - 811
Nova Scotia -211