

Assessment and General Treatment Program

Offers a range of services including addiction assessment, referral and treatment. As the first point of contact for people who come to the Centre for help with a problem with alcohol or other drugs, Assessment and General Treatment aims to match addiction treatment options with the needs of the client.

Assessment Service

Explores the client's presenting problems, history, strengths and perceived needs; discusses services that may be appropriate for the client; and introduces the client to available services. The interview also provides objective feedback to the client about the relationship of his or her problems to the use of substances and engages the client in treatment planning. Through these activities, it is hoped that the client will become more committed to and prepared for treatment. Basic treatment matching of clients by age, gender and other important characteristics is conducted.

Referral required. No.

Contact: (416) 595-6128, (416) 535-8501 ext. 7064

Location: ARF site, 3rd floor, Donwood site

Brief Treatment Service

Provides brief interventions using a stepped model of increasing levels of intensity. The service assists people to either abstain from substance use or moderate their substance use to non-harmful levels. Treatment is offered in both group and individual formats and may include relapse prevention, nutritional instruction and counselling, stress management training and consultation.

Referral required: No.

Contact: Donwood site (416) 535-8501, ext. 7064.

ARF site (416) 535-8501, ext. 6128

Location: Donwood site, 2nd floor. ARF site, 3rd floor.

Day and Residential Service

A general addiction treatment service for adults age 18 and over with moderate to severe dependency on alcohol and/or drugs. The year-long program begins with a 3-week intensive experience offered in either day or residential format. A multidisciplinary staff offers psychoeducational, relapse prevention and group therapy sessions. The focus is on problem identification, coping, skills development and maintaining a healthy lifestyle within a harm reduction framework. Additionally, a distance residential program is offered to residents of Ontario. Out-of-province clients are admitted on a fee-for-service basis.

Referral required: No. A structured assessment with program staff is required. Clients need to be medically and psychiatrically stable before beginning the program.

Contact: (416) 535-8501, ext. 7062. Members of the public may also attend an information session offered each Wednesday evening at the Donwood site. No appointment is required.

Location: Donwood site

Metro Addiction Assessment Referral Service (MAARS)

Assessment and referral service which serves the public directly, providing telephone assessment, in person assessment, treatment service matching and referral for individuals. Some case management is provided pending an individual's beginning with a treatment service. Consultations are provided for social service professionals. Holistic treatment options range from brief treatment consultation to highly intensive residential treatment. Services include aftercare support, relapse prevention and relapse recovery. Education and counselling are provided in stress management, coping strategies, nutrition, leisure and recreation.

Referral required. No.

Contact: (416) 599-1448

Location: 175 College Street

Remedial Measures for Impaired Drivers (Back on Track)

Provides assessment, education and treatment groups and follow-up interviews to people who have been convicted of impaired driving after they have completed registration and fee payments with the Program Management office. Primarily for clients living in the Toronto area. The service through Addiction Programs should not be confused with the provincial Program Management office, which manages program registrations and services across the province.

Clients are to contact Addiction Program directly, after they are registered.

Contact: Program Management Office, 1-888-814-5831 or (416) 595-6593. Client should identify himself or herself as a "Back on Track" client.

Location: Changes with each session. Details provided to client when they book a session with Addiction Programs.