

Concurrent Disorders Program

Offers treatment for people who are facing both addiction and mental health problems, also known as a concurrent disorder. Provides counselling services for people with gambling problems.

Concurrent Disorders Service (CDS)

Offers specialized outpatient treatment to clients with substance abuse accompanied by psychiatric problems. Substance use and mental health influence one another interactively. Maintaining a dual focus is key to effectively engaging and working with clients with concurrent disorders. The team ensures that clients receive care that is effective and coordinated. Program components include consultation; treatment planning and preparation; group therapy; limited individual therapy; case management; pharmacotherapy; treatment research; and education and training.

Referral required: No. Clients must be seen in the Intake Assessment Service for a 90 minute preliminary assessment prior to further evaluation by a Concurrent Disorders therapist.

Contact: Assessment (416) 595-6128.

Other (416) 535-8501, ext. 6729

Location: ARF site, 3rd floor

Addiction Group for Psychiatric Survivors (a part of CDS)

Offers specialized outpatient treatment to clients (both men and women), who have a substance use problem, and a persisting mental illness such as schizophrenia or bipolar disorder. This group offers support, skill-building, and encouragement. It strives to promote an open atmosphere and deals with issues such as stabilizing substance use and avoiding relapse, coping with mental illness, working on relationships, and improving daily living. Program components include: psychiatric assessment and follow-up, treatment planning and preparation, group therapy, some individual therapy (as needed), case coordination and community liaison, and medication (based on individual needs). The group meets once per week for an hour and requires a minimum commitment of 6 months, although extension is possible.

Referral required: No. Clients must be seen in the Intake Assessment Service for a 90-minute preliminary assessment prior to further evaluation by a Concurrent Disorders therapist.

Contact: Assessment (416) 595-6128.

Other (416) 535-8501, ext. 6729

Location: ARF site, 3rd floor

Anger and Addictions Clinic (a part of CDS)

Treats clients with concurrent anger and substance use problems. The therapy involves a combination of weekly individual therapy and group skills training. Treatment focuses on reducing substance use, violence, and maladaptive anger-related behaviours. Therapy also focuses on increasing mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness. Treatment involves a team approach and requires a 6-month commitment. Individuals with outstanding legal charges are ineligible for this treatment.

Referral Required: No. Clients must be seen in the Intake Assessment Service for a 90 minute preliminary assessment prior to further evaluation by a member of the Anger Consultation Team.

Contact: Assessment (416) 595-6128 or (416) 535-8501 ext. 6483

Location: ARF site, 3rd Floor

Dialectical Behaviour Therapy (DBT) Clinic (a part of CDS)

Treats clients diagnosed with borderline personality disorder who may have chronic suicidal and self-harm behaviours, problems in regulating emotions, difficulty engaging interpersonally, concurrent with substance use problems. Treatment involves a combination of weekly individual therapy, group skills training in addition to after hours telephone consultation. Therapy focuses on enhancing emotion regulation, distress tolerance and interpersonal functioning. Treatment entails a team approach and involves a minimum 1-year commitment.

Referral required: No. Clients must be seen in the Intake Assessment Service for a 90 minute preliminary assessment prior to further evaluation by a concurrent disorders therapist.

Contact: Assessment (416) 595-6128.

Other (416) 535-8501, ext. 6481

Location: ARF site, 3rd floor

Eating Disorder and Addiction Clinic (a part of CDS)

Offers specialized outpatient treatment to clients (both male and female) with substance abuse accompanied by an eating disorder. The treatment approach involves a combination of weekly 2-hour skills training sessions (involving both experiential therapy and coping skills-training); weekly 1-hour individual psychotherapy sessions; and regular meetings with a dietitian, physician and nurse as needed. The program provides integrated concurrent treatment for both eating disorders and substance use disorders. This program has a 1-year commitment.

Referral required: No. Clients must be seen in the Intake Assessment Service for a 90 minute preliminary assessment prior to further evaluation by an eating disorders therapist.

Contact: Assessment (416) 595-6128.

Other (416) 535-8501, ext. 6482

Location: ARF site, 3rd floor