

SUBSTANCE ABUSE AND ADDICTIONS RESOURCES

PLEASE NOTE: Due to COVID-19 there are disruptions in service offerings as the Saskatchewan Government regulations are being adhered to for the safety of all. Please check for updates on Saskatchewan Re-Opening for further information.

Saskatchewan Alcohol and Drug Services

1. Outpatient Services

Outpatient service agencies are the starting point for families and individuals concerned about their own, or others' use of alcohol or other drugs. Most people with substance use problems can be adequately helped on an outpatient basis. While attending outpatient appointments, clients continue to carry on with their day-to-day activities, such as working, school and caring for the family.

Outpatient services are available in across Saskatchewan. Qualified addictions rehabilitation counsellors provide a range of services including:

- Assessments;
- Intensive one-on-one and group counseling;
- Education; and
- Support.

2. Detoxification Services

For people with more severe substance use problems, treatment often begins in a detoxification facility. Staff at these facilities work to provide a safe and comfortable environment in which the person is able to undergo the process of alcohol and other drug withdrawal and stabilization.

Typically, detoxification lasts seven to 10 days. During this time, clients return to normal daily living routines, participate in activities held at the facility, and are linked with resources in the community including self-help groups.

Detoxification Services are offered at the following centres:

- La Ronge - (La Ronge Health Centre)
- Lloydminster - (Slim Thorpe)
- Meadow Lake - (Robert Simmard Centre)
- Moose Jaw - (Wakamow Manor)
- Prince Albert - (Adult Brief and Social Detox)
- Regina - (Addiction Treatment Centre)
- Regina - (Youth Detox Centre)
- Saskatoon - (Adult Brief/Social Detox)
- Saskatoon - (Youth Stabilization, Calder Centre)

3. Inpatient Services

The next treatment step for some people may be inpatient services. These programs offer activities similar to those of outpatient services, but on a more structured and intensive basis, with the client actually living at the facility. Programs usually last about four weeks but may run longer depending on individual needs.

Inpatient services are offered at the following centres:

- Ile-a-la-Crosse - (Northwest Rehabilitation Centre)
- Indian Head - (Pine Lodge)
- La Ronge - (La Ronge Health Centre)
- Lloydminster - (Slim Thorpe)
- Prince Albert - (Métis Addictions Council of Saskatchewan Inc.)
- Prince Albert - (Valley Hill Youth Treatment Centre)
- Prince Albert - (Family Treatment Centre)
- Prince Albert - (Saskatchewan Impaired Drivers Treatment Program)
- Saskatoon - (Calder Centre)
- Saskatoon - (Métis Addictions Council of Saskatchewan Inc.)
- Regina - (Métis Addictions Council of Saskatchewan Inc.)

4. Long-Term Residential Services

Many people with substance use problems also require assistance in other areas of their lives. Long-term residential facilities provide services for a more extended period to these individuals. The facilities offer counselling, education, and relapse prevention in a safe and supportive environment.

Life skills training, which is offered in long-term facilities, allows clients to further develop and enhance the skills needed for successful treatment.

Long-Term Residential Services are offered at:

- North Battleford - (Hopeview)

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/alcohol-and-drug-support/alcohol-and-drug-services#outpatient-services>

Saskatchewan Detoxification Centres Contact Information

La Ronge Health Centre (La Ronge)	(306) 425-2422	227 Backlund St. La Ronge, SK S0J 1L0
Slim Thorpe (Lloydminster)	(306) 875-8890	21060 Tranquility Way Blackfoot, AB T0B 0L0
Robert Simmard Centre (Meadow Lake)	(306) 236-1580	711 Centre St. Meadow Lake, SK S9X 1E6
Adult Brief and Social Detox (Prince Albert)	(306) 765-6700	1200 24 th St. W. Prince Albert, SK S6V 4N9
Addiction Treatment Centre (Regina)	(306) 766-6600	1640 Victoria Ave Regina, SK S4P 0P7
Youth Detox Centre (Regina)	(306) 766-6600	1640 Victoria Ave Regina, SK S4P 0P7
Adult Brief/Social Detox (Saskatoon)	(306) 655-4195	201 Avenue O S Saskatoon, SK S7M 2R6
Youth Stabilization, Calder Centre (Saskatoon)	(306) 655-4500	2003 Arlington Ave. Saskatoon, SK S7J 2H6

Saskatchewan Treatment Centres Contact Information

Facility Name	Location	Length of Stay (in days)	Phone Number	Cost to Client?
Calder Centre	Saskatoon	28	306-655-4500	N
Cree Nation	Sandy Lake	35	306-468-2072	N
Ekweskeet	Onion Lake	42	306-344-2094	N
Hopeview	North Battleford	28	306-446-7370	N
MACSI Centre	Regina	28	306-522-3681	N
MACSI Centre	Saskatoon	28	306-652-8951	N
MACSI Centre	Prince Albert	28	306-953-8250	N
Pinelodge	Indian Head	28	306-695-2251	N
Prairie Sky	Wilke	42	1-888-519-4445	Y
Sakwatamo Lodge	Melfort	42	306-864-3631	N
Saulteaux Healing and Wellness Centre	Kamsack	42	306-542-4110	N
Teen Challenge	Saskatoon	365	306-664-4673	N
Thorpe (Only 2 SK funded beds)	Lloydminster	42-90	1-780-875-8890	N

Canadian Mental Health (CMHA) Substance Abuse info.

Substance use is a problem when it negatively affects a person's life or the lives of others.

IF YOU ARE CONCERNED ABOUT YOUR SUBSTANCE USE

The idea that you must hit 'rock bottom' and experience serious consequences like losing your job or losing important relationships before you're ready for help isn't true. You can seek help or support any time you reflect on your own substance use and would like to make some changes. Some people may be able to deal with substance use problems on their own. Others may need some help, like a support group, psychotherapy or counselling, or medication.

Some people may need a significant amount of help and support. And when it comes to treatments and supports, there are many different approaches and philosophies. That might mean self-reflection, a weekly meeting after work, or a stay at a residential treatment facility. Your treatment plan may include a combination of approaches at different times.

If you're not sure where to start, try talking with your doctor or health care provider. They can help you look at different options that fit your needs and your wishes.

IF YOU ARE CONCERNED ABOUT SOMEONE ELSE'S SUBSTANCE USE

It can be difficult to watch someone you care about experience problems with substances like alcohol or other drugs. You may have some very real fears about their safety, or even your own safety.

Remember that change can rarely be forced onto others—in order to see the most benefit, they need to feel like they are part of the process. Forcing someone into treatment is not necessarily a helpful approach.

Recovery is a process that can take a lot of work and time. When someone you care about experiences problems with substance use, one of the most powerful things you can do is help your loved one help themselves. That might mean helping them look at the problems and think about good solutions, helping them reach out to service providers, or simply trying to listen without judgment. You may not be able to relate to the experiences of using substances, but you can focus on the emotions or feelings that your loved one is experiencing. Helping a loved one help themselves also includes trying to respect their wishes and goals. These wishes and goals may not align with your own, but you can still support the desire for change and recovery.

It's hard to remove all of the factors that might lead to substance use problems. Perhaps the best protection from using substances in a harmful way is feeling connected and supported by people and having the skills to cope with life's challenges.

<https://cmha.ca/wp-content/uploads/2018/08/UnderstandingSubstanceUse-NTNL-brochure-2017-web.pdf>

https://cmha.ca/wp-content/uploads/2018/08/ConcurrentMentalIllnessandSubstanceUseProblems-NTNL-brochure-2017_web.pdf

Online Resources:

Saskatchewan.ca: Mental Health and Addiction Services: Alcohol and Drug Support

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/alcohol-and-drug-support>

Online Therapy User University of Regina Online Therapy Services: **Open to Sask. Residents 18 & over**

Offering adults free Online Cognitive Behaviour Therapy for a number of mental health concerns. Online Cognitive Behaviour Therapy involves reviewing educational material online with the support of a therapist or a guide.

The approach is found to be effective and is a convenient way to receive care

<https://onlinetherapyuser.ca/>

AA Saskatchewan: <https://aasask.org/>

With the COVID-19 virus pandemic, gathering restrictions and social distancing has caused our physical meetings throughout the province to be suspended until the restrictions are lifted. As a fellowship, we are here to ensure that we can continue to carry the message by sharing the following information.

Online Meetings are being created to allow our members to continue with fellowship and meetings using Zoom technology.

Members can contact their District Committee Member (DCM) for meeting information not listed for their area.

Southern Saskatchewan Area of Narcotics Anonymous: <https://www.southsaskna.org/>

Due to COVID-Online Meetings are now available through this website.

Government of Canada:

Canada.ca: Get help with problematic substance use

<https://www.canada.ca/en/health-canada/services/substance-use/get-help/get-help-problematic-substance-use.html>:

SIGNS OF ALCOHOL ABUSE

Alcohol abuse is defined as any use that causes negative consequences to the user. This encompasses health effects, such as bad hangovers and alcohol-induced accidents, as well as social effects, such as doing or saying regrettable things while intoxicated. Just because someone abuses alcohol, does not mean they are dependent on or addicted to alcohol, but it is generally the first step towards the development of an issue later.

Binge drinking and alcohol abuse can start in the teenage years or even earlier, though adults and the elderly may pick up the habit too.

Alcoholism often begins in a person's early 20s and is characterized by frequent heavy drinking. This behavior leads to an increased tolerance to alcohol and eventually presents social and health problems. Recognizing when someone you care about is abusing alcohol can help you determine if they need help.

Some of the signs of alcohol intoxication include:

- Slurred speech
- Bloodshot eyes
- Lack of coordination
- Rambling or repetitive statements
- Difficulty standing up or walking
- Disorientation
- Agitation or anxiety
- Glassy or blank stares

THE DANGERS OF ALCOHOL ABUSE

Many people don't recognize the damaging effects of alcohol because it is so prevalent in society. Whether it's having one too many drinks at happy hour after work one night or developing a pattern of frequent binge drinking, the effects of alcohol can be seen across the country in many forms. Long-term abuse of alcohol takes a serious toll on the brain and body, as every organ is affected by it. Certain organs, such as the liver and the brain, are affected more than others.

Although many people drink to feel buzzed, the ramifications of alcohol abuse can persist long past the initial period of intoxication. Short-term side effects of alcohol abuse can include:

- Trouble breathing
- Impaired judgment
- Headaches
- Blackouts
- Nausea
- Distorted vision and hearing

Long-term effects of alcohol abuse are more serious and can include irreversible damage that could lead to death. Some of the common long-term effects of alcoholism include:

- Depression
- Permanent brain damage
- Psoriasis
- Anxiety disorders
- Neurological impairment
- Cirrhosis of the liver
- Chronic pancreatitis
- Hand tremors
- Compromised immune system
- High blood pressure
- Sexual problems
- Nerve damage
- Vitamin B1 deficiency
- Malnutrition
- Gastritis
- Unintentional injuries such as car crashes, falls, burns, and drowning
- Intentional injuries such as firearm injuries, sexual assault, and domestic violence
- Alcohol poisoning
- Cancer of the mouth and throat

Alcohol abuse can cause many non-medical effects as well, some of which are as serious or worse than many of the health consequences. Non-medical effects of alcohol abuse include:

- Legal issues
- Relationship issues with family, friends, and significant others
- Financial issues
- Feeling guilt or shame about drinking or actions while under the influence
- Needing alcohol to relax or feel better
- Issues at work such as tardiness, absenteeism, and decrease in productivity
- Spending the majority of time on activities that involve drinking
- Drinking alone
- Being unable to control alcohol intake
- Making excuses to drink
- Continuing to drink even when legal, social, or economic problems develop
- Giving up important social, professional, or recreational activities because of alcohol abuse
- Cravings or obsessive thoughts about drinking
- Lapses in memory

Studies have shown that those who use alcohol as a teen have up to five times the risk of developing a dependence on alcohol compared to those who began drinking at 21. Teens who abuse alcohol also have significant issues with normal brain development.

RECOGNIZING AN ALCOHOL ADDICTION

Alcoholism is diagnosed on a spectrum. There are 11 criteria for recognizing an addiction, with different levels of severity based on the number that apply.

Because alcohol is so prevalent throughout society, diagnosing an addiction to it can be difficult. Heavy drinking can lead to dependence, but a heavy drinker doesn't necessarily have a use disorder — at least by the clinical definition according to the DSM-V. Here are the 11 criteria used by professionals to diagnose alcoholism.

1. Taking alcohol in larger amounts or for longer than you're meant to.
2. Wanting to cut down or stop using alcohol but not managing to.
3. Spending a lot of time getting, using, or recovering from use of alcohol.
4. Cravings and urges to use alcohol.
5. Not managing to do what you should at work, home, or school because of alcohol use.
6. Continuing to use alcohol, even when it causes problems in relationships.
7. Giving up important social, occupational, or recreational activities because of alcohol use.
8. Using alcohol again and again, even when it puts you in danger.
9. Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by alcohol.
10. Needing more alcohol to get the effect you want (tolerance).

Development of withdrawal symptoms, which can be relieved by taking more of the substance.

An alcohol use disorder can be mild, where the drinker only meets two or three of the criteria for addiction; four or five is considered a moderate disorder. The more criteria present, the more severe the disorder. These are what people traditionally think of as alcoholics.

Recognizing an AUD comes down to the negative effect of alcohol on the user's life. When alcohol takes priority over close relationships, work responsibilities or personal health, the user likely has a problem. Alcohol has the highest rates of abuse and addiction in America, with millions of people suffering. There are also many rehabilitation centers and programs that are experienced specifically in treating alcoholism.

INTERVENTION FOR ALCOHOLICS

If someone you care about has an alcohol use disorder, there are several ways you can help them. If they are unwilling to go to treatment or are denying that they have a problem at all, you might consider staging an intervention. Telling someone you care about that they have a problem can seem daunting.

It's important to treat your loved one with care and respect, avoiding accusations or casting blame. Focus the intervention on how their alcohol use has caused emotional or physical distress for you or others that they care about. Make sure they know your intervention is coming from a place of concern and not judgment.

WITHDRAWAL FROM ALCOHOL, TREATMENT AND NEXT STEPS

The first step of recovery is alcohol detox, or cleansing the body from all physical traces of alcohol. Those who have used alcohol heavily over a prolonged period have developed a dependence on it, meaning their body doesn't quite function normally without it. The detox period is crucial as well as dangerous — alcohol is one of the few drugs with withdrawal symptoms that can be fatal. For this reason, it is imperative to have medical supervision during detox.

If someone you care about is struggling with an alcohol use disorder, there are resources available to help you find the best treatment and support. If you're ready to end your battle with addiction and start on the path to recovery, contact a dedicated treatment provider today.

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All of the information on this page has been reviewed and verified by a certified addiction professional.

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UNDERSTANDING ADDICTION

Addiction can affect anyone

People from all backgrounds experience addiction. Addiction doesn't care how old you are, how much money you make, or the color of your skin; it has no bias. While the initial choice to use a drug is often voluntary, the powerful effects of addiction makes it very hard to stop, even if someone wants to.

When drugs or alcohol are used so often that they have significant negative effects on your life, making it unlivable to the quality it was before, this is called a **substance use disorder**.

It causes intense cravings for alcohol or drugs, and can include:

- Using illegal drugs like heroin or cocaine, or excessive alcohol drinking.
- Using prescription drugs in ways other than prescribed, or using someone else's prescription.

It's hard to stop on your own

Addiction is a chronic and treatable disease. Using drugs repeatedly changes the brain, including the parts that help exert self-control. That's why someone may not be able to stop using drugs, even if they know the drug is causing harm, or feel ready to stop.

Some common behaviors of addiction and substance use disorder include:

1. Trying to stop or cut down on drug use, but not being able to.
2. Using drugs because of being angry or upset with other people.
3. Taking one drug to get over the effects of another.
4. Making mistakes at school or on the job because of using drugs.
5. Drug use hurting relationships with family and friends.
6. Being scared at the thought of running out of drugs.
7. Stealing drugs or money to pay for drugs.
8. Being arrested or hospitalized for drug use.
9. Developing a tolerance, and needing larger amounts of drugs or alcohol to get high.

10. Overdosing on drugs.

<https://www.samhsa.gov/>