The Team

Our caring and experienced team help youth and their families address how their lives have been impacted by alcohol or drug use, mental health issues, and/or gambling.

Our staff:

- Clinical Social Workers
- Addiction Therapists
- Nurses (RNs and LPNs)
- Youth Care Workers
- Adolescent Case Workers
- Community Outreach Workers
- Recreation Therapists
- Teachers
- Psychiatrists
- Psychologists
- Health Promotion Specialists

We are:

- Youth-friendly
- Client-centred
- Completely confidential
- Respectful of diversity
- Non-judging
- Caring and supportive
- Dedicated to working with you

Our facilities:

We have a state of the art facility:

- Therapy and counselling rooms
- Classrooms
- Recreational area (pool table, foosball, television, ping pong, piano)
- Fully equipped fitness centre (gym)
- Art room
- Music room with instruments
- Individual residence rooms for youth

How to get started:

If you would like to come to CHOICES please call the IWK Central Referral at **464 - 4110**. Be sure to tell them that you are interested in the CHOICES program. After you have made this call (your referral), someone from CHOICES will contact you later. They will ask you for more information and tell you about our services.

For more information about the program or our services, please call

(902) 491-2401 or 1-888-830-9595

Help is available, please give us call.

CHOICES is smoke-free .

CHOICES

Mental Health and Addictions

Prevention and Treatment Program

Information for Youth

1 Craigmore Drive
Halifax, NS B3N 1M3
Phone: 491-2401
Toll Free: 1-888-830-9595

IWK Health Centre

PL-0739 Last Update: 05/11
Next Review: May, 2014

CHOICES

About CHOICES:

We provide a safe and supportive place for youth overcoming problems with drug use (including alcohol), gambling, and addictions. We will also work with youth who are struggling with mental health issues while overcoming these problems.

Who we serve:

Youth up to 19 years of age who are harmfully involved with alcohol, drugs, or gambling.

Our approach:

We will work with you to reduce the risks in your life linked with drug use. We will help you to reach your treatment goals. Since drug use and mental health issues are often closely related, we provide treatment and support for both at the same time.

CHOICES is a voluntary program, which means that you cannot be forced to attend. You also have the right to decide to withdraw from treatment.

ALL SERVICES ARE CONFIDENTIAL

Mental Health, Drug Use, and Addictions

Our Clients:

We help hundreds of youth every year deal with issues involving alcohol, drugs, and gambling. Whether you are having family problems, legal difficulties, problems at school, mental health issues or other health concerns related to drug use or gambling, we are here to work with you and to help you overcome these issues.

Our Services:

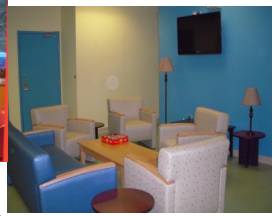
Treatment programs may involve:

- Individual therapy / counseling
- Family therapy / counseling
- Group programs
- Support at home, school, or in the community
- Education and help with schoolwork
- Recreational opportunities such as hiking, swimming, biking, and gym time
- Mental health assessments
- Medication consultations
- Health promotion programs
- Skills training in areas such as assertiveness, anger management, and stress

Our Programs:

We provide 3 treatment programs

- Outclient Services
- Day Program
- 24/7 Program



Outclient Services:

Youth in this program meet with a therapist on a regular basis for individual and/or family counseling. Youth may also decide to participate in group sessions.

Day Program:

Youth attend this program from Monday to Friday, 9:00am-3:30pm. An individualized treatment plan is developed with each youth. It can include on-site schooling, individual or group therapy, health promotion, recreation therapy, and skill building.

24/7 Program:

The 24/7 Program serves youth from across Nova Scotia (and on occasion, from other Atlantic Provinces). Youth in the 24/7 Program complete the same programming as youth in the Day Program. However, youth in 24/7 stay at CHOICES on the in-patient unit.

This program runs 24 hours per day, 7 days per week.

CHOICES staff will work with you to determine which program is best for you, and will help you meet your individual treatment goals.