

MAKE PATIENT REFERRALS
DIRECTLY FROM YOUR OFFICE

You can now refer your patient to us without a mandatory stay in a community based program.

Our Intake Coordinator can administer, often by telephone, the required screening tool and provide you with a prompt reply.

To refer your patient today contact our Intake Coordinator at:

613-831-0011 ext. 206

heather.p@davesmithcentre.org

Find additional information about our programs and services at:

www.davesmithcentre.org



Bronson Campus

*Assertive Continuing Care
Family Support Program
Administrative Support*

786 Bronson Avenue
Ottawa, ON K1S 4G4

Carleton Place Campus

Male Residential Treatment Facility

1986 Scotch Corners Road
Carleton Place, ON K7C 0C5

Carp Campus

*Female Residential Treatment Facility
Administration*

1883 Bradley Side Road
Carp, ON K0A1L0

Intake

613-831-0011 extension 206

HEALTH PRACTITIONER'S GUIDE
to the



Evidence Based Residential & Aftercare
Addiction Treatment Services
for Youth (13-21) and their Families.

Our History

The **Dave Smith Youth Treatment Centre** first opened its doors in 1993 as a result of the relentless efforts of a small group of people, led by Ottawa restaurateur and philanthropist, Dave Smith.

The Centre served adolescents (13 - 18) with substance abuse problems by offering programming in outpatient an intensive outpatient settings. The organization was chosen by the Champlain LHIN to create new residential services for adolescents and young adults (13 - 21) who have a serious substance abuse or dependence problem and usually have mental-health disorders in the moderate to moderate severe range.

Residential Treatment

The DSYTC operates two, 24-hour residential addiction treatment facilities for youth (13-21) out of temporary locations:

Carp Campus: 10-bed facility for young females

Carleton Place Campus: 14-bed facility for young males.



A structured daily schedule begins at 0730 hrs. and consists of individual therapy, group therapy, 4 hours of school, allowing clients to obtain their high school certificate. The day is rounded out with a number of activities aimed to enhance social skills and physical health.

Clinical Services

The Centre's residential treatment facilities serve youth and adolescents (13 to 21) who have an addiction abuse or dependence problem and concurrent or co-occurring mental-health problems; satisfying patient placement criteria level III-5 as defined by the American/Canadian Society of Addiction Medicine.

All clinical services are evidence-based and are delivered in a therapeutic milieu with clinically supervised staff. On site psychiatric consultation and pharmacotherapy support is available to clinical staff.

Evidence-based Treatment

Treatment consists of a 3 month residential stay (4 in exceptional circumstances) based on the ***Adolescent Community Reinforcement Approach*** (ACRA) plus the ***Contingency Management*** models of care.

The residential stay is immediately followed by an ***Assertive Continuing Care*** module which can last up to 3 months and is designed to prevent relapse, to facilitate the implementation of the skills learned during the residential stay, and to reintegrate the client into the continuum of care.

CRA relies on operant conditioning, a process of behaviour modification in which the likelihood of a specific behaviour is increased or decreased through positive or negative reinforcement. Therefore, our Contingency Management program relies on points as a currency, the accumulation of which allows clients to move from one category to another where more privileges are attached. Staff are trained and certified in these techniques.



Family Focus

Both youth and parents are supported throughout the treatment process. Families are encouraged to be actively engaged in the treatment process to foster improved treatment outcomes for all involved.

The Canadian Centre on Substance Abuse made the following observation about the CRA model:

“In nearly every review of alcohol and drug treatment outcomes, CRA is listed among the approaches with the strongest scientific evidence of efficacy; however, it is not widely used or even known by many clinicians who treat individuals with addictions. Adding to this disconnect between research and practice is the fact that three of the four commonly-cited meta-analyses of alcohol treatment list CRA as one of the most cost-effective treatments available.”

Fees

There are **no formal fees** for our services. However, we do ask parental help in covering "incidental" expenses that may arise.

The Future

Planning is now underway for the construction of a permanent 30-bed facility in the west end of Ottawa by the year 2014 where gender segregation will be maintained.