

## HEALTH CARE COLUMN

### Addictions Service Providers Available to Help in Cochrane District

**February 15, 2019** – Dealing with an addictions issue can be difficult. If you or someone you know is struggling with an addiction, there are many organizations in the area that are ready to help.

**Hosted by South Cochrane Addictions Services, the Rapid Access Addiction Medicine (RAAM) for Cochrane and James Bay**, is now open and providing timely, barrier-free treatment for patients who are addicted to alcohol or opioids. People can call the Rapid Access Addiction Medicine Clinic at 705-531-RAAM (7226) to see a Rapid Access Addiction Medicine Clinic physician. No referral is necessary, although referrals from doctors, nurses, social workers, addiction counselors and community providers are welcomed.

**South Cochrane Addictions Services** also provides community-based programs and case management services for people experiencing addictions-related issues in communities that include Iroquois Falls, Matheson, and Timmins. South Cochrane Addiction Services can be reached by phone at 705-264-5202.

**Jubilee Centre** in Timmins offers a range of community-based voluntary 24/7 addiction and mental health programs, services, and supports to people aged 16 and over. These include: Intensive Residential Treatment & Rehabilitation Beds for people with persistent addiction & co-occurring mental health problems, Short-term Residential Crisis Support Beds for people in imminent or actual mental health and/or addiction and/or housing crisis (integrated intensive crisis & withdrawal management support), providing a safe alternative to unnecessary hospitalization, incarceration, or other involvement with the criminal justice system and homelessness. Medical and Nursing support is provided based on need. Additionally, evening Aftercare programming and Peer Support groups (self-help) are offered on-site. Linked to the above services is an off-site Transitional Supportive Housing Program for people in active recovery from addiction, and co-occurring addiction and mental health problems. For details, contact the Jubilee Centre at 705-268-2666.

Located at the Smooth Rock Falls hospital, the **Cochrane District Detox Centre** is a 24/7 withdrawal management service. The centre serves people from the Cochrane District including the James Bay Coast. Services are available in English and French to people aged 16 years and older, while youths under 16 can be served with parental or guardian consent. In addition to residential withdrawal management, the centre also offers case management services and can make referrals to other treatment facilities. The Cochrane District Detox Centre can be reached at 705-338-2761 or toll-free at 1-800-787-7951.

Also providing residential treatment services is **Maison Renaissance**, located in Hearst. Maison Renaissance offers services to Francophones living in Ontario who have substance use issues. Programs include a co-ed residential treatment program, a relapse prevention residential program, and a relapse prevention day program. A residential treatment program specifically for male Francophone youths aged 12-24 is also available at the **Maison Arc-En-Ciel** Centre in Opsatika. Maison Renaissance can be reached at 705-362-4289 and toll-free at 1-800-766-0657 and Maison Arc-En-Ciel can be reached at 705-369-4582.

**North Cochrane Addictions Services** provides treatment services for alcohol and drug addiction as well as problem gambling in several communities, including Cochrane, Hearst, Kapuskasing and Smooth Rock Falls. A comprehensive assessment is performed and an individual treatment plan developed for each client. Available services include intake/screening, assessment and referral, treatment planning, counselling, and case management. Contact North Cochrane Addictions Services at 705-335-8408.

**The Canadian Mental Health Association** provides support to people in Cochrane affected by mental illness and has programs to provide assistance to assist people who are seeking help for and information about alcohol, drug, or gambling problems. This organization offers counselling, relapse prevention, follow-up, and community education, as well as case management, peer self-help, and transitional support services. Contact the Canadian Mental Health Association's Cochrane-Temiskaming branch at 705-267-8100.

More information on these health service providers and other community resources that can help with addictions and related mental health issues is available online. Visit <https://connect.northeasthealthline.ca> to find more mental health and addictions organizations, peer support programs such as Alcoholics Anonymous and Narcotics Anonymous groups, services, and programs that are available in the Cochrane district.

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**For more information:** Please contact Mike Ward, Communications Officer, North East LHIN, at [michael.ward@lhins.on.ca](mailto:michael.ward@lhins.on.ca) or 705-256-3002.