

OUR FACILITIES

1 800 418-5704

Baie-Comeau
659, boulevard Blanche
418-589-5704

625, rue des Épilobes
418-589-2003

Blanc-Sablon
1070, boulevard Docteur-Camille-Marcoux
418-461-2144

Fermont
1, rue Aquilon
418-287-5461

Forestville
8, 10^e rue
418-587-2204

Havre-Saint-Pierre
1035, promenade des Anciens
418-538-2955

Les Escoumins
4, rue des Pilotes
418-233-3143

Port-Cartier
3, rue Shelter Bay
418-766-2572

Sept-Îles
531, rue Gamache
418-962-9761

ADDICTION REHABILITATION PROGRAM

We provide services:

- To youths
- To adults
- To family members
- With accommodations
- For social reintegration

The addiction rehabilitation program offers services to youths and adults who are living with a problem of abuse or an addiction to alcohol, drugs or gambling. Also, it offers support and accompaniment services to your family members.

The services are free, confidential and personalized.

CENTRE INTÉGRÉ DE SANTÉ ET DE SERVICES SOCIAUX DE LA CÔTE-NORD

The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord serves a population of about 95 000 inhabitants on a territory extending from Tadoussac to Blanc-Sablon (nearly 1,300 km of coastline), passing by the Anticosti Island and the northern towns of Fermont and Schefferville.

The CISSS de la Côte-Nord is responsible for planning, coordinating, organizing and providing health and social services to the entire population of the region. It has about 50 facilities and employs 3 600 people.

Centre intégré de santé et services sociaux de la Côte-Nord
Services de réadaptation en dépendance
659, boulevard Blanche
Baie-Comeau (Québec) G5C 2B2
418-589-5704
1-800-418-5704 (Toll Free)



Follow us!
Centre intégré de santé et de services sociaux de la Côte-Nord

www.cisss-cotenord.gouv.qc.ca

Centre intégré
de santé
et de services sociaux
de la Côte-Nord



REHABILITATION SERVICES WITH ACCOMMODATIONS

SERVICES FOR ADULTS

DEPARTMENT OF MENTAL HEALTH, ADDICTIONS, HOMELESSNESS PROGRAMS AND GENERAL SOCIAL SERVICES



02-2016

YOU HAVE DECIDED

to intensify your rehabilitation process while enjoying an accommodated stay for 24 hours a day, 7 days a week in a stable and secure environment.

The initial duration of accommodation is 28 days, but it may vary according to a professional assessment of your needs. In order to better prepare you with the rehabilitation process in external services, your stay will be divided into two stages which will deal with the following topics:

Block I

- Physical impacts of addiction
 - Health and physical condition
 - Diet
 - Withdrawal
 - Sleep and relaxation
- Psychological and social impacts of the addiction

Block II

- Self awareness
 - Looking at emotions, values fears, etc.
- Assertiveness
 - Communication
 - Demands, criticism, refusal, etc.

Social reintegration services will also be offered to you during your stay.

DURING YOUR STAY

for a healthy lifestyle while respecting your capacities, you will have a schedule to follow and rules to respect. The following information will help to prepare you:

- Wake-up is at 7:30 a.m. and the curfew is at 11:00 p.m.
- Outings outside of the boundaries of the facility must be pre-authorized by a professional member of the team.
- A phone booth is available from 7:30 a.m. to 9:30 p.m. during free periods.
- Your family members can contact you by calling 1-800-418-5704. Messages are delivered at the end of day, unless it is an emergency.
- A washer and dryer are at your disposal.
- The services are offered in a smoke-free environment. You have to smoke outside, and this, in accordance with the rules and the Act respecting the protection of non-smokers.

YOU NEED

- Your health insurance card.
- Your prescription including renewals if there is need during your stay.
- Money for your personal needs (taxi, tobacco, medication stamp, leisure, etc.).
- A calling card or coins for the public phone booth.
- Comfortable clothing that is adapted to the season because you will be going outside every day.
- A swimsuit (at your discretion).
- A pair of sandals
- Toiletries (soap, shampoo, toothbrush, facecloths, towels, laundry detergent, etc.).

YOU DO NOT NEED

- Any electronic devices (radio, camera, cellphone, audio or video players, computer, television etc.)
- An alarm clock or a clock radio
- Energy drinks and carbonated beverages, chips or chocolate

These items will be collected upon arrival and will be returned to you upon your departure. Dangerous objects will be confiscated.

HOW TO PROCEED ?

You must follow the instructions that were sent to you to prepare for your upcoming admission. You must attend your appointment that was planned with your caseworker who referred you to the accommodated service and respect the admission rules that were explained to you by him. The caseworker who referred you will make the link between you and the accommodation services. Your caseworker will communicate with the admission services and will offer you support during your waiting period.

FOR YOUR ADMISSION

Present yourself at 659, boulevard Blanche, at the hour given to you by your caseworker. You will be greeted upon arrival by the friendly personnel and users who wish to facilitate your arrival among us. The team of professionals and technicians of the health and social services will accompany you throughout your stay.



Participating in an addiction program