

OUR FACILITIES

 **Regional toll-free number:**

1 800 418-5704

Baie-Comeau (outpatient and with accommodation)

659, boulevard Blanche
418 589-5704

Blanc-Sablon

1070, boulevard Docteur-Camille-Marcoux
418 461-2144, ext. 611421

Chevery

16, chemin Netagamiou
418 787-2277, ext. 632008

Fermont

1, rue Aquilon
418 287-5461, ext. 712214

Forestville

8, 10^e Rue
418 587-2204, ext. 222248

Havre-Saint-Pierre

1035, promenade des Anciens
418 538-1759

Les Escoumins

4, rue des Pilotes
418 233-3143, ext. 242224

Port-Cartier

3, rue de Shelter Bay
418 766-2572, ext. 443321

Sept-Îles

531, avenue Gamache
418 962-9761, ext. 453002

ADDICTION PROGRAM OF THE CISSS DE LA CÔTE-NORD

The addiction program of the CISSS de la Côte-Nord provides various services to people (young people and adults) for whom the consumption of alcohol or drugs, gambling, or the use of Internet is concerning and has consequences in various spheres of their life.

People around them can be affected, so support is also provided to loved ones .

We provide various services:

- Family support
- Treatment of opioid use disorders (OUD) (with substitute medication (OAT))
- Early intervention
- Specialized assessment
- Intoxication and withdrawal management;
- Specialized rehabilitation services (outpatient and with accommodation)
- Social reintegration

Services are free of charge, 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 90,000 inhabitants on a territory that goes from Tadoussac to Blanc-Sablon (nearly 1,300 km of coastline), and includes Anticosti Island and the northern towns of Fermont and Schefferville.

The CISSS de la Côte-Nord is in charge of planning, coordinating, organizing and offering social and health services to the entire population of the region. It includes about 50 facilities and 4,000 employees.

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

Addiction program

659, boulevard Blanche

Baie-Comeau (Québec) G5C 2B2

418 589-5704

1 800 418-5704 (toll-free)

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

Québec



ADDICTION PROGRAM

OPIOID AGONIST THERAPY (OAT) SERVICE

**DIRECTION DES PROGRAMMES SANTÉ
MENTALE, DÉPENDANCE, ITINÉRANCE
ET SERVICES SOCIAUX GÉNÉRAUX**

Québec



03-2023

The more someone uses opioids, the more they are at risk of becoming addicted to these substances.

When using opioids regularly, tolerance sets in and the person may want to consume more often and increase the dosage to feel the same effects as the first time.

Long-term use can cause physical addiction, namely:

- Withdrawal symptoms (e.g., muscle pain, yawning, nasal discharge, nausea, vomiting, diarrhea, chest pain, shivers, etc.)
- Psychological symptoms (e.g., anxiety, insomnia, agitation, dreams, thoughts and obsession to consume, etc.)



www.ciuss-cotenord-gouv.qc.ca

FOR WHOM IS OAT INTENDED?

OAT is intended for someone whose opioids use, prescribed or not, leads to significant consequences on their functioning, on their quality of life, or when the fact of not consuming opioids makes them feel withdrawal symptoms.¹

It is used to treat addiction to substances such as:

- Heroin
- Oxycodone
- Hydromorphone (Dilaudid)
- Morphine
- Fentanyl
- Percocet, etc.

Poly drug use is not an exclusion criterion to benefit from the substitute medication treatment.

1. The addiction and homelessness clinical and organizational support team, CIUSSS CSMTL, 2023.

WHAT IS OAT?

It is the substitute medical treatment, also known as opioid agonist therapy (OAT).

People who receive OAT can take methadone, suboxone or other opioid molecules.

OAT helps people who are addicted to opiates to stabilize and reduce the harm related to their drug use. A psychosocial service is also part of the treatment, in order to maximize the achievement of objectives.

WHO PROVIDES THE SERVICE?

A medical (physicians, nurses) and psychosocial (human relations officers and special educators) team is in place and will provide you with a range of services that you can accept or refuse based on your needs.

Note that the medical treatment gives better results when it is combined with psychosocial support. The attending team can provide you, your family and your loved ones with punctual or continuous support services.



TREATMENT DURATION

The services that we provide are adapted to your needs and can last from a few months to multiple years.

If you have questions about this services, contact your local facility.