


## OUR FACILITIES


**Regional toll-free number:**  
**1 800 418-5704**

- Baie-Comeau (outpatient and with accomodation)**  
 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<sup>e</sup> 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  
 Programme dépendance  
 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*




03-2023

# ADDICTION PROGRAM (SPECIALIZED SERVICES)

Former titles: Domrémy, Centre N.-A.-Labrie, Le Canal

**DIRECTION DES PROGRAMMES SANTÉ MENTALE, DÉPENDANCE, ITINÉRANCE**

Addiction is a complex phenomenon that takes root very differently from one person to the next. As in any process of change, there may be progress and setbacks, interruptions and resumptions. Therefore, the duration of rehabilitation may be shorter or longer, and its intensity may vary.

Rehabilitation is a personal development process that enables you to progressively regain power on your life and to rebuild a physical, psychological and social balance.

The purpose of our collaborative work **with you** is to:

- Reduce consequences that affect various spheres of your life
- Act on the reasons that led you to develop your consumption, gambling or Internet use habits
- Encourage change and maintain your new lifestyle habits
- Improve your health and well-being
- Discover your personal strengths and limits



www.ci-ss-cote-nord-gouv.qc.ca

## ADDICTION PROGRAM (specialized services)

### OUR SERVICES OUTPATIENT SERVICES

Outpatient services are offered to young people, adults and their loved ones everywhere on the North Shore. The person is accompanied through a personalized process. Meetings are organized with a specialized worker at a variable frequency based on the needs.

#### SERVICES WITH ACCOMMODATION

Services with accommodation are offered to people aged 18 years and over whose situation requires removal from their environment in order to enable them to develop tools. Following the accommodation period, their learnings will need to be consolidated with outpatient services.

They are offered in Baie-Comeau, and the initial duration of accommodation is 28 days, but may vary based on the professional assessment of your needs.

As for people under 18 years old, they are referred to specialized resources outside the region that provide rehabilitation with accommodation specifically for them.

### SERVICES TO LOVED ONES

Services are intended for any person (parent, brother, sister, spouse, etc.) 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.

Our team of professionals will help you:

- Understand the situation
- Improve your well-being
- Identify behaviours to adopt with the addicted person
- Improve your relationship with them

You can receive the help available for loved ones even if the person for whom the consumption of alcohol or drugs, gambling, or the use of Internet is problematic does not consult our services.

### EARLY INTERVENTION

The early intervention service is intended for people at risk of experiencing negative consequences related to their psychoactive substance use or their gambling habits. This type of intervention aims to prevent, reduce and help avoid the use of specialized services.

### OPIOID AGONIST THERAPY (OAT)

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.



### SOCIAL REINTEGRATION

Social reintegration services are intended to improve your living conditions in your environment. They can be provided at all times throughout your rehabilitation process.

### WHERE TO BEGIN?

**Do you need help or live with someone who needs help?**

You can call us or go to one of our facilities to make an appointment.

Our offices are open from 8:30 a.m. to 12:00 p.m. and from 1:00 p.m. to 4:30 p.m., from Monday to Friday.

You can also receive our services upon reference from an organization in the community or from another establishment.