



Alcohol and Drug Treatment Options in Windsor and Essex County

Where to get help in Windsor–Essex County for alcohol or drug problems:

Are you ready to talk to someone about your alcohol or drug problems? Confused about how to start looking for help? Not sure you want to get help? It's never too early or too late to talk to someone about alcohol or drug problems. These questions might help you decide if it's time to talk to someone about getting help.

1. Have you ever had any problems related to your use of alcohol or other drugs?
2. Has a relative, friend, doctor, or other health care worker ever been concerned about your drug use or drinking or suggested that you cut down on the amount you drink?
3. Have you ever said to someone "I don't have a problem" (with alcohol or drugs)... but at the same time, you're wondering if you do have a problem?

If you answered yes to one or more of these questions, you may be ready to talk to someone.

Now that you're ready, ask for help:

A good place to start is by looking to those you trust:

- A friend or family member.
- A community health worker like a social worker, doctor, counsellor, nurse, clergy, pharmacist, nurse practitioner, or other community professional.
- If you visit the Mission, Street Health, The Salvation Army, or some other assistance agency, ask one of their staff members for help.

Find help for alcohol and drug problems:

Making phone calls can be a good place to start. If you don't have a phone, ask to use a friend or family member's phone. The internet can be helpful too.

If you don't have access to a computer ask a friend or family member to help. Also, every library in Windsor–Essex County has computers with internet access for free public use. You may also want to go to an agency that has helped you in the past and talk to someone there.

Be prepared to share personal information:

When a person calls a community health worker for help with an alcohol and drug problem, it's normal to be asked personal questions. This helps the worker understand you and your needs. If you're not comfortable sharing personal information, talk to the worker about how you feel and why you're uncomfortable.

Here are some questions you may want to ask the worker:

- Can you explain to me how my personal information will be kept private?
- Will my personal information be shared in any way?
- What will you do with my personal information?
- Once I talk to you, will I have to talk to anyone else?

Be prepared to be referred:

Sometimes an agency doesn't offer the kind of help you need and you'll need a referral. A referral is when a community health worker suggests that you talk to another agency that offers the kind of help you need. Calling different agencies and sharing your personal information with different people can be confusing and aggravating. Those feelings are common but it's a normal practice for referrals to be made to better suit your specific needs.

You're ready to make a phone call, now what?

Here's a list of the different services in Windsor–Essex County so you can choose the best place to start.

Alcohol and Drug Treatment Services in Windsor–Essex County

Connex Ontario – Free telephone services

Help is available 24 hours a day, 7 days a week at Connex Ontario. Connex Ontario provides free confidential and anonymous information about drug and alcohol treatment services across Ontario. Connex also has telephone helpline numbers for mental health and gambling problems. Here are the helpline numbers:

Drug and Alcohol Helpline: 1-800-565-8603

Mental Health Helpline: 1-866-531-2600

Ontario Problem Gambling Helpline: 1-888-230-3505

Email: www.drugandalcoholhelpline.ca/Home/Email

Chat: www.drugandalcoholhelpline.ca/Home/Chat

Website: www.drugandalcoholhelpline.ca

Crisis Counselling

Phone: 519-973-4435

Located in the Hotel Dieu Grace Hospital Emergency Department, 1030 Ouellette Ave., Windsor, ON. Walk ins are welcome between 9 a.m. and 3 p.m. Services are covered by OHIP.

Open 24 hours (through emergency department) for individuals 16 years of age and older.

Website: www.hdgh.org/notalone

Windsor Regional Hospital Addiction Assessment and Outpatient Service

Western Campus (private entrance on Connaught Street), 1453 Prince Road, Windsor, ON.

Free Assessment and Referral Program

Phone: 519-257-5220

Offers confidential assessment and personal interviews of individuals with substance use problems. Helps individuals determine appropriate treatment options. In addition, they offer individuals an opportunity to admit themselves into the detoxification unit where they can safely withdraw.

Free Withdrawal Program

Phone: 519-257-5225

Offers professional residential non-medical services for men and women, aged 16 years of age and older who are intoxicated and in crisis. Advised to call to ensure bed availability.

Website: www.wrh.on.ca

(place cursor over Programs and Services, scroll down to *All Departments* and click on *Addiction*).

The Alcohol Help Centre – Free online service

The alcohol help centre offers free personalized exercises, tools, and information that can help you. Please remember that the online help you receive cannot replace the help you can get from a personal health care provider like a counsellor, nurse practitioner, pharmacist, and your family doctor. On line tools (e.g., alcohol calculator) are available on their website.

Website: www.alcoholhelpcentre.net

Windsor Essex Community Health Centre Teen Health Centre

Phone: 519-253-8481

Main address: 1585 Ouellette Ave., Windsor, ON.

- City and county services available at several locations.
- Counselling services are free for those aged 12 to 24 years.

Website: www.wechc.org

Salvation Army MAST (Men's Addiction Support and Treatment Program)

Phone: 519-253-4225 ext. 230

Windsor Community and Rehabilitation Centre

Address: 55 Church Street, Windsor, ON.

Day treatment addiction counselling program. Services are free. No local website available.

House of Sophrosyne

Phone: 519-252-2711

Address: 1771 Chappell Ave., Windsor ON.

35 day residential addiction/trauma program for women.

United Way Community programs at 1574 Lincoln Rd, Windsor and at 215 Talbot St. E. Leamington, ON.

Caring Connections Nurturing program and support services for women pregnant and/or with children aged newborn to six years old.

Website: www.sophrosyne.ca

Brentwood Recovery Home

Phone: 519-253-2441

Address: 2335 Dougall Ave., Windsor, ON.

Offers residential and non-residential addiction treatment for men and women, 16 years of age and older. Programming for those aged 13 to 15 years is non-residential. Call intake at ext. 206 before visiting the agency.

Website: www.brentwoodrecovery.com

VON Canada Chronic Pain Management Assessment and Referral program

Phone: 519-256-7669

Chatham-Kent and Sarnia-Lambton County residents can call toll free at 1-855-419-5200

Address for head office: 1574 Lincoln Rd., Windsor, ON.

Additional locations available in Windsor, Belle River, Chatham, and Wallaceburg.

In depth pain assessment, treatment options, and recommendations to residents in Windsor-Essex, Chatham-Kent, and Sarnia-Lambton.

Referral is by family physician for non-cancer pain lasting at least three months.

Website: www.ecms.org/img/cpmarp%20brochure-updated%20nov%202011.pdf

Medical Addiction Clinics

Erie St. Clair Clinic: 519-977-9772

Address: 1574 Lincoln Road, Windsor, ON.

Physicians, nurses, and case workers provide comprehensive (i.e., medication and counselling) addiction treatment including Methadone maintenance and Suboxone treatment. On-site pharmacy available.

Website: www.eriesticlairclinic.ca

Ontario Addiction Treatment Services: 519-252-0991

Address: 1101 University Ave., W., Windsor, ON (Near Elm Street).

Methadone maintenance treatment clinic with onsite pharmacy. With the assistance of staff, clients consult a physician over the internet.

Website: www.oatc.ca

Goyeau Street Clinic

Phone: 519-256-1519

Address: 1078 Goyeau St., Windsor, ON.

Renew Medical Clinic

Phone: 519-322-4922

Address: 4 Talbot St., E., Leamington, ON.

Addiction treatment includes Methadone maintenance and Suboxone treatment. On-site pharmacy available.

Website: www.renewmedicalclinics.ca

Post-secondary school counselling for students

University of Windsor: 519-253-3000 ext. 4616, CAW Centre room 293.

St. Clair College: 519-972-2727 ext. 4226, Room 206.

Websites: www.uwindsor.ca/scc

www.stclaircollege.ca/studservices/learningcommons/counselling.html

Alcoholics Anonymous

Open to anyone who wants to do something about his or her drinking problem.

Windsor: 519-256-9975 **Leamington:** 519-999-1234

Website: www.aa.org

Narcotics Anonymous

Phone: 1-888-811-3887

Open to anyone who wants to do something about his or her drug abuse problem.

Website: www.orscna.org/english/index.php

Secondary school guidance counsellors, teachers, and other staff can help. If you are a high school student, talk to someone you trust.

Some workplaces offer employee assistance programs

(EAP) which can help employees and their families with alcohol and drug problems. To learn if your workplace offers an EAP program, ask your union representative, health and safety representative, or human resources officer.

Crossroads Centre for Personal Empowerment

Phone: 519-252-5456

Address: 1980 Ottawa St., Lower Unit, Windsor, ON.

Education, support, and counselling.

Website: www.crossroadsc4pe.ca

Family Services Windsor-Essex Counselling and Advocacy Centre

Phone: 519-966-5010 **Toll free:** 1-888-933-1831

Address: 235 Eugenie St., Suite 105A, Windsor, ON.

Confidential voluntary short or long-term counselling services to families, individuals, and couples.

Website: www.familyserviceswe.ca

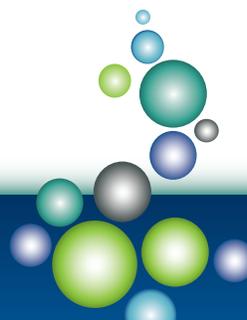
Multicultural Council of Windsor and Essex County

Phone: 519-255-1127

Address: 245 Janette Ave. and 7651 Tecumseh Rd. E., Windsor, ON.

Translation and interpretation services available in more than 50 different languages. Professional accredited interpreters are available as a fee for service. However, if you were or are a victim of domestic violence, sexual assault, or human trafficking, the service will be provided free of charge.

Website: www.themcc.com/





If a service or program on this brochure is no longer offered or it has changed, please call 519-258-2146 ext. 3138 or email jpalesh@wehealthunit.org.

The information in this document is current to March, 2013.

Notes:

Windsor-Essex Providers of Addiction Treatment and Harm Reduction Subcommittee 2013 Active Members:

- St. Leonard's House
- Windsor-Essex County Health Unit
- Crossroads Centre for Personal Empowerment
- Erie St. Clair Clinic
- House of Sophrosyne
- Windsor-Essex County Health Centre – Teen Health Centre
- AIDS Committee of Windsor
- Canadian Mental Health Association – Windsor Essex County Branch
- Well-Come Centre
- Correctional Service Canada
- BANA (Bulimia Anorexia Nervosa Association)
- Westover Treatment Centre
- Windsor-Essex Catholic District School Board
- Multicultural Council Windsor and Essex County
- Windsor Regional Hospital
- Canadian Auto Workers Local 195, 200, 444, and 2458
- Labourer's International Union of North America, Local 625
- Salvation Army MAST Program

