

## **Intensive Day Treatment**

### **Recovery**

The Intensive Day Treatment is offered to individuals who are experiencing substance use and/or problematic gambling with or without associated Mental Health issues.

The Intensive Day Treatment is a four to six-week community-based service. It is offered primarily in a group format as part of an individualized recovery plan.

Supportive significant others can also be involved in your care plan.

### **Goals of the service**

The overall goal of the service is to help participants stop, reduce or better manage substance use and /or gambling issues, improve their mental health and their overall quality of life. This service also provides participants with:

- Hope and opportunities for Recovery
- Harm reduction skills and self-management skills
- Coping skills
- Help in addressing problems related to social, psychological and emotional wellbeing
- Ongoing care and maintenance support
- Confidence and skills to resist the urge to use or gamble
- Identify triggers and high-risk situations
- Establish a social support
- Increase family and community participation

### **Who would benefit from this service**

- 19 years or older
- Experiencing problematic substance use and/or problematic gambling with or without associated mental health issues
- Individuals residing in the Greater Moncton region (Albert, Westmorland and Kent county) and in the First Nation communities (Elsipogtog, Fort Folly, Bouctouche and Indian Island)

### **Description of the Intensive Day Treatment**

This service is offered on a weekly basis:

- Monday to Friday
- 9 am to 4 pm
- Some evening sessions from 6:00 pm to 8:00 pm

For more information on this service, please call: [506-869-6875](tel:506-869-6875)

## **Testimonials from individuals who have participated in Addiction Services in the past**

“I really enjoyed group therapy. Listening to others and receiving guidance from counsellors has given me the knowledge and tools I didn't have before”.

“I benefited a lot from group. I've learned how to use coping skills and that I'm stronger than I thought I was and I would like to thank you for the group support in my recovery!”.

“I really like these groups, I feel a lot better after each group it makes the weeks that much easier”.

“All topics focus on positive movement towards life without addiction”.

We promote a confidential and respectful environment

All groups are facilitated by trained occupational therapists, nurses, human service counselors and social workers.

If you are registered and are unable to attend (illness or unforeseeable circumstances), please advise the Intensive Day Treatment service prior to the session by calling the direct line at: [506-869-6875](tel:506-869-6875)

If you require an admission into the Moncton Addiction Services detoxification in-patient unit, please call [506-856-2333](tel:506-856-2333) and press 2.

If interested, please contact the telephone number below or discuss with your clinician.

Intensive Day Treatment  
1600 Main St., Suite 290  
Moncton, N.B.  
E1E 1G5  
Phone: [506-869-6875](tel:506-869-6875)  
Fax: 506-856-4909