

**C E A S E**

# **SUBSTANCE ABUSE RESOURCE GUIDE**

**Produced by:**

**The Committee to End Abuse of Substances in Essex County  
(C.E.A.S.E.) 2004**



# Introduction

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**C.E.A.S.E.** was formed in 1994, when a coalition of local substance abuse prevention and health promotion partners received funding from the Provincial Substance Abuse Community Fund. The goal of the project was to enhance the planning and implementation of local and regional health promotion and injury prevention initiatives.

Today, this same coalition of community partners continues to work together to plan, deliver and coordinate healthy lifestyles activities throughout the community. The coalition works to promote the non-use of illicit drugs and the non-risk use of legal substances among the residents of Windsor and Essex County through public awareness programs and services.

## Acknowledgements

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**C.E.A.S.E.** would like to thank:

Windsor FOCUS Community for their financial support of this project and Information Windsor for providing much of the information in the booklet.



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# **AIDS COMMITTEE OF WINDSOR**

T: 977-9772

F: 973-7389

Email: [www.aidswindsor.com](http://www.aidswindsor.com)

Contacts: Lynda Ruddock, Addiction Services

Program: Provides methadone treatment, supportive counseling, nutritional support, needle exchange, referrals and testing.

Mon.-Wed. 9am-5pm; Thurs., Fri. 9am-9pm

## **AL-ANON/ALATEEN FAMILY GROUPS**

T: 252-8474

Program: The purpose of these support groups is to share experiences, strengths and hopes through discussion groups in order to solve common problems related to alcoholism.

Anyone affected by alcoholism 12years and older is eligible.

NO FEES. 24hr Service

## **ALCOHOLICS ANONYMOUS (AA)**

T: 256-9975 (Windsor)

T: 326-0268 (Leamington) 24 hr Answering Service

Program: AA is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Their primary purpose is to stay sober and help other alcoholics to achieve sobriety. Individuals with a desire to stop drinking are eligible

# **BRENTWOOD RECOVERY HOME**

T: 253-2441

F: 258-2095

Contact: Tracey Bruner

Program: A residential center for the treatment of substance abuse. Both residential and day programs are available for men and women, ages 16 & up. An outpatient youth program is offered to treat drug and alcohol abuse.

Individuals who are attempting to overcome substance abuse and it's related consequences are eligible.

Mon.-Fri. 9am-2pm

# **CAN-AM INDIAN FRIENDSHIP CENTRE OF WINDSOR INC.**

T: 258-8954

F: 258-3795

Contact: Louella Tobias

Program: Provides presentations on the dangers of drug and alcohol abuse and individual counseling. Also provides cultural activities that are free of drugs and alcohol.

# **CATHOLIC FAMILY SERVICES**

T: 254-5164

F: 254-0611

Contact: Mary Reaume, Executive Assistant

Program: The service offers professional counseling for all types of family problems including individual, marital, sexual assault, abuse, parent-child and family.

Satellite offices in Tecumseh, and Amherstburg  
Mon.-Fri. 9am-5pm; evening appointments available; geared to  
income.

## **CENTRE FOR ADDICTION AND MENTAL HEALTH (CAMH)**

T: 251-0500      Info Line: 1-800-463-6273-multiple languages

F: 251-0494

Web Site: [www.camh.net](http://www.camh.net)

Contact: Suzanne Rankin, Administrative Secretary  
Program: The Communications, Education and Community  
Health offices of the CAMH integrate community needs with  
research and development to prevent and reduce addiction  
and mental health problems across Ontario. Through  
consultation, the agency contributes to building partnerships  
with communities, professionals and governments to identify  
needs, provide training and promotes, implements and  
evaluates research-based programs, products and services.  
Services in French and English language.  
Mon.-Fri. 9am-5pm NO FEES

## **DRUGS, ALCOHOL AND MENTAL HEALTH INFORMATION LINE**

T: 1-800-463-6273

Service: The information line provides up-to-date information  
and referrals to prevention & treatment resources throughout  
Ontario. Callers can speak with staff about alcohol, other  
drugs and mental health topics, or order printed materials from  
9am to 9pm daily except holidays; it's free, confidential and  
anonymous. Over 40 recorded messages can be accessed  
24hrs/day in both English and French. Limited selection of  
information messages available in 15 other languages.

# **DRUG AND ALCOHOL REGISTRY OF TREATMENT (DART)**

T: 1-800-565-8603

Service: A bilingual telephone service providing information and referral to drug and alcohol treatment programs within the province of Ontario.

24hrs. 7 days/wk

## **FAMILY SERVICE WINDSOR**

T: 256-1831

F: 256-5258

Contact: Linda Gallant, Intake Worker

Program: The program is a professional counseling service assisting families and individuals with problems related to marriage, parent-child relationships and personal adjustment and self-esteem.

Mon.-Wed. 9am-8pm Tues., Thurs., Fri. 9am-5pm

## **FETAL ALCOHOL SUPPORT & INFORMATION**

T: 948-8599

F: 948-3527

Contact: Joan and Bill Smith

Services: A group providing education and prevention information on drinking while pregnant. Free presentations are offered to community groups and organizations.

Individuals interested in fetal alcohol syndrome (FAS) issues are eligible.

# HOUSE OF SOPHROSYNE

T: 252-2711

F: 252-2310

Email: [hos2@jet2.net](mailto:hos2@jet2.net)

Web Site: [www.windsor.igs.net/~sophrosyne](http://www.windsor.igs.net/~sophrosyne)

Contact: Darlene Simpson, B.S.W., Director of Programs  
Programs: The center offers a 21 day residential treatment program for chemically dependent women providing individual counseling, after care and follow-up services. Friends and Family, Parenting in Recovery and Children's programs run weekly. Child Care available for some programs. Women 16 years and older are eligible.

Admin. Mon.-Fri. 8am-4pm 24 hr service NO FEES

## **MADD (MOTHERS AGAINST DRUNK DRIVING) Windsor-Essex County Chapter**

Toll free #: 1-800-665-MADD (6233)

Program: MADD provides a support group for family members and victims of impaired driving accidents. Public education and awareness programs about these issues are offered to concerned citizens and school groups. The group also monitors local cases involving drinking & driving charges.

# **MARYVALE ADOLESCENT AND FAMILY SERVICES**

T: 258-0484

F: 258-0488

Email: [maryvale@wincom.net](mailto:maryvale@wincom.net)

Contact: Janet Glos, Program Manger

Program: Maryvale is treatment center providing residential, day and crisis services for adolescents who are experiencing emotional and behavioural problems and their families.

Mon.-Fri. 8am-5pm (NO FEES)

# **NARCOTICS ANONYMOUS (NA)**

T: 977-8063

Program: NA is a non-profit community based fellowship for men and women for whom drugs have become a major problem. We meet regularly to help each other stay clean.

# **PARKWOOD CHRISTIAN COUSELLING CENTRE**

T: 948-2492

F: 948-4198

Contact: Michelle Gray, Secretary

Program: Parkwood provides a full range of comprehensive counselling services for individuals, families, marriage, children, addictions, and group therapy. They also have a number of support groups, including the 12 Step Program. Geared to income.

Mon.-Fri. 9am-4:30pm Tues.-Wed 5:30-8:00pm (by appointment)

# THE SALVATION ARMY

T: 253-7473

F: 253-7478

## **Outpatient Substance Abuse Counseling**

Contact: Joan Murphy, Program Supervisor

Program: The service provides outpatient counseling; both individual and group to assist those that are experiencing problems with alcohol and/or drugs. A structured Relapse Prevention Program is offered. Client centered approach allows for abstinence or non -abstinence goals. Drug and alcohol education is available to the community and families.

Mon.-Fri. 8:30am-4:30pm NO FEES

## **Residential Addiction Program**

Contact: Doris Stillman, Program Supervisor

Program: The service provides a 90 day residential program to deal with addiction to drugs and or alcohol, for males, ages 23 & up.

# SANDWICH COMMUNITY HEALTH CENTRE

T: 258-6002

F: 258-3693

Email: [mailbox@sandwichchc.org](mailto:mailbox@sandwichchc.org)

Web Site: [www.sandwichchc.org](http://www.sandwichchc.org)

Contact: Jill Allison, Assistant Executive Director

Program: Residents of West Windsor catchment area are eligible for medical/clinical services. General counseling is available.

Mon., Wed., Fri., 9am-5pm & Tues., Thurs., 9am-9pm

# SHALOM COUNSELLING SERVICES INC.

T: 326-3778

F: 326-1529

Email: [shalom@jet2.net](mailto:shalom@jet2.net)

Contact: Marian Wiens, Executive Director

Program: Family and individual counseling with a trained therapist on many issues including supporting family members of a person who has a substance abuse addiction. Geared to income.

## ST. LEONARD'S HOUSE

T: 256-1878

F: 256-4142

Email: [stleonardshouse3@cogeco.net](mailto:stleonardshouse3@cogeco.net)

Contact: Michelle Graham, Program Facilitator

Program: Targets current & ex-offenders in the community. The facility serves as a halfway house for 25 adult male offenders from federal institutions.

The Community Substance Abuse Relapse Prevention program consists of a one-hour structured lesson and one hour of direction discussion. The weekly two-hour sessions focus on aiding the offender to implement and modify as necessary his/her relapse prevention plan. Using group dynamics and immediate offender relapse concerns, the facilitator will assist the offenders in learning effective substance abuse prevention coping strategies.

Mon.-Fri. 8am-5pm

# TEEN HEALTH CENTRE

T: 253-8481

F: 253-4362

Email: [www.teenhealthcentre.com](http://www.teenhealthcentre.com)

Contact: Intake will direct your call

Program: Provides services to youth ages 12 to 24 years in Windsor and Essex County. These Services include: substance abuse and general counseling, "Street Health"-homeless initiative, Medical and nursing services, Eating Disorder research project, pre-natal classes and parent support group.

## WELL-COME CHANGE PROGRAM

T: 971-7595

F: 971-7596

Contact: Beth Stephens

Program: A Drop In center that functions as a coordinated access service for pregnant women and mothers of young children who are struggling with substance abuse or recovery issues. Individual/Group  
Mon.-Fri. 9am-4pm

## WINDSOR FAMILY FORUM

T: 253-2607

F: 252-1867

Email: [winforum@msni.net](mailto:winforum@msni.net)

Web Site: [www.windsorfamilyforum.com](http://www.windsorfamilyforum.com)

Contact: Daniel Cahill

Program: Offers Relapse Prevention Groups as well as

individual counseling to those wishing to deal with the recovery from the addiction to drugs and alcohol. Assess your relapse potential through self-tests and recognize triggers including unrealistic expectations, stress, over confidence, and high-risk life style. Other related support services available. Fees may be paid in cash or by community vouchers  
Mon.-Fri. 8:30am-5:30pm. Evening hours available by appointment.

## **WINDSOR FOCUS COMMUNITY**

T: 254-6116

F: 254-0344

Email: [focus@jet2.net](mailto:focus@jet2.net)

Contact: Stephen Gard

Program: Windsor FOCUS Community provides alcohol and drug prevention and injury prevention programs in Windsor-Essex County. Programs target a variety of groups ranging from birth to seniors, but a special emphasis is placed on preventing alcohol and drug abuse and injuries due to alcohol and drug use among youth. Windsor FOCUS Community is funded by the Ministry of Health and Long Term Care and is operated by the Teen Health Centre.

## **WINDSOR REGIONAL HOSPITAL**

***Western Campus:***

**Essex County Addiction Assessment Referral Service**

T: 257-5111

F: 257-5296

Contact: Ray Lauzon

Program: The Addiction Assessment Referral service is a community-based service for persons experiencing problems with the use of alcohol and/or drugs. Fees covered by OHIP.  
Mon.-Fri. 8:30am-4:30pm

## **Substance Abuse Plus Program**

T: 257-5125  
F: 257-5273

Contact: Sonia Grbeski, Coordinator  
Program: Intensive outpatient treatment for individuals diagnosed mentally ill who are addicted to drugs and/or alcohol. Fees covered by OHIP.  
Mon., Thurs., Fri. 8:30am-4:30pm; Tues. 8:30am-10pm

## **Problem Gambling Services**

T: 254-2112  
F: 254-0093  
Email: [probgamb@wrh.on.ca](mailto:probgamb@wrh.on.ca)

Contact: Nick Rupcich  
Program: Problem Gambling Services provides assessment for both problem gamblers and those affected by gambling. Services for clients include individual and group counseling, 12 week Treatment programs, 12 week Aftercare programs, intro discussion group as well as presentations to the community.  
NO FEES  
Mon.-Fri. 9am-5pm

## **Withdrawal Management Services**

T: 257-5225  
F: 253-1752

Contact: Ray Lauzon

Program: The Withdrawal Management Service is a 20 bed, non-profit medical facility where men and women can recover from the effects of alcohol and/or drug withdrawal, or await entry into an addictions treatment program. NO FEES  
24 hr. service

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