

Making Changes: New Residential Addiction Treatment Program Planned for Middleton

Annapolis Valley Health's Addiction Services is pleased to announce that we will be offering a new and improved structured treatment program we've named, "Making Changes." Since 2004 we have worked in collaboration with providers and clients throughout Nova Scotia and Canada to develop this program based on principles of harm reduction, systems theory, motivational interviewing, adult learning theory and trauma theory. Our program has been piloted 3 times in the last year, and we have formally evaluated the program through the help of an independent research organization in an attempt to provide a meaningful service to those clients who will use this service.

Ideal candidates for this program are individuals who have a willingness to make changes to their pattern of substance use or problem gambling (or both), and for whom more structure is needed to facilitate the changes they envision for themselves. Prospective clients will already be involved with a service provider whom they will be continuing to work with following their participation in the Making Changes program. A comprehensive assessment is also required for referral. There is a strong hope on our part that Making Changes will be a powerful adjunct to ongoing work elsewhere. The staff at Making Changes see themselves as being part of a treatment team that includes the client, their referring clinician, and other parts of their support system such as family members and friends.

Making Changes is a group service for up to 12 clients that will be delivered over a 3 week period. Each week of service focuses on a different theme and groups build upon one another. The first week is based on knowing one's self, whereas the second week focuses on relating to others. The final week examines the clients' preparations for the future and how to further and maintain the changes that were begun at the time of referral. Clients are able to experience Making Changes as a residential program, with groups beginning at 9:00 am and ending at 4:00 pm daily, Monday through Friday. Additionally, leisure-based services are offered Monday through Thursday from 7:00-9:00 pm. Where possible, clients are encouraged to return to their home communities from our Middleton facility on Friday evenings and to return on Sunday evenings. This will allow clients to practice skills learned at Making Changes, and to use the groups to help with recovery planning and relapse prevention.

Our next offering of Making Changes will be from October 15-November 2, 2007. A second offering of Making Changes is scheduled for November 19-December 7, 2007. To enquire further about Making Changes or to make a referral, please contact Cindy Harvey at 902-825-5196 or via email at charvey@avdha.nshealth.ca.