

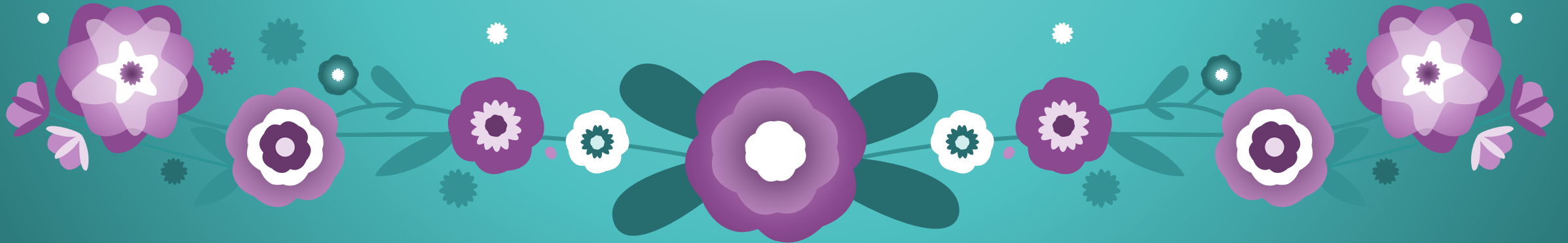
Come As You Are

Substance Use Day Treatment.

Presented by Cora Fraleigh

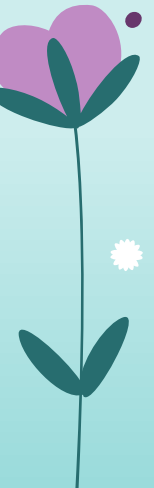
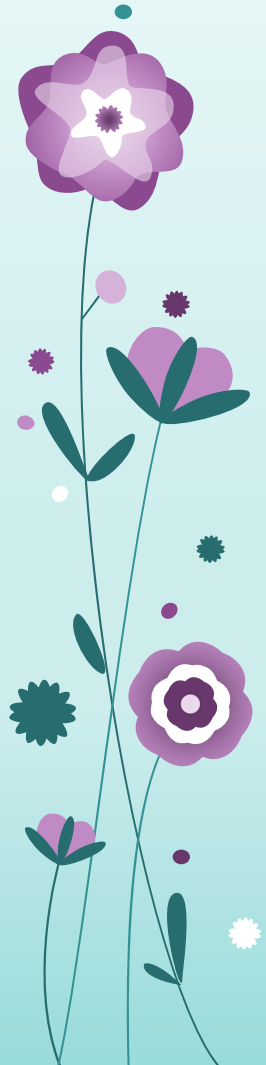
Substance Use Day Treatment Clinician

Interior Health MHSU – Williams lake



Come as you are; Substance use day Treatment.

- Can self refer, can be referred by a Doctor/virtual addiction clinic, or be referred by a clinician.
- Need to be connected to a clinician.
- Four days per week (tailored to each group).
- Two hours per day.
- 6 weeks total
- By attending we can generally get the young person is able to get some school credit (this depends on the school).



Why do young people use substances?

To feel good

Stimulants (uppers) may lead to feeling powerful, self-confident and energetic.
Depressants (downers) tend to provide feelings of relaxation and satisfaction.

To feel better

People may use substances to reduce social anxiety or stress when they connect with others or to reduce symptoms linked to trauma or depression.

To do better

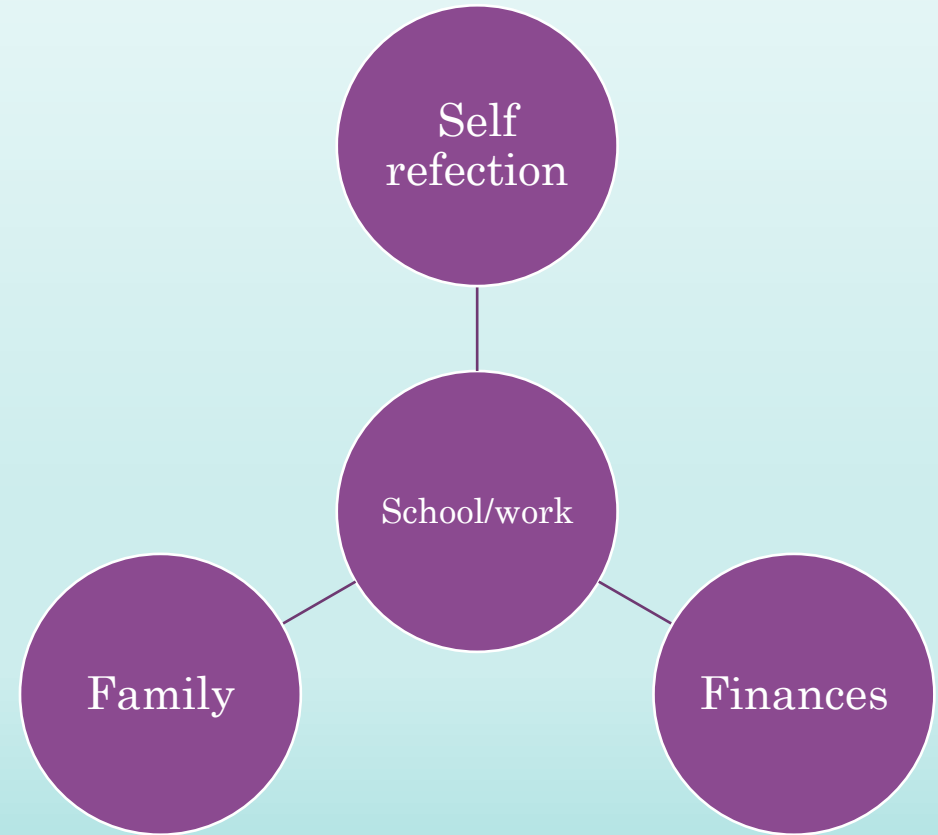
Pressure to perform leads many people to use chemicals to "get going" or "keep going" or "make it to the next level".

To explore

Some people have a higher need to try something new and take risks. These people may use drugs to discover new experiences, feelings or understandings.

Common questions for someone who is contemplating making a change with their substance use.

- Is your substance use affecting your schooling or work?
- Is your substance use affecting your relationships with your family members or partner?
- Is your substance use affecting your finances?



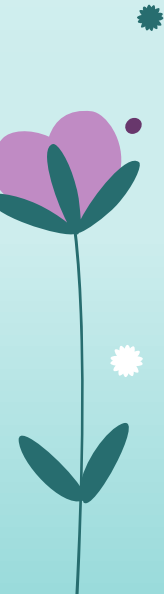
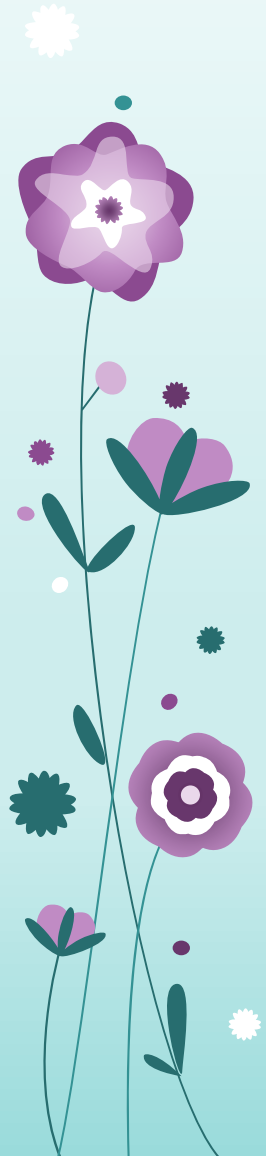
How to tell if your substance use has become problematic...



Non-use	Experimental Use	Social or recreational use	Regular Use	Problematic Use
Not using substances at all	The person tries substances for the first few times	The person seeks out and uses a substance for a social occasion	Substance use has become a regular part of the person's life	Use of substances has a negative impact on the person's daily life and may be affecting their physical and/or mental health

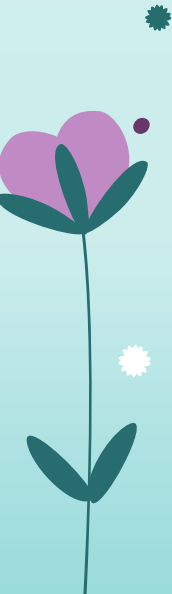
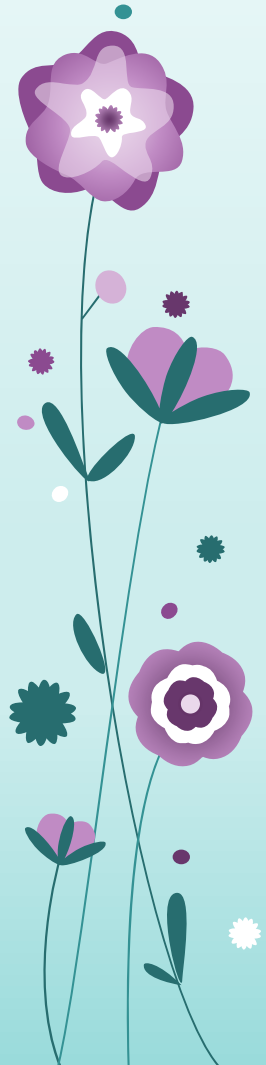
Topics covered in Come as you are program...

- What is a substance
- Why do people use substances
- Stages of substance use
- Introductions to Emotions
- Adolescent Development
- Adolescent Brain – how drugs affect your brain
- Harm reduction strategies
- Values & Beliefs
- The Seven Sacred Teachings
- Indigenous Elder shares their own personal experience with substance.



Topics covered in Come As You Are Program...

- 4 D's – deep breathing
 - Distract
 - Delay
 - Drink/utilize water
- Mindfulness
- “I” statements
- DBT communication – DEAR MAN
 - Describe - Mindful
 - Express - A appear confident
 - Reinforce - negotiate
- Character Strengths
- Strength based actions to connect
- Managing stressors, and learning different coping skills.



If you have any questions about the Come as you are program.

Feel free to reach out to me at

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Or

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Located at

Foundry

250-398-2185

Mental Health and Substance Use – Interior Health

Reach out to Mental Health
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