



## What is Opioids Addiction?

Opioids addiction refers to a group of signs or symptoms and behaviors that indicate a person is both physically and psychologically dependent on the substance.

## Symptoms of Opioids Addiction?

- Needing to take more of the drug to get the same effect
- Persistently wanting to quit or cutting down on their substance use.
- Continuing to use opioids despite negative consequences
- Crushing, snorting, smoking or injecting opioids
- Running out of prescription medications early
- Accessing two or more physicians for prescriptions
- Buying opioids on the street
- Feeling ill (withdrawal) when the use of opioids suddenly stop
- Making the use of drugs a priority over family, work and other important obligations.

## Signs of Intoxication

- Euphoria
- Pinpoint Pupils
- Sedation
- Motor retardation
- Slowed speech

## Overdose Signs

- Respiratory depression
- Circulatory collapse
- Cardiac arrest
- Death



# Programs & Locations

## Case Management:

Time: 9:00am- 5:00 pm (Monday to Friday)

## Opioids Prevention Support Group Program:

Time 2:00pm to 4:00pm (Every Saturday)

\*Programs are being provided virtually due to COVID- 19

## How to make a referral?

Self, family members, doctors, lawyers, hospitals, legal system or anyone can make a referral with client's consent

## You may fax a referral at:

(905) 677-9141

## For More Information:

Please call: (905) 677- 0889 ext. 221

or e-mail: [addictionsupport@pchs4u.com](mailto:addictionsupport@pchs4u.com)

The services are provided at **NO COST** to the participants.

## Programs are funded by the Ministry of Health and Long Term Care

Please visit our website at

[www.pchs4u.com](http://www.pchs4u.com)

# SAHARA OPIOIDS ADDICTION PROGRAM



## Malton Location

2980 Drew Rd, Unit #241  
Mississauga, ON  
L4T 0A7  
Tel: (905) 677-0889  
Fax: (905) 677- 9141

## Brampton Location

50 Sunny Meadow Blvd,  
Unit #207  
Brampton, ON L6R 0Y7  
Tel: (905) 790-0808  
Fax: (905) 790- 0802



Our Facilities are Wheelchair Accessible



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# What is Sahara Opioids Addiction Program ?

In collaboration with the Ontario Central Health Narcotic Strategy, Punjabi Community Health Services (PCHS) has developed the Sahara Opioids Addiction Program.

Sahara Opioids Addiction Program (SOAP) caters to the needs of the 16 years and older clients with opioids addiction

## This Program Offers

- Linguistically and culturally appropriate services
- Outreach into the community including agencies
- Assessment and referral to appropriate services
- One to one supportive counselling
- Group program for people with opioids addiction
- Work closely with family members
- Provides home visits
- Work with many partners/agencies who specialize in opioids addiction

Case Manager meets with the client at a location that is most convenient, safe and comfortable for the client.



## Learnings about Addiction in the South Asian Community



## Case Management:

The Case Management program provides assessment of client needs, development and implementation of care plan, support and review of client care, service co-ordination, supportive counselling, monitoring and evaluation of services provided to recipients. Home visits are based on client need.

## Sahara Opioids Prevention Reduction Support Group:

SOPSPG is a linguistically and culturally appropriate psycho-educational group program specially targeted to individuals with opioid addiction. This is a 12 week program that runs every Saturday at 2:00PM – 4:00pm at Malton location (unit#241).

## Sahara Opioids Harm Reduction Program:



SOHRP provides brief intervention, lifestyle and personal counselling to assist clients to develop skills and manage opioids addiction/substance use and related problems, and/or maintain and enhance care plan. This is a mobile position, services will be provided in office setting and within the community as per service recipients' needs.

## Harm reduction is characterized as:

- Safer route of drug administration
- Alternative, safer substances
- Reduce frequency of drug use
- Reduce intensity of drug use
- Reduce harmful consequences of drug use

## The aim of Harm Reduction Program is to:

- To assist young individuals to acquire appropriate knowledge and develop attitudes and skills to enable them to make informed choices
- To explore with young people, the risks associated with drug taking
- To identify strategies to minimize the risks of harm from drug misuse and environments where they may take substances
- To educate young people on the risks of sexual harm while under the influence
- To develop key life skills such as self-esteem, decision making and communication
- To not condemn or condone substance use