

## SAHARA ADDICTION GROUP PROGRAMS

### Sahara Addiction Day Group Program

SADP is a linguistically and culturally appropriate psycho-educational group program for men who have problems associated with substance abuse. This is a three-week program that runs Monday to Thursday, 10:00 am – 12:30 pm at the Mississauga location.

### Sahara Opioid Addiction Prevention Program

SOAPP provides services to individuals with opioid addiction and improves the responsiveness of the health care system to substance use. A client receives brief intervention, lifestyle and supportive interventions to develop skills to manage addiction/substance use and other related problems. SOPSG is a linguistically and culturally appropriate psycho-educational group program that runs every Saturday from 2:00PM-4:00PM at the Malton location.

### Sahara Opioid Harm Reduction

SOHR provides support to clients and makes them familiar with harm reduction techniques. This is a mobile position, services provided in office setting and within the community as per service recipients' needs. This program runs every Friday from 12pm-2pm at the Malton location.

### Sahara Bridging Addiction Counseling (BAC)/ CWMS

BAC/CWMS is a multicultural group program to help clients who are discharged from the Withdrawal Management Centre or identify as needing addictions counselling services by a Health Links Team. This group program runs bi-weekly on Saturdays from 10am-12pm at the Malton location.

### Sahara Men's Group, SMG

SMG is a linguistically and culturally appropriate psycho-educational group program for South Asian men who have problems associated with domestic violence. This group addresses "substance abuse" and "violence behavior" issues simultaneously. SMG is a 12-week program that runs every Saturday from 9:30 am - 12:30 pm at 135 McLaughlin Rd. S., Brampton, ON.

### Sahara Relapse Prevention Group, SRPG

SRPG is an addiction aftercare program for clients that have completed their care plan and are now in the maintenance stage of their recovery. A "buddy" system is created in order to encourage mutual support among the members of the group to assist one another through their recovery process. This group runs every Friday from 6:00 pm – 8:00 pm at the Mississauga location.

## For more information

### 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

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

## Contact Us

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

Email: [addictionsupport@pchs4u.com](mailto:addictionsupport@pchs4u.com)

Our in-person programs are offered at:

#### 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

#### Locations Coming in Fall 2022:

Southfields Community Center  
225 Dougall Ave.  
Caledon, ON L7C 3M7

Community Door  
7700 Hurontario St.,  
Unit 1300 Brampton ON

L6Y 4M3

60 West Drive,  
Suite 102 B & C  
Brampton, ON L6T 3T6

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

Revised May 2022



# Sahara Addiction Program

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Our Facilities are  
Wheelchair Accessible



[www.pchs4u.com](http://www.pchs4u.com)  905-677-0889

Currently programs are offered in-person and virtually.

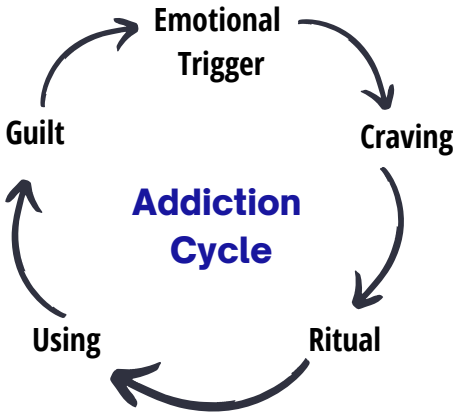
# What is Sahara Addiction Program (SAP)?

## Program Philosophy

The Sahara Addiction Program at PCHS strives to empower clients and their families through a guided journey to recover from substance use behaviors and related concerns by using a holistic treatment approach in a culturally and linguistically appropriate manner.

## Program Goals & Objectives

- 1.To provide holistic care and support to clients who identify with having a substance use problem or addiction.
- 2.To reduce hospitalization-visits/admissions
- 3.To provide culturally competent psychoeducation to addiction clients and their families
- 4.To provide linkages to clinical care and community resources
- 5.To tailor the care plan to suit each client's individual needs and preferences.
- 6.Incorporate home visits and group sessions as required in care plan



# This Program Offers:

## 1. Long-term Case Management

Provides individualized assessment and planning. Service co-ordination, supportive counseling and appropriate referrals

## 2. Intensive Addiction Day Treatment Program

IADTP programs supports clients and family members to overcome substance use issues and related problems.

## 3. Sahara Opioid Addiction Prevention Program

SOAPP provides services to individuals with opioid addiction and improves the responsiveness of the health care system to substance use. A client receives brief intervention, lifestyle and supportive interventions to develop skills to manage addiction/substance use and other related problems.

## 4. Sahara Opioid Harm Reduction

SOHR provides support to clients and makes them familiar with harm reduction techniques. This is a mobile position, services provides in office setting and within the community as per service recipients' needs. This program runs every Friday from 12pm-2pm at the Malton location.

# Short-term Programs:

## 1.Sahara Bridging Addiction Counseling (BAC)

BAC program is to help clients who are discharged from the Withdrawal Management Centre or identify as needing addictions counselling services by a Health Links Team.

## 2. Sahara In-Short Term Emergency Diversion (IN-STED)

This program offers short-term, community based mental health and addiction services to the most vulnerable individuals. The program is designed to reduce the need for multiple visits to emergency departments.

## 3. Community Withdrawal Management Services

Provides a supportive environment to clients with voluntary alcohol or other drug withdrawal. Monitor in withdrawal symptoms, providing support, reassurance, coping methods, motivational counselling, and appropriate referrals are some program components

## 4. Peer Support Services

Clients are connected to the peers who are recovered from substance use/addiction

# IN-HOME/MOBILE COMMUNITY WITHDRAWAL MANAGEMENT SERVICES

For individuals experiencing alcohol/other substances related withdrawal and craving symptoms and need help.



Referrals accepted from all sources for individuals aged 16 and up.

All addiction staff are qualified and experienced.



## 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)

### 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)

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1300 Brampton ON  
L6Y 4M3

60 West Drive,  
Suite 102 B & C  
Brampton, ON L6T 3T6



# SAHARA OPIOIDS ADDICTION PROGRAM



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Our Facilities are Wheelchair Accessible



Currently programs are offered in-person and virtually.

# 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:

SOPSG 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