

### Facing the Shadow Group

This is a specialized 18-module group for individuals who recognize intimacy disorders and sex addiction as problematic in their lives and are committed to abstinence from problematic sexual behaviours. Participants must meet with a Certified Sex Addiction Therapist (CSAT) for assessment and registration to attend this group. CSAT assessments are available at Adult Addiction Services.

**Prerequisite:** Intake and CSAT Assessment

**Abstinence Requirement:** Five days prior to the program, and for the duration of the program

### Mending the Heartbreak Group

This is a specialized 18-module group for individuals whose partner struggles with intimacy disorders or sex addiction. For those who are experiencing betray trauma as a result of their partner's sexual behaviours.

**Prerequisite:** Intake and CSAT Counsellor Assessment

**Abstinence Requirement:** N/A

### Mindfulness Group

This eight-session, drop-in skill building program is an introduction to mindfulness principles and techniques. The group is open to clients with an open file, including people supporting others in their recovery. This program is offered one evening each week. **Prerequisite:** Intake and Orientation

### Day Program

This four-week intensive day treatment program is for individuals who have recognized that drugs, alcohol, sex, and/or gambling are problematic in their lives, and who are committed to healthy lifestyle changes and abstinence. The Day Program runs from 9am – 4 pm Monday – Thursday and consists of individual counselling, group therapy, lectures, and skills groups.

**Prerequisite:** Intake, Orientation, Awareness Assessment and Counsellor Assessment

**Abstinence Requirement:** Five days prior to the program, and for the duration of the program

### Paths to Healing Group

This five-session trauma informed group is for women who are working on recovery from substance use and/or addictive behaviours, and who have experienced trauma. The focus of the group is enhancing safe coping skills, building a support network, and safety.

**Prerequisite:** Intake, Counsellor Assessment

**Abstinence Requirement:** Day of group

### Skillful Living Group

A Dialectical Behaviour Therapy (DBT) informed group for individuals experiencing difficulties with emotional regulation and relationships. The group is aimed at helping clients improve coping skills, develop interpersonal skills, and manage emotions through mindfulness and specific DBT strategies.

Participants demonstrate a willingness and ability to develop skills and to practice skills between sessions.

**Prerequisite:** Intake, Orientation and Counsellor Assessment

**Abstinence Requirement:** Day of group

### Gambling Support Group

We offer a support groups for people concerned about gambling. **Prerequisite:** Intake, Counsellor Recommendation.

### Enhanced Services for Women (ESW)

This program provides special prevention and treatment services for women who are pregnant or at risk of becoming pregnant because of lifestyle behaviours, and who are using alcohol or other drugs. Women may gain access to ESW through a general intake.

### New Balance for Families and Friends (NBFF)

An eight module psycho-educational group intended for family members and friends supporting a loved one in recovery. Attendance is voluntary and participation is encouraged. Session topics include: Family Dynamics, Communication, Boundaries, Understanding Emotions, Mental Health, Self Care, and Community Supports.

**Prerequisites:** Intake and Orientation

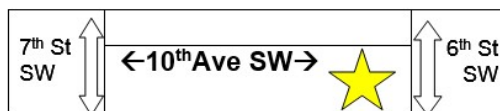
**Abstinence Requirement:** Day of group

### Getting There

**Parking:** There is metered street parking and pay parking lots close to our facility. Free parking is not available at our site.

**C-Train:** The closest C-Train stations are 6 Street Southwest Station going eastbound and 4<sup>th</sup> Street Southwest Station going westbound. We are located approximately 3 blocks south from both stations.

**Bus:** Please see Calgary Transit for the most up-to-date bus schedules.



### Rapid Access Addiction Medicine (RAAM) and Adult Addiction Services Calgary (AASC)

3<sup>rd</sup> Floor, 707 – 10<sup>th</sup> Avenue SW  
Calgary, Alberta  
T2R 0B3

Phone: 403-367-5000

Fax: 403-367-5010

### Hours of Operation:

Monday to Thursday 8AM - 9PM

Friday 8AM – 5PM

Closed Statutory Holidays

### For Allied Professionals and Clients

*\*this brochure is for information purposes only; treatment recommendations are established during the intake interview\**



## RAAM AND AASC

is combined and comprehensive medical and psychosocial treatment service for individuals 18 years and older, or mature minors, experiencing problems related to their use of alcohol, substances, gambling, or sex addiction. We also offer services for those who are concerned about someone else's use. All programs and services are voluntary, confidential, and free of charge. There is no referral required for access to our services.

### We Offer:

- Drop-in intake Monday to Friday at 12:30pm
- Next business day access to programs following intake
- Medical services including anti-craving pharmacotherapy for alcohol, opioids, gambling, and stimulant use disorder.
- Concurrent psychiatric and pain management.
- Home detoxification services
- Educational, skill, and support group programs, Monday – Friday during the day and four evenings (Monday-Thursday) per week
- A four-week, intensive day treatment program for those committed to abstinence
- Short-term, outpatient counselling
- Supports for sexually transmitted infections testing, Hepatitis C treatment,
- Medical and mental health assessments for residential treatment facilities.

### Intake: Screening and Assessment

Following completion of brief information forms individuals will meet with a physician or counsellor to discuss their concerns during an Intake Screening Interview. Treatment plans and recommendations are best determined between the physician and/or counsellor and the client based on client goals and stage of change. All clients must complete an Intake for access to various programs and services.

## RAPID ACCESS ADDICTION MEDICINE (RAAM) Services

*Our Medical group consists of a multidisciplinary team from Psychiatry, Internal Medicine, Family Medicine, Pain Medicine, and Public Health working closely with our counselling team. We offer the following:*

### Medication Management

We offer ongoing medication and pharmacotherapy management for substance use disorders as well as behavioral addictions.

### Home Detoxification

For clients who fit specific criteria, home detox supports can be provided as an alternative to residential detox. This program is partnered with outreach support and subsequent medication and counselling supports.

### Concurrent Substance misuse and Psychiatric/Mental Health and Pain Management

Supports for clients with concurrent mental health and psychiatric concerns along with referral to Ponoka or Claresholm can be conducted through our addictions and psychiatry team. Concurrent pain management can be conducted through our trained pain specialists.

### Concurrent Pregnancy/Perinatal Management

Pregnant or expecting clients can access perinatal and substance use management with specialty trained physicians and counsellors.

### Pre-Residential and Post Residential Aftercare support.

Specialized ongoing supports are provided for clients before and after residential treatment with our Addiction Physicians and counsellors.

### Access to Social and Justice supports

Access to wrap around social and justice substance programming, working in conjunction with our provincial corrections transition team.

### Medical Management

Management of sexually transmitted blood borne infection management (HIV, Hepatitis C), nutritional evaluations, alcoholic hepatitis, cognitive assessments, and medical assessments for residential treatment.

### Access to Clinical Trials

We provide access to state of the art clinical trials, new therapeutic options, and University studies evaluating addiction concerns.

## ADULT ADDICTION SERVICES CALGARY (AASC)

*Our counselling team consists of over 25 addiction counsellors, psychologists, and social workers who work in conjunction with our medical team to provide the following services:*

### Orientation (formerly Information Series)

The Orientation is a two hour presentation which provides general information about addiction, mental health concerns, and treatment options. Sessions are offered two evenings and one morning each week.

**Prerequisite:** Intake

**Abstinence Requirement:** Day of group

### Awareness Assessment Group

This five-session, drop-in psychoeducational self-assessment program helps individuals identify the effects of alcohol, other drugs, sex addiction, and gambling on their lives and determine their readiness for change. This program is offered every weekday morning and two evenings a week.

**Prerequisites:** Intake & Orientation

**Abstinence Requirement:** Day of group

### Concurrent Disorders Awareness

This five-session, drop-in psychoeducational self-assessment program is designed to help individuals learn about common mental health problems including depression and anxiety and the link with substance use. This program is offered one evening each week.

**Prerequisite:** Intake & Orientation

**Abstinence Requirement:** Day of group

### Relapse Prevention Group

This eight-session, drop-in skill group is intended for individuals who are committed to abstinence from substance use and addictive behaviours. This group provides tools to prevent relapse, learn healthy ways to successfully manage high-risk situations, cope with life challenges, and to stay sober. This program is offered two evenings each week.

**Prerequisite:** Intake, Orientation, Awareness

Assessment & Counsellor Recommendation

**Abstinence Requirement:** Five days prior to the program, and for the duration of the program

### Transition Support Group

This ongoing support group is offered for people in long-term recovery.

**Prerequisite:** Intake, Completion of Treatment Programming, Counsellor Recommendation.

**Abstinence Requirement:** Five days minimum