

**Client Name:** \_\_\_\_\_

**Current Living Situation:**      Stable for next 3 months       Unstable

**Marital Status:** \_\_\_\_\_

**Legal History**

Known Criminal History: YES       NO

Pending Charges: YES       NO       Next Court Date: \_\_\_\_\_

**Previous Addiction Treatment:** (include dates if known)

**TREATMENT PLANNING**

Client's stage of health behaviour change: \_\_\_\_\_

Identify client and primary therapist's treatment goals as these will direct our treatment planning at ASADP:

Please note clients must participate in all aspects of the program which include: Yoga, Acupuncture / Seed Therapy, Educational and Therapeutic Groups

Are you aware of any reason the client could not participate in all aspects of the program for 10-15 hours/week  
YES       NO

If yes, please describe:

**Other services available:**

\_\_\_ Medical Assessment and treatment recommendations with/without pharmacological intervention

\_\_\_ Referral to Detoxification and/or other treatment programs

Please fax the completed form to our office at **604-904-6185**, at your earliest convenience.

### Stepping Stones

### **PROGRAM INFORMATION**

**Stepping Stones Concurrent Disorders Service**, located in West Vancouver, is designed to support people struggling with problematic substance use and/or mental health issues. The team consists of a doctor, nurse, and counselors with dual training in mental health and addictions. The goal of the Service is health stabilization and to establish a path toward long-lasting improvements in functioning. Services offered include: a daily drop in group, a variety of group Psychoeducational sessions, group counseling, consultations, individual therapy, and mind-body interventions such as yoga and acupuncture.

Referrals may come from a variety of sources, including clients themselves, and doctors in the community.

We are located just north of the intersection of Marine Drive and 22<sup>nd</sup> Street in West Vancouver. Regular public bus service is available along Marine Drive.

#### **Addictions Consult**

*Assessments by an Addiction Medicine Physician for GPs working with patients who have Substance Use issues providing information on:*

- *Diagnosis and Treatment*
- *Detoxification Process*
- *Rehabilitation*
- *Harm Reduction*
- *Complicated Withdrawal*
- *Prevention*

#### **Outpatient Program**

*Designed to help People Assess, Understand and Address their Substance and/or Mental Health Issues*

- *Concurrent Therapies provided in a Group Program*
- *Includes all the Stages of Change*
- *SMART Recovery Drop-in Group Daily*
- *Evening Groups on Monday & Tuesday*
- *Short Term Individual Treatment*
- *Residential Treatment Referrals*
- *Access to Acu-Detox and Yoga*

#### **Day Treatment Program**

*Evidence Based Day Program designed to address problematic Substance Use and Mental Health Issues*

- *Eight Week Program*
- *Two groups per day, Monday thru Friday*
- *Staffed by multi-disciplinary Team of Doctors, Nurses, Social Workers and Clinicians*
- *Access to Acu-Detox and Yoga*

*Stepping Stones is also exploring the possibility of adding other services such as Geriatric Outreach, Home Detox and Methadone Treatment in the near future.*

West Community  
Health Center

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