



# Youth Substance Use Services

## RESOURCES

Resource	Description
Suicide Crisis Helpline: 988	<ul style="list-style-type: none"> <li>This lifesaving service provides support by phone or text to people in every province and territory in Canada, 24/7 and 365 days a year.</li> </ul>
<a href="#">BC Children's Hospital</a>	<ul style="list-style-type: none"> <li>Mental Health Protocols &amp; Guidelines</li> </ul>
<a href="#">BC Centre on Substance Use (BCCSU)</a>	<ul style="list-style-type: none"> <li>Provincial Organization that provides research, education and training &amp; clinical care guidance.</li> </ul>
<a href="#">Child Health BC</a>	<ul style="list-style-type: none"> <li>Clinician Resource Search</li> </ul>
<a href="#">Centre for Addiction and Mental Health (CAMH)</a>	<ul style="list-style-type: none"> <li>Canada's largest mental health teaching hospital and one of the world's leading research centres in its field (affiliated with the University of Toronto)</li> </ul>
<a href="#">CATIE</a>	<ul style="list-style-type: none"> <li>Canada's official knowledge broker for HIV and hepatitis C, they provide up-to-date, accurate and unbiased information.</li> </ul>
<a href="#">Toward the Heart</a>	<ul style="list-style-type: none"> <li>A part of the BC Centre for Disease Control, the group works to reduce harms and ensure that every person has the right to the best health possible.</li> </ul>
<a href="#">BC Centre for Disease Control (BCCDC)</a>	<p>A PHSA program that provides provincial and national leadership in disease surveillance, detection, treatment, prevention and consultation.</p> <ul style="list-style-type: none"> <li><a href="#">Unregulated Drug Poisoning Emergency Dashboard (bccdc.ca)</a></li> <li><a href="#">Guidelines for Providing Harm Reduction Services to Youth in BC (.pdf)</a></li> </ul>
<a href="#">First Nations Health Authority (FNHA)</a>	<ul style="list-style-type: none"> <li>FNHA plans, designs, manages and funds the delivery of First Nations health programs across BC.</li> </ul>
<a href="#">Canadian Centre on Substance Use and Addiction (CCSA)</a>	<ul style="list-style-type: none"> <li>NGO est. in 1988 to provide national leadership on substance use and to advance solutions to address alcohol- and other drug-related harms.</li> </ul>

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Acceptance and Commitment Therapy (ACT)	<ul style="list-style-type: none"> <li><a href="#">The Happiness Trap (ACT)</a></li> <li><a href="#">ACT Free Resources (psychwire)</a></li> </ul>
Acquired Brain Injury (ABI)	<ul style="list-style-type: none"> <li><a href="#">Brain Injury Canada: Brain Injury &amp; Teens</a></li> </ul>
Adverse Childhood Experiences (ACE)	<ul style="list-style-type: none"> <li><a href="#">ACE: A toolkit for practitioners</a></li> </ul>
Anxiety	<ul style="list-style-type: none"> <li><a href="#">Compass (compassbc.ca)</a></li> <li><a href="#">Anxiety Canada</a></li> </ul>
Attention Deficit Hyper-activity Disorder (ADHD)	<ul style="list-style-type: none"> <li><a href="#">Canadian ADHD Resource Alliance (CADDRA)</a></li> <li><a href="#">Find information and assessment tools here</a></li> <li><a href="#">Women with ADHD - Practice Tip (2022)</a></li> <li><a href="#">Adult ADHD - Practice Tip (2021)</a></li> </ul>
Autism Spectrum Disorder (ASD)	<ul style="list-style-type: none"> <li><a href="#">Autism and Neurodiversity in Primary Care (ASD)</a> <ul style="list-style-type: none"> <li>Recognize and Refer (eLearning modules)</li> </ul> </li> <li><a href="#">Centre for Interdisciplinary Research and Collaboration in Autism (CIRCA)</a></li> </ul>
<a href="#">BC Centre on Substance Use (BCCSU)</a>	<ul style="list-style-type: none"> <li><a href="#">BCCSU – British Columbia Centre on Substance Use</a></li> </ul>
Cannabis	<ul style="list-style-type: none"> <li><a href="#">Cannabis Education for Health Care Providers Toolkit</a></li> <li><a href="#">Lower-risk Cannabis Use Guidelines for Youth</a></li> <li><a href="#">Cannabis &amp; Mental Health (course)</a></li> </ul>
Case Management	<ul style="list-style-type: none"> <li><a href="#">Case Management (NIH 2022)</a></li> </ul>
Childhood Brain Development	<ul style="list-style-type: none"> <li><a href="#">Brain Story Certification (free course)</a></li> </ul>
Cognitive Behavioural Therapy (CBT)	<ul style="list-style-type: none"> <li><a href="#">Kelty's Key Online Therapy</a></li> <li><a href="#">Centre for Clinical Intervention</a></li> <li><a href="#">Get Self Help: CBT Resources</a></li> <li><a href="#">CBT Free Resources (psychwire)</a></li> </ul>

Topic	Resource
Concurrent Disorders See also: <ul style="list-style-type: none"> <li>· Anxiety</li> <li>· ADHD</li> <li>· Depression</li> <li>· Eating Disorders</li> <li>· FASD</li> <li>· Psychosis</li> <li>· Screening tools</li> </ul>	<ul style="list-style-type: none"> <li>· <a href="https://compassbc.ca">Compass (compassbc.ca)</a></li> <li>· <a href="#">BCMHSUS Concurrent Disorders Toolkit</a></li> <li>· <a href="#">Concurrent Disorders: When Substance Use Meets Mental Health (podcast)</a></li> <li>· <a href="#">A Family Guide to Concurrent Disorders (CAMH 2007)</a></li> <li>· <a href="#">BC Mental Health &amp; Substance Use Services: Centre for Learning</a></li> <li>· <a href="#">DSM-5-TR Library</a></li> <li>· <a href="#">Caring for youth with co-occurring substance use and severe psychiatric disorders: diagnostic challenges and clinical implications (2023)</a></li> </ul>
Crisis Resources	<ul style="list-style-type: none"> <li>· <a href="#">1-800-SUICIDE (1-800-784-2433)</a></li> <li>· <a href="#">Kids Help Phone 1-800-668-6868 or text 686868</a></li> <li>· <a href="#">Youth in BC</a></li> <li>· <a href="#">Crisis Centre BC</a></li> <li>· <a href="#">Head Space (KUU crisisline)</a></li> </ul>
Decriminalization	<ul style="list-style-type: none"> <li>· <a href="#">Decriminalizing people who use drugs in BC</a></li> </ul>
Depression	<ul style="list-style-type: none"> <li>· <a href="https://compassbc.ca">Compass (compassbc.ca)</a></li> <li>· <a href="#">BounceBack</a></li> </ul>
Dialectical Behavioural Therapy (DBT)	<ul style="list-style-type: none"> <li>· <a href="#">DBT Self Help</a></li> <li>· <a href="#">DBT (CAMH)</a></li> <li>· <a href="#">Behavioral Tech</a></li> <li>· <a href="#">Service Providers Working with People with BPD</a></li> <li>· <a href="#">DBT Free Resources (psychwire)</a></li> </ul>
Drug Interactions	<ul style="list-style-type: none"> <li>· <a href="#">Drug Cocktails : Facts about mixing medicine, booze and street drugs</a></li> <li>· <a href="#">Commonly Used Drugs Charts</a></li> </ul>
Early Psychosis Intervention (EPI)/Psychosis	<ul style="list-style-type: none"> <li>· <a href="#">Early Psychosis Intervention</a></li> <li>· <a href="#">Psychosis (CAMH)</a></li> </ul>
Eating Disorders	<ul style="list-style-type: none"> <li>· <a href="https://compassbc.ca">Compass (compassbc.ca)</a></li> <li>· <a href="#">Body Image and Eating Disorders</a></li> <li>· <a href="#">National Eating Disorder Information Centre (NEDIC)</a></li> <li>· <a href="#">Looking Glass Foundation BC</a></li> <li>· <a href="#">Kelty Eating Disorders</a></li> </ul>
Emotion-focused Family Therapy (EFFT)	<ul style="list-style-type: none"> <li>· <a href="#">Mental Health Foundations</a></li> </ul>
Family/Caregiver Resources	<ul style="list-style-type: none"> <li>· <a href="#">You Have the Power (MADD)</a></li> <li>· <a href="#">Warning Signs of Suicide in Youth and Teens</a></li> <li>· <a href="#">From Grief to Action: Coping Kit - Dealing with Addiction in Your Family</a></li> <li>· <a href="#">Mental Health Wellness Modules (Here to Help)</a></li> <li>· <a href="#">Family Self-care and recovery from Mental Illness</a></li> <li>· <a href="#">Family Therapy Overview</a></li> <li>· <a href="#">Some Ideas for Helping Conversations Go Better (Family Smart)</a></li> <li>· <a href="#">Language We Use (Family Smart)</a></li> <li>· <a href="#">Parents like us. The unofficial survival guide to parenting a young person with a substance use disorder (2021)</a></li> </ul>
Family Involvement	<ul style="list-style-type: none"> <li>· <a href="#">Recommendations on Youth/Parent/Family Engagement</a></li> <li>· <a href="#">Family Smart Resources</a></li> </ul>
Fetal Alcohol Spectrum Disorder (FASD)	<ul style="list-style-type: none"> <li>· <a href="#">Canada FASD Research Network</a></li> <li>· <a href="#">Moving Towards FASD-Informed Care In Substance Use Treatment (2022)</a></li> </ul>
Festivals	<ul style="list-style-type: none"> <li>· <a href="#">Have A Fun Festival: Safer Drug Use At Music Festivals</a></li> <li>· <a href="#">DanceSafe</a></li> </ul>
Foundry BC	<ul style="list-style-type: none"> <li>· <a href="#">Foundry Resources &amp; Workshops</a></li> <li>· <a href="#">Foundry Info &amp; Tools</a></li> </ul>

Topic	Resource
Gender-affirming Care	<ul style="list-style-type: none"> <li>· <a href="#">TransCareBC</a></li> <li>· <a href="#">Gender Resources</a></li> <li>· <a href="#">Gender-affirming Care for Trans, Two Spirit and Gender Diverse Patients in BC: A Primary Care Toolkit (2023)</a></li> <li>· <a href="#">Indigenous gender diversity: creating culturally relevant and gender-affirming services</a></li> <li>· <a href="#">eLearning; approximately 3 hours</a></li> </ul>
Grief & Loss	<ul style="list-style-type: none"> <li>· <a href="#">Grief &amp; Loss</a></li> <li>· <a href="#">Gone too Soon: Navigating grief and loss as a result of substance use</a></li> <li>· <a href="#">From Grief to Action: Coping Kit - Dealing with Addiction in Your Family</a></li> </ul>
Groups	<ul style="list-style-type: none"> <li>· <a href="#">Group Therapy (CAMH)</a></li> <li>· <a href="#">Effective Group Counselling (1994)</a></li> </ul>
Guiding Legislation for Youth	<ul style="list-style-type: none"> <li>· <a href="#">Child, Family and Community Service Act</a></li> <li>· <a href="#">Reporting Child Abuse in BC</a></li> <li>· <a href="#">Infants Act</a></li> <li>· <a href="#">Jordan's Principle</a></li> <li>· <a href="#">Accessing Jordan's Principle Handbook (2019)</a></li> <li>· <a href="#">Mental Health Act</a></li> <li>· <a href="#">Youth Criminal Justice Act</a></li> </ul>
Harm Reduction	<ul style="list-style-type: none"> <li>· <a href="#">Harm Reduction Fundamentals (CATIE)</a></li> <li>· <a href="#">4 units that should take about an hour each to complete</a></li> <li>· <a href="#">Indigenous Harm Reduction (FNHA)</a></li> <li>· <a href="#">Toward the Heart (BCCDC)</a></li> <li>· <a href="#">Best Practice Recommendations: For Canadian Programs that Provide Harm Reduction Supplies to PWUD</a></li> <li>· <a href="#">Safer Use Series (Here to Help)</a></li> <li>· <a href="#">ANKORS Resources</a></li> </ul>
Indigenous Learning	<ul style="list-style-type: none"> <li>· <a href="#">Indigenous Canada (eLearning)</a></li> <li>· <a href="#">Len Pierre Consulting Podcast</a></li> <li>· <a href="#">San'yas Anti-racism Indigenous Cultural Safety Training Program</a></li> </ul>
Kelty Mental Health	<ul style="list-style-type: none"> <li>· <a href="#">Substance Use &amp; Related Challenges   Kelty Mental Health</a></li> </ul>
Ministry of Children and Family Development (MCFD)	<ul style="list-style-type: none"> <li>· <a href="#">Ministry of Children and Family Development (MCFD)</a></li> </ul>
Motivational Interviewing/Brief Action Planning (MI/BAP)	<ul style="list-style-type: none"> <li>· <a href="#">Centre for Collaboration Motivation &amp; Innovation (CCMI)</a></li> <li>· <a href="#">MI Free Resources (psychwire)</a></li> </ul>
Peer Support	<ul style="list-style-type: none"> <li>· <a href="#">Peer Connect BC</a></li> <li>· <a href="#">Peer Life: A Degree in Street Knowledge</a></li> </ul>
Psychosocial Rehabilitation (PSR)	<ul style="list-style-type: none"> <li>· <a href="#">PSR Canada</a></li> </ul>
Recovery-oriented Services	<ul style="list-style-type: none"> <li>· <a href="#">Guidelines for Recovery-oriented Practice (2015)</a></li> <li>· <a href="#">Moving Toward a Recovery-oriented System of Care: A resource for service providers and decision makers (2017)</a></li> </ul>
Screening Tools	<ul style="list-style-type: none"> <li>· <a href="#">Screening and brief intervention tools</a></li> <li>· <a href="#">Screening and Assessment Tools Chart for Substance Use</a></li> <li>· <a href="#">Assessment of Screening Tools to Identify Substance Use Disorders Among Adolescents (2023)</a></li> <li>· <a href="#">MacLean Screening Instrument for BPD</a></li> <li>· <a href="#">CRAFFT</a></li> <li>· <a href="#">Finding Your ACE Score</a></li> </ul>
Seeking Safety	<ul style="list-style-type: none"> <li>· <a href="#">Seeking Safety</a></li> </ul>
Self-compassion	<ul style="list-style-type: none"> <li>· <a href="#">Self Compassion</a></li> </ul>

Topic	Resource
Stigma	<ul style="list-style-type: none"> <li>· <a href="#">Combating Mental Illness- and Substance Use-Related Stigma Related Structural Stigma in Health Care (2020)</a></li> <li>· <a href="#">Addressing Stigma (CAMH)</a></li> </ul>
Suicide Risk Assessment	<ul style="list-style-type: none"> <li>· <a href="#">Warning Signs of Suicide in Youth and Teens</a></li> <li>· <a href="#">Compass (compassbc.ca)</a></li> <li>· <a href="#">Child &amp; Youth Suicide Prevention</a></li> </ul>
Tobacco & Vaping	<ul style="list-style-type: none"> <li>· <a href="#">Understanding Tobacco Use and Vaping Among BC Youth</a></li> </ul>
Trauma Informed Practice	<ul style="list-style-type: none"> <li>· <a href="#">Trauma-informed Practice (TIP) Resources</a></li> <li>· <a href="#">Healing Families, Helping Systems: A Trauma-informed Practice Guide for Working with Children, Youth and Families (2017)</a></li> </ul>
Transition to Adult Services	<ul style="list-style-type: none"> <li>· <a href="#">Youth &amp; Emerging Adults: Canadian Centre on Substance Use and Addiction</a></li> <li>· <a href="#">Aged Out</a></li> <li>· <a href="#">Youth Preparing to Leave Government Care Factsheet</a></li> </ul>
Treatment Facilities	<ul style="list-style-type: none"> <li>· <a href="#">Youth Substance Use Bed-based Services in BC</a></li> <li>· <a href="#">Live-in Substance Use Treatment for Youth</a></li> <li>· <a href="#">Maples Adolescent Treatment Centre</a></li> </ul>
Webinars/Podcasts	<ul style="list-style-type: none"> <li>· <a href="#">Child &amp; Youth MHSU Webinars (recordings)</a></li> <li>· <a href="#">Crackdown: The drug war, covered by drug users</a></li> </ul>
Youth Thrive	<ul style="list-style-type: none"> <li>· <a href="#">Youth Thrive in Practice: Social Connections with Family and Caregivers</a></li> <li>· <a href="#">Youth Thrive in Practice: Social Connections with Peers</a></li> <li>· <a href="#">Youth Thrive in Practice: Social Connections with Peer Mentors</a></li> </ul>
Youth Forensics	<ul style="list-style-type: none"> <li>· <a href="#">Youth Forensic Psychiatric Services</a></li> <li>· <a href="#">Forensic Psychiatry Act</a></li> </ul>
Youth Sexual Health	<ul style="list-style-type: none"> <li>· <a href="#">Sexual Health Toolkit</a></li> <li>· <a href="#">Safer Sex</a></li> <li>· <a href="#">Smart Sex Resource (BCCDC)</a></li> </ul>
Youth Substance Use	<ul style="list-style-type: none"> <li>· <a href="#">High-Risk Substance Use Among Youth (US CDC)</a></li> <li>· <a href="#">Adolescent Substance Use Disorder Treatment: An Update on Evidence-Based Strategies (2019)</a></li> <li>· <a href="#">Pharmacological Treatment of Youth Substance Use Disorders (2019)</a></li> <li>· <a href="#">Collaborative Toolbox</a></li> <li>· <a href="#">One stop shop for child and youth MHSU resources</a></li> </ul>