

## Criteria

Individuals must recognize that they are experiencing difficulty with both a mental health issue and a substance use concern.

### **Mental health issues include:**

- Mood and Affective Disorders
- Anxiety and Panic Disorders
- Schizophrenia and Psychotic Disorders.

\*Each client will be considered on an individual basis.

### **Substances of concern include:**

- alcohol
- marijuana and other street drugs
- prescription medications

Group members are required to attend each week and be willing to participate in group. Everyone is encouraged to work towards their own goals in a supportive environment. Abstinence 24 hours prior to the group is required.

Must be over the age of 18.

ADAPT

905-693-4250

Joseph Brant Hospital

905-631-1939

North Halton Mental

Health Clinic

905-693-4240

Halton Healthcare

Dorval Site

905-338-4630

CMHA/COAST Halton

1-877-825-9011

# HEALTH AND HOPE GROUP

**A group for people with  
substance use concerns  
and  
mental health issues.**

Brought to you by:  
ADAPT, North Halton Mental Health Clinic,  
Joseph Brant Hospital, Halton Healthcare  
Services-Dorval Site, and CMHA/COAST Halton

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# Health and Hope

## Program overview

The Health and Hope group is a 10 week psycho-educational support group for people who experience difficulties with both a mental health issue and substance use concern.

People with a concurrent disorder (mental health issue and substance use concern) often have difficulty finding, understanding and accessing effective treatment; historically their disorders have been treated separately.

It is the goal of the Health and Hope group to help individuals through recognition and treatment of both their mental health issue and substance use concern simultaneously.

## Topics of discussion include:

- Stages of change
- Communication
- Developing positive thinking
- Managing symptoms
- Understanding feelings

## Referrals

Individuals who are interested in the group can be referred simply by contacting their existing mental health or substance use service provider.

If the person is not already involved with one of the noted agencies, they may contact the ADAPT Concurrent Disorder worker at (905)749-2466 for more information.

## Health and Hope

The group is led by Concurrent Disorder professionals from ADAPT, COAST/CMHA, North Halton Mental Health Clinic, Joseph Brant Hospital, and Halton Healthcare.

## Group purpose

The goal of the group is to increase awareness of the relationship between mental health issues and addictions, to develop personal goals and techniques to achieve them, to provide support to other group members, to provide education, and to decrease the effects of symptoms related to mental health and addictions issues.

You may call any of the noted agencies to find out when the next group cycle begins.

“ I want you to get excited about who you are, what you are, what you have, and what can still be for you. I want to inspire you to see that you can go far beyond where you are right now.”  
- Virginia Satir.