



LOCAL SUBSTANCE USE AND ADDICTIONS SERVICES

Youth Diversion, Kingston – Kairos Substance Use Counselling Service

<https://www.youthdiversion.org/index.cfm/programs/kairos/>

Kairos is a counselling service which specializes in treatment for youth who are experiencing any level of substance abuse, personally or with a family member. Our service is available as an outreach program in all elementary within KFLA and all ALCDSB secondary schools, as well as alternative education sites.

Phone: 613-548-4535 ext. 224

Métis Nation of Ontario - Health and Wellness

<https://www.metisnation.org/programs-and-services/healing-wellness/>

The Métis Nation of Ontario's (MNO) Healing and Wellness branch facilitates and coordinates programs and services, including but not limited to, mental health and addictions services, and gaming and gambling awareness, in regions across the province. For more information about the Healing and Wellness Programs and Services in your area please call 1-800-263-4889.

Youth Habilitation Quinte Inc - Substance Use Program

<https://www.youthab.ca/lets-talk/substance-use-program>

We are a community based non-profit organization helping young people living in the Hastings and Prince Edward area obtain and maintain safe and affordable housing, good mental health and employment.

Phone: 613-969-0830

Addiction & Mental Health Services – KFLA (Youth 16+) & HPE (Adult only)

<https://www.amhs-kfla.ca/> <https://amhs-hpe.ca/>

AMHS mission is to provide responsive, high-quality, community-based addiction and mental health services that empower the people it serves to be well and



achieve their full potential. Services include Addiction Treatment services, Clinical Counselling, Mental health, Treatment, and Youth Team.

AMHS-Kingston Frontenac Lennox and Addington (KFLA)
Kingston 613-354-7521
Napanee 613-354-7521
AMHS- Hastings and Prince Edward (HPE) 613-967-4737

Mohawks of the Bay of Quinte - Enyonkwa'nikonhriyo:hake (Good Minds)

<https://mbq-tmt.org/>

Tyendinaga, as part of the Mohawk Nation, is a healthy, sustainable Kanyen'kehá:ka community, built on and united by our language, culture, traditions, knowledge, and history. The Good Minds Program ensures that MBQ is able to deliver counselling services, youth programming, circles (groups), grief recovery, ceremonies, elder support, addictions counselling, Child & Youth Wellness, and NNADAP prevention programming. Our goal is to build linkages and relationships with on and off Territory agencies to provide services of utmost quality.

Please call 613-967-0122

Families for Addiction Recovery – Canada

<https://www.farcanada.org/>

Families for Addiction Recovery was founded by parents of children who have struggled with addiction from their teens. Their goal is long term recovery for those with addiction and their families. They offer parent-to-parent support for families struggling with addiction and educate community groups, health care providers and law enforcement about addiction.

Toll Free: 1-855-377-6677



ONLINE RESOURCES

Kingston, Frontenac, Lennox & Addington Public Health

<https://www.kflaph.ca/en/healthy-living/Healthy-Living.aspx>

Hastings Prince Edward Public Health

<https://hpepublichealth.ca/>

These local Public Health provides evidence-based information on a variety of healthy living topics including alcohol, drugs, vaping, tobacco use and mental well-being. It also includes many resources for our agency partners and the public to work together towards better health.

KFLA Public Health Toll Free:1-800-267-7875

HPE Public Health Toll-Free: 1-800-267-2803

Regulation of Cannabis in Québec

<https://encadrementcannabis.gouv.qc.ca/en/le-cannabis/conseils-aux-parents-d-adolescents/>

The Government of Québec understands how important it is to inform and educate the public about cannabis use. This site offers information to increase the awareness that using cannabis is a serious matter so that members of the public can understand the effects and consequences it can have. The site offers information in French as well.

Government of Canada – Healthy Living

<https://www.canada.ca/en/services/health/healthy-living.html>

Information about the problematic use of illegal and prescription drugs and alcohol. Find out how to talk to your teen about drugs and where to get help.

eMental Health Services- Info Sheets

<https://www.ementalhealth.ca/DurhamRegion/ArticlesByCategory/index.php?m=articlesByCategory>

Parent info sheets include substance use in Youth, and tech issues.



School Mental Health Ontario (SMH-ON)

<https://smho-smsso.ca/parents-and-families/take-action/find-a-resource/?tag=475,571>

School Mental Health Ontario is a provincial support team for all Ontario school Boards to enhance student mental health through the use of evidence-based strategies and services. SMH-ON work alongside the Ministry of Education and a number of provincial education and health organizations to develop a systematic and comprehensive approach to school mental health. This site contains resources created specifically for parents, guardians or caregivers to support child and youth well-being.

Drug Free Kids Canada (DFK)

<https://www.drugfreekidscanada.org/about-us/>

Drug Free Kids Canada is building a movement to encourage and support parents to prevent the harms of problematic drug use by youth. DFK maintains a comprehensive website designed for parents to learn about drugs, teen drug use and get helpful parenting tips. DFK educates parents, grandparents, and adult allies on the effects of substance use by children and youth.

Canadian Centre on Substance Use and Addiction (CCSA)

<https://www.ccsa.ca/>

The main focus of CCSA is to improve wellness for those experiencing the harms of substance use through:

- An accessible, inclusive continuum of quality services and supports; and
- Evidence-informed responses that reduce substance use harm

Government of Canada: Talking with teenagers about drugs

<https://www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs/talking-with-teenagers-about-drugs.html>

Between illegal substances and prescription medications it may be hard to know where to start talking about drugs. But drugs can be dangerous and some teenagers are not aware of all the risks. Start the conversation early and give information before your teen needs to ask.