

Cowichan Valley Wellness and Recovery Centre Service Model and Program Overview

People living with mental health and substance use challenges in the Cowichan Valley will be able to access services from a new Wellness and Recovery Centre. It will be located at 5878 York Road, North Cowichan and open in 2021.

The new Centre brings together primary care, harm reduction, case management, overdose prevention and on-site treatment in one location.

The Centre will be operated by Island Health in partnership with a non-profit service provider. Services include:

- **Security:** Security services will be provided in partnership with local government through the Safer Communities Plan. The Centre is located on the security corridor and is regularly patrolled by security staff.
- **Needle recovery:** Needle (sharps) pick up will be done around the Centre. Community sharps pick up will be done by a peer team. This team is funded by Island Health and coordinated by the Canadian Mental Health Association - Cowichan Valley Branch.
- **Assertive Community Treatment (ACT)** is an outreach team that includes nurses, social workers, a psychiatrist, rehabilitation and recovery workers. The team supports people with mental illness who may have substance dependency. The team supports people in crisis, delivers treatment, manages medication and helps people connect with education, jobs and other supports.
- **Intensive Case Management (ICM)** is an outreach team that supports people with substance dependency. ICM helps people to build on their strengths and improve confidence.
- **Harm Reduction Services** are offered by a team including primary care providers (physician and nurse practitioner), nurses, harm reduction workers and peer workers. They provide overdose prevention, witnessed consumption, harm reduction supplies and education. Services are provided under the provincial public health emergency overdose response.
- **Treatment for substance dependency** is offered by health care providers, including addictions medicine specialists, delivering a range of substance use medical treatment services. Treatments may include Opioid Agonist Therapy (iOAT) and Tablet Injectable Opioid Agonist Therapy (TiOAT). These services help to treat substance use dependency by preventing withdrawal, reducing cravings and promoting better overall health.
- **Substance Use Integrated Team (SUIT)** is an outreach team of nurses, social workers, substance use counsellors and peer support, rehabilitation and recovery workers. The team provides health and wellness care for people significantly affected by physical, emotional, spiritual and mental health impacts of substance use. Clients may be experiencing homelessness and in distress within the community.

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