



HÔTEL-DIEU GRACE
ESTD HEALTHCARE 1888

Hôtel-Dieu Grace Healthcare AAR Department

What can I expect to happen the day of the walk in clinics??

When you attend a walk in clinic, we will begin the process of triage (or screening) to determine what services you may require related to substance use and other areas of concern. We will start by asking you some personal health information, what your concerns are, and what supports you are looking for (i.e.: information or counselling). The intake process will take approximately 30 minutes.

What happens after screening and registration?

You may be asked to come back another day for your assessment. With the support of an HDGH Staff member, you will fill out an assessment on the computer. The assessment will ask you questions about your substance use, internet, gaming or problem gambling concerns, your mental health, and activities of daily living (school, employment, etc.). This will take approximately 45 minutes to complete.

What happens after you complete the assessment?

Following completion of your assessment, you will be provided an 1 on 1 appointment. . . During this appointment, you will meet with an HDGH staff member to go over the results of your assessment, and discuss your individual goals. A recovery plan will be mutually formulated so that we can support you to reach your goals. The HDGH staff member will explore treatment options available in the community, and will help you access information to make an informed decision on next steps. Community agencies, including HDGH, offer substance use programming for those with addiction.



Screening & Assessment

What is Screening?

Screening is an important first step in the clinical services provided at AAR. The screening process helps to determine what kinds of concerns an individual may have around their use of substances, mental health, harmful gaming, gambling or internet use and physical safety risks. Screening also helps to explore what issues might be getting in the way of a person's ability to get help for alcohol, drug, internet, gaming disorders or gambling concerns and what might help to remove those barriers.

Screening questions help to find out more about a person and their experiences. Some of the screening tools used are question and answer format. These can be filled in by a client themselves or completed orally with a clinician. A new client will read through the forms and screening tools for themselves to decide if they feel comfortable sharing their information.

The information learned from screening will guide the development of a treatment plan.

What is Assessment?

An assessment is a detailed view of an individual's circumstances. HDGH staff are trained in addiction assessment techniques and use a combination of interview techniques, objective measures and collateral information as available and as appropriate. The development of a treatment plan for intensive services is best made when guided by a thorough assessment.

Purpose of Assessment:

- To assess the problem areas identified by the client and others.
- To investigate past and present use of all substances and problems with internet, gaming disorders and gambling and determine level of dependence.
- To work with other significant people in the client's life as appropriate.
- To record baseline data with which to measure goal attainment and progress of client.
- To record client demographics that can be analyzed to evaluate outcome and success of programs.
- To use assessment findings in order to create a mutually established treatment plan.



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- To share assessment results and treatment plan with appropriate resources with client consent.

Once an assessment is completed, the client is given an opportunity to talk about any concerns they have identified and discussed. A list of options or a treatment plan will be developed and presented to the client. A treatment plan might include the following kinds of activities:

- Referral to primary care doctor (family doctor)
- Referral for attendance at a group at AAR e.g., outpatient treatment
- Referral for residential care somewhere else than at AAR (about 10-15% of our clients go to residential services)