

Directory of Mental Health and
Addiction Services
for McAdam, NB

The following list of services and organizations was prepared by the McAdam Interdisciplinary Committee. If at any time you require assistance finding the correct service for your needs or run into an issue contacting the service, please **contact the McAdam Health Centre at 784-6300** for assistance.

McAdam Health Centre Hours:

Monday—Friday, 7 am—7 pm

For after-hours assistance please call 8-1-1

As always, **in case of emergency, please call 9-1-1**

PREVENTION

Group/Organization

ISD Child and Youth Team (Integrated Service Delivery)

A team of professionals from 4 major departments (Social Development, Health, Education and Justice and Public Safety). Team members consult/visit/collaborate with the schools and other professionals on a regular basis. The mandate is to provide access to services for children/youth with emotional, behavioural, and/or mental health issues. McAdam High School has a designated ISD social worker at the school 1-2 days/week.

Fredericton Addiction & Mental Health

Provides a wide range of services for individuals, youth, and family members in the areas of substance abuse, problem gambling, and mental health issues.

Public Health

Public Health services promote health and wellness by providing environmental protection services, prevention/management/control of communicable diseases, immunizations, maternal and child/youth health strategies, health emergency preparedness and response.

What services do they offer?

Possible Prevention Services offered:

- Parenting information
- Linking family to services
- Wellness and resiliency workshops
- Support attendance/academic strategies
- Connection to school
- Parent engagement

Prevention services:

- Resource/Activity Centre
- Auricular acupuncture clinics

- Healthy Learners School Program which supports the health curriculum
- Promotion of PMH within the school district
- Facilitate collaboration with community groups
- Early Childhood Initiatives (includes 18-month screening program and home visiting for first time parents).
- Immunization—provides immunizations for infants, preschoolers, and youth up to 18 years of age. Also provides immunizations as indicated during outbreaks.

How do I qualify?

In order to gain access to the child and youth team:

- Services are available to children and youth up to 21 years of age (if still in the public school system) in the school or community with identified multiple needs.

- Youth—access can be made through your local ISD team (contact your school for more information) or through your primary health care provider.
- Adults—may self refer or may be referred by a primary health care provider.

- Anyone is able to self-refer by calling (506)453-5200. Callers will be assessed to see if they are eligible for services or they are connected to other services if needed.
- Health Care providers can also refer patients.
- Immunizations occur from age 2-18 on a regular schedule. Please contact public health if your child is due for an immunization.

Contact Information

For more information about your school's ISD Child and Youth team please contact your school.

For more information on ISD visit:

<http://www2.gnb.ca/content/gnb/en/departments/education/isd.html>

Fredericton Office: (506)453-2132

Fredericton Mental Health and Addictions
65 Brunswick St.
Fredericton, NB
(506)453-2132

Mon-Fri, 8:30 am—4:30 pm

Emergency Mobile Crisis Unit:
(506)453-2132

Mon-Fri, 4:30 pm—12:00am
Sat-Sun, 3:00—11:00 pm

For after hours emergencies,
please call 9-1-1

Gambling Hotline: 1-800-461-1234

Child Immunization:
(506)325-4630
or 1-888-829-6444

Main office:
(506)453-5200
Mon-Fri, 8:30-4:30

300 St. Mary's St. Suite 1200,
Fredericton, NB

PREVENTION

Group/Organization

What services do they offer?

How do I qualify?

Contact Information

McAdam Health Centre

Local community health centre open Monday-Friday from 7 am –7 pm

- Assist in the planning and delivery of the P.A.R.T.Y. Program for grade 9 students
- Provide information to patients who are prescribed opioids on the prevention of misuse and overdose.

Anyone can access the health centre from Monday to Friday, 7 am to 7 pm.

McAdam Health Centre
(506)784-6300

RCMP

- Drug awareness and education presentations
- Presence in the community
- Information on laws and legalities

The RCMP works to serve all citizens.

Lisa Williams
Community Program Officer
(506)755-1141
lisa.williams@rcmp-grc.gc.ca

McAdam Village Council

Municipal government—McAdam Village Council is made up of four council members (elected) and a mayor (elected). They work to administer/organize services for the residents of McAdam.

- Public Works
- Recreation
- Water/Sewage management
- Building Permits
- Emergency Services

Residents of McAdam can contact the village office for specific needs/questions.

Village of McAdam
146 Saunders Rd.
McAdam, NB
Mon-Fri, 9:00 am—4:00 pm
(506)784-2293
adonahue@mcadamnb.com

McAdam Recreation Department

The recreation department works for the Village of McAdam to provide recreational opportunities for all ages.

- Warrior Den Youth Centre
- Sports programs for children and youth
- Children's Morning Program
- Recreational activities for the whole family

Anyone is able to access services provided by the Rec Department, and financial support is available for anyone who may require assistance.

Recreation Director
(506)784-1422

CHIMO Help Line

A 24 hour crisis phoneline that operates 365 days/year.

- Provides crisis intervention and or referrals.
- Provides a listening ear and confidential supports

Anyone can call the CHIMO helpline.
If you are experiencing: Suicidal thoughts, Emotional distress or anxiety, Frustration/anger, Loneliness, or Divorce the helpline is here for you.

CHIMO
1-800-667-5005

PREVENTION

Group/Organization

What services do they offer?

How do I qualify?

Contact Information

McAdam High School

Local high school

- Curriculum covered offers education on drug use and addiction.
- Guest speakers are frequently brought in to speak to students
- Grade 9 students participate in the P.A.R.T.Y. program annually.
- Access to stable and trusted supports daily (Guidance counsellors, teachers, etc.)

All of the services listed are available to all students.

29 Lake Road
McAdam, New Brunswick
E6J 1N7
(506)784-6828
mhs.nbed.nb.ca

Lakeland Resource Centre

Local food bank and workshop for intellectually or physically challenged individuals

- Provides economic resources for low income families

Anyone wishing for assistance can call the resource centre at any time. No information is needed for the first visit, but in order to receive ongoing support, a short confidential meeting is required with the coordinator.

Lakeland Resource Centre
(506)784-2251
mcadamfoodbank@nb.aibn.com

School LINK Program

A program aimed at assisting youth (grades 6-12) who are experiencing any kind of life challenges by providing an opportunity to access help through a resource person.

The goal of the program is to give youth, who are in grades 6 to 12 and experiencing any kind of life challenges, an opportunity to access appropriate services through a resource person who can help. It provides all teenagers with the opportunity to find a solution to his/her difficulties before they lead to more severe ones, as well as helping youth to acquire new coping skills and build resiliency.

All students in grades 6-12 who attend New Brunswick public schools that participate in the program

<http://programmelemaillon.com/en/home/welcome>
Information can also be accessed through the school guidance counsellor or through the school's LINK coordinator and/or companion.

McAdam Fellowship Church

- Youth groups to keep youth active and engaged

All youth in the community are welcome.

Billy McGillicuddy
(506)260-1112

Canadian Mental Health Association

The CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.

Provides services to all communities in the province such as presentations, programs, support groups, workshops and advocacy for children, youth, adults and seniors living with mental illness or those in search of mental wellness.

The Canadian Mental Health association serves all people.

Canadian Mental Health Association
of New Brunswick
403 Regent Street, Suite 202
Fredericton, NB E3B 3X6
Telephone : (506) 455-5231
Fax: (506) 459-3878
E-mail: info@cmhanb.ca

Treatment

Group/Organization

What services do they offer?

How do I qualify?

Contact Information

Fredericton Addiction & Mental Health

Provides a wide range of services for individuals, youth, and family members in the areas of substance abuse, problem gambling, and mental health issues.

- Access and Assessment (3 day service)
- Opioid Replacement Therapy
- Detox services (inpatient)
- Mobile crisis team—after hours
- Crisis intervention services
- Auricular acupuncture clinics
- Outreach mental health services/counselling
- Individual therapy
- Group Programming
- Family group for loved ones of addicted persons
- Counselling services for youth at MHS
- Referral to community agencies
- Psychiatry, Psychology, and Occupational Therapy services

- Youth—access can be made through your local ISD team (contact your school for more information) or through your primary health care provider.
- Adults—may self refer or may be referred by a primary health care provider.

Fredericton Mental Health and Addictions
65 Brunswick St.
Fredericton, NB
(506)453-2132

Mon-Fri, 8:30 am—4:30 pm

Emergency Mobile Crisis Unit:
(506)453-2132

Mon-Fri, 4:30 pm—12:00am
Sat-Sun, 3:00—11:00 pm

For after hours emergencies, please call 9-1-1

Gambling Hotline: 1-800-461-1234

Medavie NB

Provides emergency and non-emergency ambulance services to residents of New Brunswick.

Response to 911 calls to assess care required to individuals. This could include transportation to an acute care facility or care at the site of the call.

Illness or injury that requires immediate care, assessment, or treatment.

Call 9-1-1

You will be asked for information from the 911 dispatcher.

DECH Emergency Room

Outpatient department specializing in assessment and treatment of a broad range of illnesses and injuries. Patients walk in or arrive by ambulance. Conditions are acute (urgent/emergency) although some non-urgent illness/injuries may be seen.

- Assessment of acute illness/injury and initial treatment where needed.

Patients who arrive will first be seen by a triage nurse who will take information about your illness/injury or reason for your visit to decide who is seen first (more serious conditions are seen first).

Note: Arriving by ambulance still means you will be assessed for triage.

Go to Doctor Everett Chalmers Hospital—the ER unit has a separate entrance to the right of the building.

For emergency situations, call 9-1-1 for ambulance assistance/transportation.

Treatment

Group/Organization

What services do they offer?

How do I qualify?

Contact Information

McAdam Health Centre

Local community health centre open Monday-Friday from 7 am –7 pm

- Direct health care to substance abusers looking for co-morbid health problems
- Only prescribing narcotics when necessary; providing other pain reduction strategies.
- Follow-up
- Referrals to counselling MHC & Addictions
- Treatment of infections
- Information on treatment options and initial discussion before treatment
- Narcan
- Supervised Collection

Anyone can access the health centre from Monday to Friday, 7 am to 7 pm.

McAdam Health Centre
(506)784-6300

ISD Child and Youth Team (Integrated Service Delivery)

A team of professionals from 4 major departments (Social Development, Health, Education and Justice and Public Safety). Team members consult/visit/collaborate with the schools and other professionals on a regular basis. The mandate is to provide access to services for children/youth with emotional, behavioural, and/or mental health issues. McAdam High School has a designated ISD social worker at the school 1-2 days/week.

Treatment services offered:

- Crisis intervention
- Counselling (individual or group)
- Support to caregivers
- Connection to essential services for youth or their families.
- Case coordination/common planning/consultation with other involved service providers

In order to gain access to the child and youth team:

- Services are available to children and youth up to 21 years of age (if still in the public school system) in the school or community with identified multiple needs.

For more information about your school's ISD Child and Youth team please contact your school.

For more information on ISD visit:

<http://www2.gnb.ca/content/gnb/en/departments/education/isd.html>

Fredericton Office: (506)453-2132

Mobile Crisis Unit

Provides access to services/interventions to help diffuse situations in the community during evenings and weekends.

Onsite visit to assess situations and provide intervention/service as needed. Focus is on addiction/mental health crisis. May involve other emergency services as needed (ex. Ambulance or RCMP)

This is individual and has to be discussed with the intake/triage person on duty.

(506)453-2132

Hours: Mon-Fri, 4:30 pm—Midnight
Sat-Sun, 3:00 pm—11:00 pm

Treatment

Group/Organization

What services do they offer?

How do I qualify?

Contact Information

Village of Hope

A residential, faith-based drug rehabilitation program for men of all ages.

- A 10-month, faith based, program.
- Includes: establishing good work ethic, learning employment skills, inner healing, and rebuilding broken family relationships.

- Must be male to qualify.
- There is an online application form for the program available through the program website.
- Can also call the program office and speak to an in-take administrator.

1-506-368-2600
1-844-887-HOPE
<https://www.villageofhopenb.ca/>

Naomi and Ruth

A rehabilitation and wellness centre for women who have been incarcerated or who are suffering from addictions or other life controlling problems and wish to restore their lives and become productive members of society.

- A faith-based recovery centre for women.

- **Must be aged 18 years of age or older.**
- **Must show a sincere desire for change and willingness to follow in Jesus's steps.**
- **Must have or recently have had a substance abuse or other life controlling problem or have been incarcerated.**
- **Must be willing to forfeit any and all addictive substances.**
- **Must be willing to abide by rules and regulations of the home.**

(506)481-0406
<https://www.naomiandruth.ca/>

Harvest House

Harvest House Atlantic is a caring community where anyone can come to find help in times of need.

Harvest House provides a community center with programs which include emergency shelter, step-up housing, a nine month addiction recovery program for men and referral for women, life skills, GED, and daily biblical studies.

Harvest House Atlantic is open to all—please get in touch for more specific information.

Moncton, NB
Main Office: (506) 855-0626
Shelter / Drop-In Center: (506) 388-HELP (4357)
Recovery Program: (506) 388-3277
Email: info@harvesthouseatlantic.org

Portage Atlantic

Youth drug addiction rehabilitation centre where, through a therapeutic community environment, youth work through the underlying issues that caused their substance abuse and develop a set of social competencies that will help them deal with the challenges of everyday life without resorting to drug abuse

- Treatment centre for substance-dependent youth between the ages of 14-21
- Gender specific therapy groups
- Physical education/outdoor activities
- Case management and treatment planning sessions
- Individual counseling
- Psychotherapy available if necessary
- Average length of stay is 4-6 months

- Youth can self refer to this program, or can be referred by their families or guardians, social service agencies, hospitals, community resources, courts, schools, and other treatment providers.
- All admissions to this program are on a voluntary basis (the youth must agree to take part)
- An interview is conducted prior to admission, during which the client's needs and readiness are evaluated.

Tel: 1-506-839-1200
Email: info_adoatl@portage.ca
<https://portage.ca/en/atlantic/adolescent-program/>

Treatment

Group/Organization

What services do they offer?

How do I qualify?

Contact Information

Hayward House

A recovery centre in Woodstock, NB

- Provide citizens who live with a mental illness with opportunity's that promote recovery.

This service is available to anyone living with a mental illness.
Please contact for more information.

705 Main Street
Woodstock, New Brunswick
(506) 328-0882
haywardhouse@bellaliant.com

Teen Challenge Treatment Program

A residential drug and alcohol rehabilitation program that has a strong faith-based approach and offers spiritual, academic and vocational training.

- 12-month, faith based program

Eligibility Requirements:

- Life-controlling substance abuse problem
- Minimum age of 18 years
- Commitment to a 12-month program
- Evidence of a sincere desire for help
- Willingness to consider a faith-based approach
- Ability to participate fully in regular physical activities
- Do not have full blown AIDS, cancer, or tuberculosis
- Do not have outstanding warrants
- Not on parole
- Not listed in the National Sex Offender Registry

1187 Principal Street, Memramcook, NB
(506) 758-2377

Local Churches

- Financial assistance to those seeking help and/or entrance into a treatment program
- Supportive community environment
- Mentorship

Everyone welcome

Rockland Drive United Baptist
784-2446
St. Paul's United
784-2414
St. George's Anglican
784-2422
Voice of Pentecost
784-3506
McAdam Fellowship Church
260-1112

Harm Reduction

Group/Organization

What services do they offer?

How do I qualify?

Contact Information

McAdam Health Centre

Local community health centre open
Monday-Friday from 7 am –7 pm

- Needle exchange program
- Assessment/Infection
- Smoking cessation
- Prescribing NRT and other smoking cessation medications
- Education and assistance to decrease the amount of opioids an individual may be using.

Anyone can access the health centre from
Monday to Friday, 7 am to 7 pm.

McAdam Health Centre
(506)784-6300

McAdam High School

Local High School

- Access to guidance counsellor
- Access to ISD team

Every student at MHS has access to the guidance
counsellor, and referral to the ISD team can take
place from there.

Students may self refer as well.

29 Lake Road
McAdam, New Brunswick
E6J 1N7
(506)784-6828
mhs.nbed.nb.ca

Fredericton Addiction & Mental Health

Provides a wide range of services for
individuals, youth, and family members in the
areas of substance abuse, problem gambling, and
mental health issues.

- Community Crisis Response
- Opioid Replacement Therapy
- Harm reduction/treatment and
preventions services

- Youth—access can be made through your local
ISD team (contact your school for more
information) or through your primary health
care provider.
- Adults—may self refer or may be referred by a
primary health care provider.

(506)453-2132
Mon-Fri, 8:30 am—4:30 pm
Emergency Mobile Crisis Unit:
(506)453-2132
Evenings/Weekends
For after hours emergencies, please call 9-1-1
Gambling Hotline: 1-800-461-1234

ISD Child and Youth Team

A team of professionals from 4 major depart-
ments (Social Development, Health, Education
and Justice and Public Safety). Team members
consult/visit/collaborate with the schools and
other professionals on a regular basis. The
mandate is to provide access to services for
children/youth with emotional, behavioural,
and/or mental health issues. McAdam High
School has a designated ISD social worker at the
school 1-2 days/week.

- Harm Reduction services offered:
- Crisis intervention
 - Short term counselling
 - Support to caregivers
 - Connection to essential services for youth or their
families.

- Services are available to children and youth up
to 18 years of age in the school or community
with identified multiple needs.

For more information about your school's
ISD Child and Youth team please contact
your school.

For more information on ISD visit:
[http://www2.gnb.ca/content/gnb/en/
departments/education/isd.html](http://www2.gnb.ca/content/gnb/en/departments/education/isd.html)

Fredericton Office: (506)453-2132

Harm Reduction

Group/Organization

What services do they offer?

How do I qualify?

Contact Information

Public Health

Public Health services promote health and wellness by providing environmental protection services, prevention/management/control of communicable diseases, immunizations, maternal and child/youth health strategies, health emergency preparedness and response.

Harm Reduction Services:

- Sharps disposal
- Referral of clients to required services
- Surveillance

- Anyone is able to self-refer by calling (506)453-5200. Callers will be assessed to see if they are eligible for services or they are connected to other services if needed.
- Health Care providers can also refer patients.

Main office:
(506)453-5200
Mon-Fri, 8:30-4:30
300 St. Mary's St. Suite 1200,
Fredericton, NB

AIDS NB

A provincial organization that works to provide support for people living with HIV/AIDS, but also works to help reduce the spread of HIV, Hepatitis C, and other sexually transmitted and blood borne infections.

- Naloxone Kits
- Partners with the Healthy Learners School Program to supply schools with Naloxone kits
- STI testing

- In order to receive a Naloxone Kit, complete the online training "Towards The Heart's Take Home Naloxone" program and then take the certificate to the AIDS NB office.
- STI testing is open to everyone—available testing dates are on the calendar online.
- Local Health Centre staff can help with the online learning program or finding out testing dates.

AIDS NB
65 Brunswick St. Suite G17
Fredericton, NB
1-888-561-4009
Email: info@aidsnb.com

Fredericton Al-Anon/Narcotics Anonymous

Support group

- A safe non-judgemental forum
- A support group for family members of persons struggling with addictions

Anyone with addictions or family members of people with addictions are welcome to join.

Toll Free: 1-888-452-2666
(506)455-3094
www.freewebs.com/alanonmaritimes/district2.htm

CHIMO

A 24 hour/day, 365 days/year
crisis phone line

- Provides crisis intervention and/or referrals
- Provides a listening ear
- Complete confidential support

This service is available to all people experiencing:
Suicidal thoughts, Emotional distress, Anxiety, Loneliness, Divorce, Frustration or Anger

1-800-667-5005

Enforcement

Group/Organization

Information

Contact Information

McAdam High School

Actions taken for enforcement:

- Afterschool detentions
- Suspensions from school

29 Lake Road
McAdam, New Brunswick
E6J 1N7
(506)784-6828
mhs.nbed.nb.ca

Public Health

- Advocacy for policies & Legislation
- Facilitate community collaboration

Main office:
(506)453-5200
Mon-Fri, 8:30-4:30
300 St. Mary's St. Suite 1200,
Fredericton, NB

RCMP

- Diversion alternative measures program
- Enforcement of the law
- Court process

9-1-1

McAdam Village Council

- Encourage federal and provincial changes to law to allow great flexibility in combating drug use

Mon-Fri, 9:00 am—4:00 pm
(506)784-2293
adonahue@mcadamnb.com

OTHER HELPFUL RESOURCES

National Institute on Drug Abuse: <https://www.drugabuse.gov/publications/drugfacts/understanding-drug-use-addiction>

Public Health Agency of Canada: <http://www.phac-aspc.gc.ca/chn-rcs/saa-toxicomanie-eng.php>

Horizon Health Network: <http://en.horizonnb.ca/>