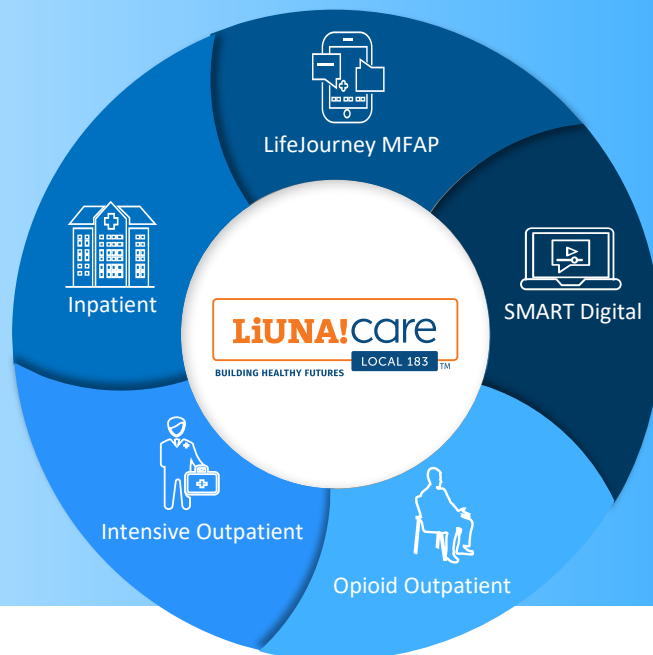




Substance Use and Addiction



At LiUNAcare Local 183, we're doing everything we can to support individuals struggling with substance abuse and addiction. We have exceptional programs to provide you or your eligible family member with options for treatment.

Addiction treatment is not one-size-fits-all. Treatments will vary based on your needs. You can choose the treatment that works best for you based on the substance, the level of care you need, mental health support, or other health care requirements you may have.

- **LifeJourney Member Family Assistance Program (MFAP):** Part of your vCare app offering

When a substance use concern has been identified, LifeJourney, through your vCare app, offers a variety of resources and access to a care navigator to support the member and their eligible dependents. It's a single, integrated virtual service that provides you with 24/7 access to immediate, compassionate care. LifeJourney provides resources to help with a wide range of challenges: legal and financial assistance, nutritional consultations, mental health support, and virtual care.

Download the vCare app to get started:

liunacare183.com/vcare or call **1-800-254-7223**

- **SMART Digital:** Substance Management and Recovery Treatment

Conveniently accessible 24/7, 365 days a year from any computer, tablet or smartphone, members and their eligible dependents have access to substance use awareness self-assessment, self-tracking tools, regular check-ins with a coach, and access to a registered addiction counsellor.

Get started: **try.alavida.co/liuna183**

- **Opioid Outpatient:** Treatment specific to opioid use, in partnership with Canadian Addiction Treatment Centre (CATC)

LiUNAcare Local 183 members and their eligible dependents have priority access to both virtual and in-person opioid use treatment. Same-day access to physicians is available 365 days a year. CATC offers basic primary care, harm reduction support, one-on-one or group counselling, and pharmacotherapy support, and more.

Begin your opioid recovery now:

Call **1-877-937-2282** or visit **canatc.ca**

• **Intensive Outpatient:** Outpatient program with daily support (member only)

Outpatient treatment for members allows you to receive drug or alcohol addiction treatment around your work, family and other life responsibilities while you live at home. This option requires you to attend scheduled therapy sessions at a facility for several hours per week.

Start your recovery now:

Call **1-844-900-8357**

• **Inpatient:** On-site program at a residential treatment facility (member only)

The inpatient program for members involves living at a residential facility with others who are also in recovery. All treatment occurs on-site. Access a variety of therapy programs and complementary programs such as fitness, diet, and acupuncture based on your needs.

Contact the intake team to begin:

Call **1-844-900-8357**

• **Vitanova:** Addiction recovery and substance abuse help facility (member only)

The Vitanova program for members provides a range of addiction related services focused on addiction recovery.

The program begins with an in-depth assessment, moves through treatment and rehabilitation and ends with on-going follow-up contact to ensure sustained recovery.

Programs include community outreach, day treatment, aftercare, domiciliary shelter, family support and outpatient support.

Contact Vitanova to begin:

Call **(905) 850-3690** or email

info@vitanova.ca

Not sure who to contact? Call Member Health Management Services at (416) 240-2104 or 1-866-315-6011.

Medical experts agree that addiction to substances such as opioids is a chronic disease. Addiction has long been considered a taboo subject. Together, we must end this stigma. If you, a co-worker, or a loved one are suffering as a result of an opioid addiction, know that repeated cycles of relapse and recovery are normal; they are part of the chronic nature of opioid use disorder. With the right support, you can get through this.



We've got your back.

Did you know that labourers are five to seven times more likely to die of an opioid-related overdose than people in other professions? It's a staggering fact, and one that LiUNAcare Local 183 is committed to addressing.