

● ● ● **Testimonials**

Comments from Clients

“The counsellor spent time over the years helping me through challenging times. She was always there for me to text or call.”

“The program helped me boost my self-confidence and be more assertive.”

“I learned tools to help me stay calm and understand myself.”

“I gained goals to maintain the ability to refrain from using.”

Need Help?

Are you between the ages of 12-19 and worried about your alcohol or drug use or somebody else's?



Call a Youth and Family Substance Use Counsellor at The John Howard Society of North Island:

Campbell River: 250-286-0611

Comox Valley: 250-338-7341

Our Mission

The John Howard Society of North Island is a charitable organization whose mission is to provide programs and support to help children, youth, and families lead safer and healthier lives.

Campbell River

140 10th Avenue
Campbell River, BC

Tel. 250-286-0611
Fax 250-338-6568

Comox Valley

1455 Cliffe Avenue
Courtenay, BC

Tel. 250-338-7341
Fax 250-338-6568
www.jhsni.bc.ca

The John Howard Society of North Island's programs are situated in the traditional territories of the Kwakwaka'wakw, Nuu-chah-nulth, and Coast Salish peoples.

JohnHoward
The John Howard Society of North Island

JohnHoward

Youth and Family Substance Use Services



Campbell River
Tel. 250-286-0222
Comox Valley
Tel. 250-338-7341
www.jhsni.bc.ca





Services We Offer . . .

- Counselling for youth about their substance use or a family member's substance use
- Family counselling
- Advice for parents/guardians
- Presentations and therapeutic groups



We recognize that youth and families may experience a variety of problems associated with alcohol and other drugs. We take a flexible and individualized approach with youth to empower them to make decisions about their alcohol and drug use.

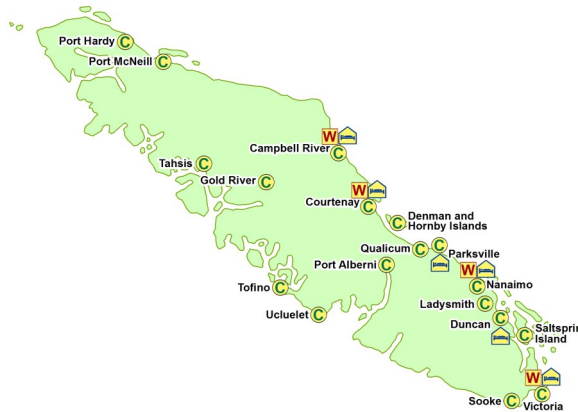
We offer free, respectful, non-judgmental, and strengths-based services. We keep personal information confidential—except when we become aware of potential harm to a youth or others, or when a disclosure is required by Court.

Interested in exploring how to make changes in your life?

Please call and ask to speak to a Youth and Family Substance Use Counsellor.

Our counsellors have a minimum of a Bachelor's degree in social work or a related human services field, with two years specialized training or experience in the area of alcohol and/or drug use.

Youth and Family Substance Use Services are funded by Island Health as part of their alcohol and drug counselling network. There is no cost to clients.



Vancouver Island Health Authority Youth and Family Substance Use Services

- Withdrawal Management Services
- Supported Residential Beds and Associated Services
- Community Based Counselling



The Counsellor Can Help You . . .

- Develop alternate coping strategies
- Explore options for substance use (reducing or abstaining)
- Meet physical health needs
- Meet emotional health needs
- Problem solve in a crisis
- Connect with community resources
- Improve relationships
- Improve life skills
- With a referral to detox and residential treatment services

Feedback

- We value your comments! Please tell your counsellor what you find helpful about Youth and Family Substance Use Services and if there are any changes you think we should make.
- Your participation is completely voluntary and your responses will be kept anonymous and confidential.

Program Outcomes

In 2017-2018:

- 276 youth and family members received substance use services.
- 80% of youth surveyed said they decreased their use of substances.