

What's the big deal?

Substance use is very common among Canadians. Many of us use substances, such as alcohol or cannabis, and they can be an important part of social life.

Sometimes we use too much, causing health, relationship, work and other problems. It can be hard to accept that our use is creating issues and it can be normal to feel angry, ashamed or afraid.

The good news is that medical treatment for problematic substance use is safe and effective. The Rapid Access Addiction Medicine (RAAM) clinic at Michael Garron Hospital can help.

To come to the Rapid Access Addictions Medicine (RAAM) Clinic you can:

1. Ask your doctor to make an appointment (<https://www.tehn.ca>, search "RAAM" for details) OR
2. Come to clinic during "drop-in" hours below.

Clinic Drop-in Hours:

Monday: 10:00am-12:00pm
Tuesday 10:00am-12:00pm
Wednesday 10:00am-12:00pm
Thursday 1:00pm-3:00pm
Friday 10:00am-12:00pm

New patients are seen on a "first- come, first-served" basis.

*****Spaces are limited*****

To find us, please go to Michael Garron Hospital

825 Coxwell Ave, Toronto.

Go to Admitting/Registration, 1st Floor, who will direct you to the RAAM clinic.

Contact:

Phone: 416-469-6580 Ext 2517

Fax: 416-469-6221

HELP FOR SUBSTANCE USE PROBLEMS

**Rapid Access Addiction Medicine (RAAM) Clinic
At Michael Garron Hospital**



**MICHAEL
GARRON
HOSPITAL**

TORONTO EAST HEALTH NETWORK

What's a RAAM Clinic?

Rapid Access Addiction Medicine (RAAM) clinics are for people looking for help with their substance use. The people at these clinics know how difficult it is to ask for help. To come to clinic for the first time, you can ask your doctor to request an appointment, or you can simply drop in during clinic “drop-in” hours.

Your History

The clinic team will begin by asking you about your history of substance use: when and how you started using, how much and how frequently you use, the ways in which substance use has affected your life, and so on. Try to remember the clinic team is not there to judge you, and will be most able to treat you if you're completely open about your substance use. The point of these questions is not to make you feel guilty or defensive, but to get a complete picture of you in order to determine how to help you.

Your Diagnosis

Based on your history, the RAAM clinic team will provide you with a diagnosis. Whether the way you use substances is determined to be **risky** or suggests a **substance use disorder**, both of these conditions are **treatable**.

Counselling

The RAAM clinic team may refer you to counselling as part of your treatment. Counselling programs can include education on substances and healthy lifestyle choices, group and individual therapy sessions, help with developing coping skills, cognitive behavioural therapy, and peer support groups. The team will work with you to determine what form of counselling would be most helpful for you.

Medication

Addiction to some substances, such as alcohol or opioids, can be treated with medications that help to reduce cravings and withdrawal symptoms. These medications are safe and effective. If you are using opioids problematically, clinic physicians may recommend buprenorphine or methadone. If you have an alcohol problem, you may be offered an anti-craving medicine, such as naltrexone or acamprosate. The RAAM clinic team will help you decide what would be the best choice for you.

Bring Support

If you're feeling anxious or hesitant about going to the RAAM clinic, consider bringing a supportive person with you. Changing your substance use can be difficult, and having someone with you can help.