

### Treatment Resources Card for Clients

<b>Urgent Care:</b>	<b>Type of Support:</b>	<b>How to Contact:</b>
1. Rapid Access Addiction Medicine (RAAM)	A rapid access addiction medicine (RAAM) clinic is a low-barrier, walk-in clinic that patients can attend to get help for a substance use disorder without an appointment or formal referral. RAAM clinics provide time-limited medical addiction care (including pharmacotherapy, brief counselling, and referrals to community services).	<p>Lakeridge Health Oshawa 1 Hospital Court, Oshawa 905-576-8711 ext. RAAM (7226) Mondays &amp; Thursdays 9-11am</p> <p>Pinewood Centre 300 Centre St. South, Oshawa 905-576-8711 ext. RAAM (7226) Tuesdays &amp; Fridays 9-11am</p> <p><a href="http://www.metaphi.ca/raam-clinics/">www.metaphi.ca/raam-clinics/</a> for full list of locations in Ontario</p>
2. Local hospital Emergency Department or 911	Immediate medical assistance required due to withdrawal or injury.	Attend hospital or call 911
<b>Supportive Care:</b>		
1. Alcoholics Anonymous	Peer group meetings following 12 step and abstinence model.	<a href="http://www.aadurham.org">www.aadurham.org</a> for full list of meeting locations
2. Pinewood Centre	Group and individual counselling and Withdrawal management with offices in Ajax, Bowmanville, Oshawa & Port Perry	<p><a href="http://www.lakeridgehealth.on.ca">www.lakeridgehealth.on.ca</a> 905-721-4747or 1-888-881-8878 for 24 hour support line</p>
3. SMART Recovery	Self-Management And Recovery Training (SMART) are mutual-support groups. SMART Recovery app developed for self-led online program.	<a href="http://www.smartrecovery.org">www.smartrecovery.org</a>
4. trueNorth Addiction Medicine Program	<p>trueNorth Medical Centres provides comprehensive addiction medicine services to individuals within Ontario who are facing substance use challenges. This program operates on a non-urgent, walk-in basis where people receive access to assessment and treatment within the same visit. Medical treatment plans and supports are offered based on the unique needs and goals of the individual.</p> <p>trueNorth offers telemedicine-based medical consultations, advice and treatment related to substance use, including methadone and buprenorphine maintenance treatment, alcohol dependence treatment, nicotine replacement therapy, and benzodiazepine tapering. All services are covered by Ontario Health Insurance Plan (OHIP). No referrals necessary.</p>	<a href="http://www.truenorthmedical.com/locations">www.truenorthmedical.com/locations</a> for full list of locations