

## Frequently Asked Questions...

### *What is counseling?*

- Counseling is the process of working with a person trained to help you identify issues in your life that you would like to resolve or change.
- Counselling is an opportunity for you to work toward your goals for change in a safe, supportive & confidential environment.

### *What is involved in counselling for substance use concerns?*

- Counselling that is focused on substance use can be helpful when substance use is negatively affecting your life.
- Counselling can be helpful if your substance use is negatively affecting someone else.

### *Do I have to talk about alcohol and drugs with my counsellor?*

- Each counselling session is yours to talk about, and work on, whatever concerns are important to you.
- Examples of some concerns that people talk about in counselling include: substance use, relationships, identity and self-image, abuse and feelings of depression, sadness, anger, loss and anxiety.



## REFERRAL PROCESS

Discovery Youth & Family Substance Use Services are free, and available to anyone in the community directly or indirectly negatively impacted by substance use: youth, parents, friends or professionals.

When making a referral an intake counselor will gather basic information, listen to your concerns, and schedule an appointment.

We can help you determine which of our services would be of value to you, and/or refer you to other community resources.

Referrals can be made by calling 250-519-5313.



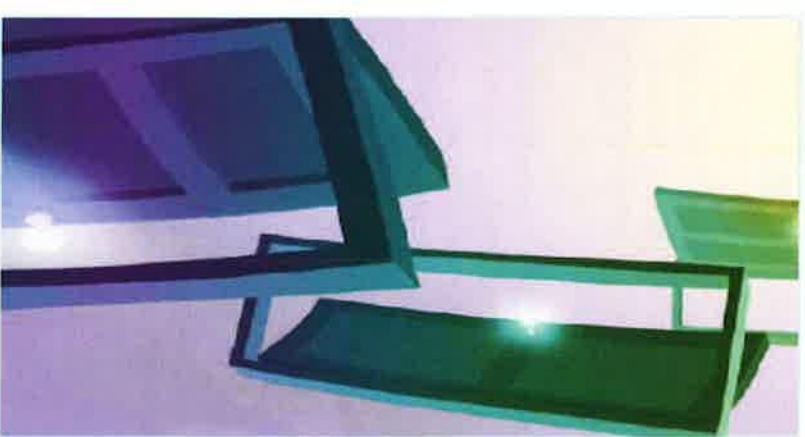
We welcome all members of our diverse South Vancouver Island community.

### Discovery

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**DISCOVERY**  
Youth & Family  
Substance Use  
Services

# Discovery Youth & Family Substance Use Services

We assist youth (ages 12-19) and/or their families to reduce the harms associated with substance use and related issues.

We are committed to providing flexible programming to strengthen the health and wellness of youth, parents, caregivers, and families across the communities of South Vancouver Island.

We believe, when people are invited to look for solutions in the context of their important relationships, they can discover creative and useful ideas that lead to positive change.

## VALUES

- Client-Directed & Feedback Informed
- Respectful
- Ethical
- Engaging
- Collaborative
- Empowering

## COUNSELLING

### Youth:

- Counselling for youth who are experiencing difficulty related to their substance use.
- Counselling for youth who are affected by another person's substance use.

## PARENT, FAMILY MEMBER AND CAREGIVER SUPPORT

- Counselling for families and parents to help them resolve conflicts, enhance relationships and increase resiliency.
- Counselling for parents, family members and caregivers who are affected by their youth's substance use.
- Also available is our Empowering Families Parent Group which is a skill development and support group for parents/caregivers of youth. Call 250-519-5313 for more information on upcoming sessions.

## SERVICE COORDINATION

- Counsellors can assist clients to identify, acquire and organize other beneficial services, supports and resources (e.g., residential treatment, physical health care, supportive recovery options, psychiatric consultation).
- Service is provided to youth in our office and in various community locations (e.g. schools) across the South Island.

## GROUP PROGRAMMING

**Youth Groups** - we offer group work for clients who may prefer to work with peers and co-facilitators from our counselling team. Call our Intake Team to find out our current group programs.

*"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose"*  
Dr. Seuss