



Portage is a non-profit organisation offering comprehensive drug addiction rehabilitation treatment to substance-dependent people in Atlantic Canada, Québec and Ontario. A vital and progressive force in the drug addiction treatment field in North America, Portage is internationally recognised for the excellence of its services.

Since it was established in 1970, Portage has helped thousands of people to overcome their substance abuse issues, with specialised programs for adolescents, adults, pregnant women and mothers with young children, adults with mental health issues, aboriginal communities, and individuals referred by the justice system.

## Admission

Within 48 hours of contacting Portage, a meeting between the candidate and the Admissions Officer at the Montréal Evaluation Centre is set. During this meeting, candidates are interviewed to evaluate their needs and to ensure that they are prepared to begin a drug addiction therapy at Portage.

This residential program is offered in French and in English, free of charge, to Québec residents over the age of 18.

FOR FURTHER INFORMATION AND TO REACH THE ADMISSIONS OFFICER:

**Admission Evaluation Centre**  
1640, rue Saint-Antoine Ouest  
Montréal, QC H3J 1A1  
514.939.0202  
info@portage.ca  
www.portage.ca

PORTAGE TREATMENT CENTRES

Cassidy Lake, NB • Saint-Malachie, QC  
Québec, QC • Montréal, QC  
Prévost, QC • Elora, ON

Funding for Portage's rehabilitation centres is provided in part by various government agencies and by private donations to the Portage Foundation.

Portage is registered with Accreditation Canada and is dedicated to constantly improving the quality of its services, the competencies of its employees, and the expertise of the organisation.



# FREEDOM FROM ADDICTION



ADULT PROGRAM



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www.portage.ca



## Services provided after residential treatment

### AFTERCARE / CONTINUING CARE

Aftercare/Continuing Care services help residents with their transition back into mainstream society. By means of telephone calls, peer support groups, and individual counselling (which vary in frequency based on the individual's needs), Portage offers a personalised follow-up to every person who has attended one of its centres. Portage is committed to maintaining contact with its former residents for a period of two years. Designed to help residents apply the competencies they learned in treatment, Aftercare/Continuing Care services provide them with essential support during the most vulnerable period of their recovery.

### SOCIAL AND EMPLOYMENT REINTEGRATION

Upon completion of the residential rehabilitation program, Québec residents are encouraged to enroll in Portage's MIRE Program (Movement for Integration and Retention in Employment). This eight-week Emploi-Québec funded program helps people transition back into the workforce or back to school.

## Seeking help through rehabilitation therapy: A gift that keeps giving

There will be difficult moments during your stay at Portage, but you will be proud to have persevered. Nobody expects you to be perfect; you will not be judged or stigmatised. At Portage, you will find a warm and loving environment, where you will make lifelong friends and learn how to make positive choices for yourself, for your loved ones, and for your future.

**Freedom from Addiction.**

## Adult Program

Portage's residential rehabilitation program for men and women over the age of 18 is based at the original Portage campus, in Prévost, Québec, on the shores of lac Écho in the Laurentians. Gender-specific programming is provided in English and in French and there is no charge to Québec residents. The duration of the residential program is based on each individual's needs, their motivation, and their readiness for treatment. Rarely does it exceed six months.

## Admission Evaluation Centre

Before beginning residential treatment at Portage's lac Écho centre in Prévost, candidates are interviewed at Portage's Evaluation Centre in Montréal to ensure appropriate placement and treatment. Qualified participants receive preliminary support services as they prepare for their transition to residential treatment.

## Residential Centre

At the lac Écho residential centre in Prévost, respect for the individual is at the heart of all interventions. Individual case management in a peer supportive environment ensures that the specific needs of each resident are met. While at Portage, residents develop a sense of belonging through the therapeutic community model and learn how to trust themselves and each other. By sharing the difficulties and challenges in their lives, they cultivate self-awareness, self-confidence, and self-respect.

## The program is based on:

- ▶ Voluntary admission
- ▶ The therapeutic community model
- ▶ A psychologically and physically safe environment
- ▶ Individual case management
- ▶ Family support
- ▶ Aftercare and follow-up services

## A typical day:

- ▶ Gender-specific therapy groups
- ▶ Community meetings
- ▶ Physical education and sociocultural activities
- ▶ Case management and treatment planning sessions
- ▶ Additional specialised services are available, where necessary

## At Portage, you will develop:

- ▶ Trust
- ▶ Self-respect
- ▶ Self-discovery
- ▶ Balance
- ▶ Skills with which to face life
- ▶ A sober lifestyle



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@PortageCanada



*I have the right to be happy and to be treated with care and understanding • I have a right to be safe • I have a right to say what I feel • I have a right to learn*