



Portage is a non-profit organisation that helps people who are suffering from substance abuse-related problems to overcome their dependencies and live healthy, happy, and productive lives.

Throughout its history, Portage has helped tens of thousands of people regain control of their lives with its specialised programs for adolescents, adults, pregnant women, mothers with children, aboriginal communities, adults with mental health issues, and individuals referred by the justice system.

## Admissions

Portage Atlantic at Cassidy Lake provides treatment for substance-dependent Atlantic Canadian youth between the ages of 14 and 21. Admission to the program is voluntary. Candidates must express a desire for treatment and be ready to address the issues in their lives. An admission interview is conducted to evaluate the client's needs and readiness for treatment.

FOR MORE INFORMATION OR FOR ADMISSION, PLEASE CONTACT:

**Portage Atlantic**  
**Tel.: 1.888.735.9800**  
**Email: info\_adoatl@portage.ca**

### PORTAGE TREATMENT CENTRES

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

# FREEDOM FROM ADDICTION

## ADOLESCENT PROGRAM

The New Brunswick Departments of Health, Public Safety, and Education are major contributors to Portage Atlantic's operational budget. Additional program funding is obtained from foundations, service clubs, businesses, and individuals from throughout Atlantic Canada.



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## Portage Atlantic at Cassidy Lake

### *Serving Atlantic Canadian Youth*

Portage Atlantic provides a residential rehabilitation treatment program for youths between the ages of 14 and 21 who are dealing with serious substance abuse issues. The Cassidy Lake centre, located on 165 acres of lakeshore property, was opened in 1996 to respond to the increasing prevalence of drug and alcohol abuse among youth in Atlantic Canada.

The Portage Program at Cassidy Lake is based on the therapeutic community model, in which the residents work together through peer mentoring and positive role modelling to develop their self-worth, coping mechanisms and transferable life skills. The gender-specific, bilingual program is tailored to meet the specific needs of each individual. At Portage Atlantic, youth develop a sense of belonging and learn to trust themselves and others, sharing the difficulties in their lives while cultivating self-awareness, confidence and self-respect.

### THE PORTAGE PROGRAM IS BASED ON:

- ▶ Voluntary admission
- ▶ The therapeutic community model
- ▶ Psychological and physical safety
- ▶ Individual case management with the individual setting the priorities
- ▶ Family support
- ▶ Aftercare Services

## What to expect during your stay

While most residents complete their program in 4 to 6 months, the program's duration is determined by each individual's needs, motivation and readiness for treatment. A typical day at Portage Atlantic's Cassidy Lake centre includes:

- ▶ Gender-specific therapy groups
- ▶ Community meetings
- ▶ Physical education/outdoor recreational activities
- ▶ Case management and treatment planning sessions
- ▶ Individual counselling
- ▶ Guidance and vocational planning
- ▶ Psychotherapy is available, if necessary

## What you will learn during your stay

- ▶ Trust
- ▶ Growth
- ▶ Self-respect
- ▶ Self-discovery
- ▶ Confidence
- ▶ Balance
- ▶ Skills with which to face the future
- ▶ Sobriety



## Portage Academy

Portage Atlantic provides bilingual on-site school programming with individualised curriculum tailored to each resident's needs. Portage Academy at Cassidy Lake is recognised as an alternative school and is taught by certified teachers from the Department of Education. Through small classes and progressive techniques, teachers help the residents earn high school credits and develop important skills which will help them succeed long after they have left Portage.

In the past, many of these youth have experienced failure and frustration at school. At Cassidy Lake, the Portage Academy encourages residents to continue at their own pace.

## For youth from youth

The rehabilitation process does not last forever. Though the idea of residential treatment may seem like an eternity, it pales in comparison to the rest of your life. At Portage, you will not be judged or stigmatised and you will realise that you are not alone on this journey. Leaving your family can be difficult, but you will find a warm and loving environment at Portage where you will make lifelong friends. Believe in yourself and believe that you have the power to change your life.

Remember:

**“Only you can do it, but you can't do it alone”**

VISIT US ON  
@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*