



Portage

Portage is a non-profit organisation that provides comprehensive drug addiction rehabilitation treatment to substance-dependent people in Ontario, Atlantic Canada and Québec. A 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 tens of thousands of people to overcome their substance abuse issues with specialised programs for adolescents, adults, pregnant women and mothers with young children, aboriginal communities, people with mental illness, and individuals referred by the justice system.

Admissions

The Portage Elora Program is designed for drug-dependent male and female adolescents, aged 14 to 18. Admission to the program is voluntary and candidates must express a desire to address their substance abuse issues, along with the other challenges in their lives. An interview is conducted prior to admission, during which the client's needs and readiness for change are evaluated. Portage is able to provide beds to youth who are involved with the Children's Aid Society, the Ontario Youth Justice System, and the Ministry of Health.



PORTAGE



PORTAGE

FOR ADMISSION OR FOR FURTHER INFORMATION, PLEASE CONTACT THE PORTAGE ELORA ADMISSION OFFICE AT:

Tel: (519) 846-0945
Fax: (519) 846-5703
Info_adoon@portage.ca
P.O. Box 209, R.R. #1
Elora ON NOB 1S0
www.portage.ca

PORTAGE TREATMENT CENTRES

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

FREEDOM FROM ADDICTION

PROGRAM FOR ADOLESCENTS

Funding for Portage Elora is provided by the Waterloo Wellington Local Health Integration Network (WWLHIN), the Ontario Ministry of Children and Youth Services, the Ontario Ministry of Health and Long-Term Care, various Children's Aid Societies, and by the Portage Ontario Foundation with support from private donors.



Last updated June 2015

www.portage.ca



Portage Elora

The Portage centre in Elora, Ontario provides a residential drug rehabilitation program to youth 14 to 18 years of age who have serious substance abuse problems. The residential program is tailored to the specific needs of each individual and provides gender-specific programming. Located outside of Guelph on a 55-acre property, the rural setting is therapeutic in itself.

As the youth share their difficulties with the Portage community, they develop a sense of belonging and learn to trust themselves and each other, while cultivating self-awareness, self-confidence, and self-respect.



THE PORTAGE PROGRAM IS BASED ON:

- ▶ Voluntary admission
- ▶ Therapeutic community model
- ▶ Psychological and physical safety
- ▶ Individual case management, with the clients setting their goals and priorities
- ▶ Family support
- ▶ Aftercare Services

What to expect during your stay

The program's duration is determined by each individual's needs, motivation, and readiness for treatment. A typical day at Portage Elora includes:

- ▶ Therapy groups
- ▶ Community meetings
- ▶ Physical education/outdoor recreational activities
- ▶ Case management and treatment planning sessions
- ▶ Guidance and vocational planning

During your stay, you will develop

- ▶ Trust
- ▶ Self-respect
- ▶ Self-discovery
- ▶ Confidence
- ▶ Balance
- ▶ Skills with which to prepare for your future
- ▶ A sober lifestyle



Portage Academy

Portage Elora provides on-site school programming, which is adapted to the needs of the residents. Courses are administered by the Upper Grand District School Board and all credits are recognised towards the resident's Ontario Secondary School Diploma. Small class sizes and progressive techniques facilitate the academic experience, as students develop the necessary learning skills to succeed long after they leave Portage.

For youth from youth

Within the Portage community, you will learn and grow through the healthy relationships that you will build with the other youth in treatment. They will encourage you to maintain your commitment to overcoming your substance abuse issues, and you will encourage them to do the same.

The idea of residential treatment may seem like an eternity, but it pales in comparison to the rest of your life. There will be difficult moments during your time 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, your loved ones, and for your future. Believe in yourself and believe that you have the power to change your life.

Freedom from Addiction

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