



PORTAGE

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FOR MORE INFORMATION  
ON THE PORTAGE MICA PROGRAM,  
PLEASE CALL US OR VISIT OUR WEBSITE:

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PORTAGE TREATMENT CENTRES

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

Portage's MICA Program has been made possible through the collaboration and the contributions of the EJLB Foundation and the *Ministère de la Santé et des Services sociaux du Québec*.

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.



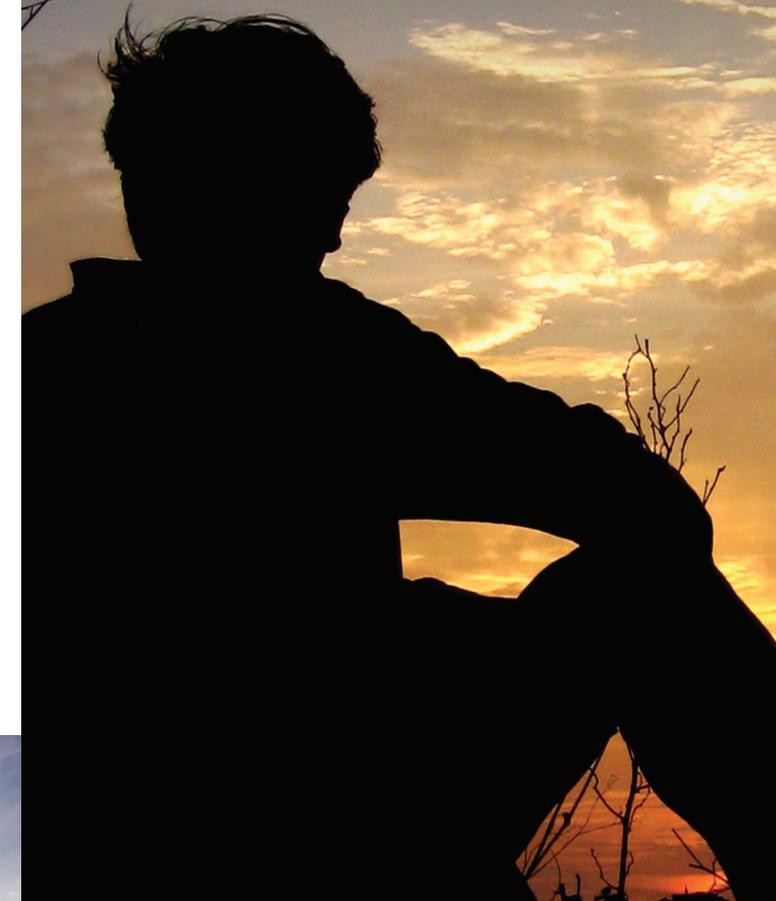
Portage is a non-profit organisation offering comprehensive drug addiction rehabilitation treatment to substance-dependent people in Atlantic Canada, Québec and Ontario. A vital and progressive force in the drug addiction treatment field in North America, Portage is internationally recognised for the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

Since it was established in 1970, Portage has helped tens of 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.

## Admissions

The Portage MICA Program is designed for men of 18 years and older who are addicted to drugs, alcohol, and/or medication, and who suffer from a chronic psychotic disorder (Axis 1 diagnosis). The individual must be mentally stable and have a medical team who will remain involved throughout the treatment process. Admission is voluntary and individuals must show a desire to change and to address their substance abuse issues.

# FREEDOM FROM ADDICTION



MENTALLY ILL CHEMICAL  
ABUSERS PROGRAM

[www.portage.ca](http://www.portage.ca)



Last updated June 2015



## Program for Mentally Ill Chemical Abusers (MICA)

Established in 1995, the Mentally Ill Chemical Abusers (MICA) Program is a residential program for adults suffering from both mental illness (primarily schizophrenia) and substance abuse, treating the two disorders as well as their interaction.

The MICA program is based on a modified therapeutic community approach, incorporating characteristics specific to mental health issues. This approach is based on self-help, mutual support, positive reinforcement, and peer influence, focusing on each individual's particular needs. Residents learn through participating in a variety of activities, therapeutic workshops, and psycho-educational groups, during which the individual takes on various roles and responsibilities.

Services are provided in collaboration with the resident's medical team, family, and support network. A multidisciplinary team oversees the medical and psychological needs of each individual from the time of admission to their reintegration into mainstream society. Family support services are also available.

## Treatment Objectives

- ▶ Eliminate abusive consumption of drugs and alcohol
- ▶ Gain a better understanding of one's mental illness
- ▶ Gain a better understanding of oneself
- ▶ Develop interpersonal skills and a better support system
- ▶ Reintegration into mainstream society (volunteer work, education, employment) and independent living

## Program Structure

### ORIENTATION:

Introduction to the program structure during outpatient phase of 4 to 6 weeks. Participants spend the day at the centre from Monday to Friday.

### RESIDENTIAL PHASE:

Approximately 6 months, depending on the individual's needs.

- ▶ Community meetings and psycho-educational groups
- ▶ Workshops
- ▶ Socio-cultural and recreational activities
- ▶ Development of social competencies

### TRANSITION PHASE:

While still living in residence, participants spend 6 weeks developing an exit plan in preparation for reintegration into mainstream society.

### SUPERVISED APARTMENTS:

Participants live in MICA's supervised apartments for a period of 6 months to 2 years, depending on the individual's needs.

- ▶ Weekly support groups and community suppers
- ▶ Individual counselling
- ▶ Participants are active in society: volunteer work, education, employment

### AFTERCARE FOLLOW-UP:

External support groups and individual counselling are available for an undetermined period of time, depending on the individual's needs.



## Why come to the MICA Program?

"To improve my mental and physical health" - **Martin**

"To gain a feeling of belonging" - **Charles**

"To get my life back on track" - **Marc**

"To have a better future" - **Maxime**

"To save my life" - **Sébastien**

"To get off the streets" - **Patrick**

"To get the courage to go back to school" - **Luc**

## Seeking help through rehabilitation therapy: a gift that keeps on 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.**

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*