



## Your contribution

Since its inception, in 1973, the Portage Foundation has collected over \$45 million from private sources for Portage's various substance abuse treatment and rehabilitation programs.

Portage could not fulfill its mission without the continuing financial support of the public and private sectors. This support enables Portage to pursue excellence, and to develop and transfer its expertise throughout its centres. Since 1973, donations made to the Portage Foundation have been allocated for the following purposes:

- ▶ Construction and renovation of facilities
- ▶ Research and non-subsidised activities
- ▶ Development of substance abuse programs for adults and for adolescents
- ▶ Development of substance abuse programs for targeted clientele: mothers with young children, and people with mental illness
- ▶ Social reintegration programming
- ▶ Family services

### HOW CAN YOU CONTRIBUTE TO PORTAGE'S MISSION?

By participating in one of our fundraising campaigns, you are making a concrete difference that will help Portage's residents seek Freedom from Addiction. Every donation, whether large or small, makes an important contribution. An income tax receipt will be issued for all donations of \$20 or more.

*Help Portage support those seeking Freedom from Addiction!*

### GIVE ONLINE, BY PHONE, BY FAX, BY E-MAIL, OR BY CONVENTIONAL MAIL

- ▶ Visit [www.fondationportage.ca](http://www.fondationportage.ca) to make an online donation
- ▶ Visit [www.portage.ca/donation-addiction](http://www.portage.ca/donation-addiction) to download and complete a donation form

### MEMORIAL GIFT

You can honour the memory of a family member, friend, or co-worker through a gift to the Portage Foundation.

### PLANNED GIVING

Planned Giving allows you to contribute in a way that offers Portage the stability to continue its mission over the long term. There are several ways to contribute to an endowment fund:

- ▶ An immediate gift: in cash or in the form of publicly traded shares
- ▶ A deferred gift: through a testamentary bequest or a gift of a life insurance policy

Please call us for more information on our Planned Giving Program. We will be pleased to provide you with the appropriate guidance.

### IN-KIND DONATIONS

Portage's different centres across Canada benefit from the generosity of donors who provide gifts in-kind. If you would like to make an in-kind donation, please e-mail us at [foundation@portage.ca](mailto:foundation@portage.ca).

PORTAGE

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

#### CENTRES FOR YOUNG PEOPLE:

##### Québec:

*French-language Programs*  
Prévost, QC  
450.224.2944

Saint-Malachie, QC  
418.642.2472

*English-language Program*  
Prévost, QC  
514.694.9894

##### Ontario:

Elora, ON  
519.846.0945

##### Atlantic Canada:

Cassidy Lake, NB  
1.888.735.9800

#### RESIDENTIAL CENTRE FOR ADULTS:

Prévost, QC  
450.224.2944

#### DAY CENTRE FOR ADULTS:

Québec City, QC  
418.524.0320

#### MOTHER AND CHILD PROGRAM:

Montréal, QC  
514.935.3152

#### MENTALLY ILL CHEMICAL ABUSERS (MICA) PROGRAM:

Montréal, QC  
514.935.3431

#### EMPLOYMENT REINTEGRATION CENTRES:

Québec City, QC  
418.524.0320

Montréal, QC  
514.598.7474

#### HEAD OFFICE, ADMISSIONS, & ADMINISTRATION

865, square Richmond  
Montréal, QC H3J 1V8  
514.939.0202  
[info@portage.ca](mailto:info@portage.ca)

PORTAGE

# FREEDOM FROM ADDICTION



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



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@PortageCanada



## Our history

Since it was founded in 1970, Portage has helped tens of thousands of people to overcome their substance abuse issues. Portage was first established in Québec, and has since opened rehabilitation centres in Ontario and in New Brunswick.

Portage is internationally recognised for the excellence of its services, having developed programs in more than fifteen countries and provided training in nearly twenty-five social services and correctional offices.

From its inception, Portage is proud to be of, by, and for the community. Wherever Portage provides services, community leadership monitors and oversees performance and ensures responsiveness and accountability.

### OUR MISSION

Portage fosters the strengths and skills of substance-dependent persons to enable them, through comprehensive and cost-effective interventions based on the therapeutic community approach, to live lives of sobriety, filled with dignity, self-respect, and accomplishment.

### OUR VISION

Portage will develop its unique, positive psychology-based therapeutic community approach in order to be recognised as a standard in the field. It will offer both residential and non-residential services, as well as training, project management, and community development in collaboration with other providers in a continuum of services.

### OUR VALUES

- ▶ Portage strongly believes in the capacity of human beings to strive towards freedom of choice, dignity, and autonomy. For Portage, the pursuit of personal growth is the inevitable result of the mobilisation of the individual's internal resources fostered by the stimulating and enriching influence of a favourable environment.
- ▶ Portage believes in being expressly client-centered, emphasising the security of the client and delivering quality services with financial and management discipline.
- ▶ Portage has an unconditional respect for the capacity of individuals to grow and make appropriate choices for themselves.

## Our services

Portage provides substance abuse treatment services across Canada to adults, adolescents, pregnant women and mothers with young children, people with mental illness, aboriginal communities, and people referred by the justice system.

Portage's treatment approach is based on the therapeutic community model and on self-help principles. Within an environment of mutual support and care, residents learn how to address their substance abuse issues and acquire the tools to help them function properly in today's society.

Portage helps residents to identify the issues that have caused their problems and to outline the competencies and strategies they need in order to address them.

The treatment programs consist of a series of social contracts entered into by the individual with the Portage community, whereby the individual agrees to discuss the issues that he/she is currently working on. The community provides guidance and encouragement, while supporting the individual's efforts to meet the obligations that have been set, and to achieve his/her goals. Portage employs a number of therapeutic techniques, including role modelling, a system of upward social mobility, group and individual counselling, along with collaborative treatment planning. Individual case management is central to the treatment process.

Education, sports, and social and cultural activities play important roles in the rehabilitation process as well. All Portage centres for youth offer on-site school programming through established agreements with local school boards, allowing participants to pursue their high school education while in therapy. The use of small classes and progressive techniques facilitates the academic experience of the residents, many of whom return to school after completing their residential therapy at Portage.

### CONTINUUM OF CARE

Portage provides a personalised follow-up to every individual who has spent time at one of its rehabilitation centres, even if the person left before completing treatment. By means of telephone calls or meetings to evaluate the individual's needs, Portage is committed to maintaining contact with former residents for at least two years, offering continuing support to help them through their rehabilitation process.

### SOCIAL REINTEGRATION AND AFTERCARE SERVICES

Reintegration into everyday society is an important element of the Portage process, as the client's new values, behaviours, and attitudes are put to the test in the outside environment. The Portage rehabilitation program prepares them for this challenge, giving them the tools to be able to withstand

negative influences, as well as to cope with the stresses of mainstream society. Portage accompanies former residents throughout this process with individual and group support.

### FAMILY SERVICES

An essential element of Portage's treatment programs are the services it offers to residents' family members. Provided through group meetings and individual support, these services help parents understand and manage the issues created by a drug-dependent family member.

For the adolescent programs, Portage offers joint family group meetings to help residents and families prepare for the transition back into the community. These services help the family to become an even better source of support to the resident throughout the recovery process.



## Our commitment to quality

### THE PORTAGE TEAM

Portage staff members teach residents to cultivate positive values that reinforce their trust in themselves, to develop a realistic perception of their lives, and ultimately to increase their self-respect.

Some of Portage's front-line counsellors are recovered individuals who went through the Portage program themselves, succeeded in their rehabilitation therapy, and have obtained the appropriate training to act as effective role models for the residents. Empathy, trust, and shared identity between residents and counsellors are key aspects of the recovery process at Portage.

Portage employees, both clinical and administrative, are renowned for the quality of their work, their empathy, and their professionalism. In an effort to continually improve the quality of its services, Portage encourages staff members to constantly further their knowledge and training to keep themselves up to date with the best and most current therapeutic practices for substance abuse rehabilitation.

### ACCREDITATION

Portage's registration with Accreditation Canada demonstrates its dedication to providing quality rehabilitation services. This accreditation recognises Portage for the capabilities of its employees and the expertise of the organisation.

### RESEARCH

Portage is committed to a system of compliance and audits of its programs, with regular outcome surveys performed by third party researchers. All major programs have been studied and have received positive evaluations.

### SERVICE QUALITY AND COMPLAINTS COMMISSIONER

Portage recognises the rights of the residents to openly express dissatisfaction with regard to the services they are receiving without threat of reprisal. They have the right to explanations and, where appropriate, corrective measures, within a reasonable amount of time. Portage's Local Service Quality and Complaints Commissioner ensures that all complaints are heard and addressed.

## Contact us

Admission at Portage is voluntary. Prior to admission, a meeting is organised to evaluate the candidate's needs and readiness to undergo therapy. It is also an opportunity for the resident to visit a Portage centre to get a better idea of the environment and the services offered. To reach us, you may visit our website at [www.portage.ca](http://www.portage.ca) or contact the centre nearest you.

