

DEWY Mobile

Day Evening Weekend for Youth

A Five Week Non-Residential Intensive Day Treatment Program for Youth 13-18

DEWY works collaboratively with youth 13 – 18 who are working to address substance use issues. The program helps youth to reduce or abstain from substance use through intensive group counselling and activities.

Program Features:

- Uses a group format, with support from a Peer Leader, to encourage participants to address how substance use may be impacting their lives
- Programming is offered in the home community, where participants can learn new skills, try them out and make adjustments if necessary – this helps support participants in the community in which they live
- This program can also help prepare youth to attend a residential program, or help youth returning from a residential program to make the most of practicing what they have learned into their home community.
- Recreation activities on some evenings/ Saturdays will help address wellness and connection to community

Who is Eligible:

- Youth 13 – 18 years old who are wanting to address how substance use is impacting their lives
- Willingness to participate in services being provided in a group format, including participation in group discussions and activities
- Willingness to contribute to an emotionally safe group experience, in which all participants can feel free to discuss their intentions to reduce or abstain from substance use
- Youth must be connected to a Youth Substance Use Counsellor at their local Community Substance Use Service, who can assess this program as a good fit for the youth

What Can You Expect:

- Group sessions are flexible and considerate of participant needs
- Each day is focused on a specific topic, and tries to relate the topic to each participant's daily life. Topics include: personal values; goal setting; substance misuse information; wellness; self-awareness; healthy relationships; relapse prevention; coping skills
- A typical DEWY Mobile program day includes a check-in, group discussion on the day's topic, an activity based on the topic; a group discussion relating the topic to one's own life

For more information, contact DEWY Mobile's Clinical Addiction Counsellor Jeff Ayres

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