

What is opioid use disorder?

Opioid use disorder (OUD) is when a person uses opioids even though it causes harm to themselves or others.

A simple way to explore if you are living with opioid use disorder is if you experience any of the 4 Cs:

- **Craving**
- Loss of **Control** of the amount or how often you use
- **Compulsion** to use
- Use despite **Consequences**.

Opioid use disorder can be a long-lasting condition that may be life-threatening. It can affect anyone of any status, gender, ethnicity or age.

It can be difficult to ask for help due to the fear of stigma. Our care is provided without judgement, and it is focused on the person needing help.

There is safe and effective treatment for opioid use disorder. Recovery is possible.

You can start today

- Ask the doctor at your community health clinic.
- Call or walk-in to any AHS opioid dependency clinic.
- Call the Virtual Opioid Dependency Program at **1-844-383-7688**.

**Open 8 a.m. – 8 p.m.,
7 days per week.**

VODP.ca

Need other health advice?

- If you would like to speak with an Indigenous Listener to discuss other AHS services available to you, please call the Indigenous Support Line at **1-844-944-4744**.
- Call the support line for any health concern between **noon and 8:00 p.m., Monday to Friday**.



Addiction &
Mental Health

Youth Virtual Opioid Dependency Program (yVODP)

**Reconnect to yourself,
your family & your community**



We can face withdrawal together

Withdrawal happens when opioids use is reduced or suddenly stopped.

Symptoms include:

- Nausea / vomiting
- Irritability
- Diarrhea
- Chills / sweating
- Muscle / bone pain
- Runny nose
- Insomnia
- Cravings
- Anxiety / depression
- (not able to sleep)

We'll help you get through withdrawal safely, and comfortably.



How can yVODP help you?

yVODP team offers hope and empowerment.

yVODP will work together with you to decide which treatment options fit your recovery goals.

Treatment works best when it combines medication and supports:

Medication: Opioid Agonist Therapy (OAT)

- OAT consists of medications that **reduce cravings** and **withdrawal symptoms**.
- OAT is **safe** and **effective** for all ages.
- A doctor will **listen** to you and discuss what medication is **best for you**.



"There is hope, youth VODP helped me get my life together. It's more than just opiate replacement, it's building a new way of life."

- 17 year-old patient,
six months with yVODP

Start treatment anywhere in Alberta, today

What other services are offered by yVODP?

Once you have initiated the medication, your yVODP team will work with you to support your recovery.

This means the yVODP team will provide:

- Individual and group addiction and mental health counselling and recovery skill-building
- Education and support to reduce the harms of substance use
- Connection to peer supports
- Referrals to specialized services and other recovery supports
- Family and caregiver support
- Education and support to manage your health
- Screening and treatment of infections
- Access to naloxone kits
- Support with housing, finance, legal, relationships.

What to expect?

Any person under 18 can connect with yVODP and start assessment and treatment while they stay in their home community.

All appointments are provided via Zoom or by telephone.

Once consent is provided, a member of your yVODP team will:

- Work with you to develop a treatment plan,
- Listen to you to develop some treatment goals
- Get your medication and treatment started on the same day.

All our services are:

- Supportive and non-judgemental
- Client-focused and strength-based
- Voluntary and confidential.

