



Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
	<p>2:30 – 4:00 pm VAMP Group</p> <p>Group Breakdown:</p> <ol style="list-style-type: none"> 1) Check in 2) Grounding 3) Session 4) Check out 	Recovery Activities	Recovery Activities	<p>2:30 – 4:00 pm VAMP Group</p> <p>Group Breakdown:</p> <ol style="list-style-type: none"> 1) Check in 2) Grounding 3) Session 4) Check out 	Recovery Activities

Recovery Activities at 3 Bridges may include individual counselling, acupuncture, attending SMART, LifeRing or Refuge Recovery meetings, meditation, and other therapeutic groups.

Recovery Activities in the community can include anything that supports your well-being, such as 12 Step meetings, exercise, walking, yoga, swimming, volunteering, community support groups, and any other personally identified wellness activities or goals.

Disclaimer: Both VAMP streams may be facilitated either online or in-person. Please check with intake counsellor for details.

VAMP Programming includes:

Early Recovery Skills

- Time planning and scheduling
- Awareness of triggers and cravings
- Basic recovery tools such as thought-stopping techniques
- The Gay, Bi & Queer Men's stream focuses on the relationship between crystal meth and sex

Relapse Prevention Skills

- Provides hope that things will get easier
- Relapse analysis and patterns of behaviour
- Tools to deal with obsessive thinking
- Learn to recognize, prevent or avoid high risk activities
- Understand the stages of recovery and what to expect over time
- Develop healthy relationship and communication skills

Individual Counselling

- Offers substance use counselling to help process VAMP material
- Client safe, culturally sensitive counsellors
- Client can access outside counselling while in VAMP

Aftercare

- Ongoing weekly support starting after completion of program
- Healthy socializing with other people in recovery

What is VAMP?

- A 12 week intensive day treatment program for folks who are struggling with substance use
- Offers a rolling intake so you can start the program when you're ready
- Offers structured support through:
 - Early Recovery Skills
 - Relapse Prevention Skills
 - Case Management Support
- GO VAMP offers ongoing Aftercare for people who have completed the program, open to returning graduates as well
- Offers short-term individual counselling to support you
- Uses cognitive behavioural therapy, and motivational interviewing within a trauma-informed and anti-oppressive approach
- Provides connection to complimentary programs such as acupuncture and mindfulness meditation
- Encourages building healthy connections in the community
- Offers opportunities to become a peer leader

Who can attend VAMP?

- People who live in Vancouver who are struggling with substance use and want to make a change
- People who are able to commit to regularly attending a 12 week program
- We offer a stream for Trans, Gay, Bi & Queer Men, and an All Genders stream open for anyone
- Two-Spirit, Trans or gender diverse people are welcome to attend the stream which they feel best reflects their gender identity

What can I expect from the team?

- To be welcomed with warmth, acceptance and a non-judgmental attitude
- To be treated with dignity and respect
- To have your personal information treated confidentially, as outlined in the VCH brochure *Caring for Your Personal Information*

How do I get started?

Call **604-331-8905**

Or

Drop in between 2:30-4:00 weekdays to schedule an intake



Vancouver Addictions Matrix Program

12 Week Intensive Day Treatment Program

3 Bridges Substance Use Services

1128 Hornby Street
3rd Floor

