



# REHABILITATION PROGRAM FOR YOUTH (14-21 YEARS OLD)

Free residential treatment for New Brunswick youth



**Worried about your teen's substance use? Help is available — and you don't have to wait.**

In a safe environment, youth take part in a 3- to 6-month program where they work on the root causes of their addiction and learn how to live a healthy life, without resorting to substance use.

The therapeutic community and support from other residents in similar situations are there to help youth regain confidence and self-esteem.

Social reintegration and family support help them reconnect with loved ones, build healthy social networks and maintain a positive lifestyle after treatment.

**“A little support can change everything.”**



Group meetings



Social reintegration



Emotional regulation



On-site School



Sense of belonging



Family support



Physical activities



outdoor activities

## Admission

### Getting Help Is Easier Than You Think

Many parents hesitate to reach out because they believe treatment centres are full or that the admission process is complicated. At Portage, this is not the case.

**Parents, youth themselves, or school staff can contact us directly** to obtain information or begin an assessment. No referral is required. The centre generally has beds available for admissions.

Initial contact and assessment happen quickly, and admission typically occurs shortly after. Between the assessment and admission, careful preparations are made to ensure each youth begins their recovery journey supported, prepared, and confident.

## What to Look Out for in Youth

For families unsure whether a situation is serious or just a phase, the following signs may indicate a need for support.

- Warning signs may include:
- Changes in friends, behaviour, or mood
  - Sleep, eating, hygiene, or weight changes
  - Increased conflict at home or school
  - Frequent absences or disciplinary issues
  - Missing money, alcohol, or medications
  - Lying about whereabouts or peer group
  - Involvement with law enforcement or drug-related items

## CONTACT US

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