

Substance Use Guidelines in BC Eating Disorders Programs September 2019

Region	Program Name	Program Type	Population	SU Exclusion Criteria	Substance Use Guidelines	Rationale	Other
Vancouver	VCH Eating Disorders Program	Outpatient	-All ages (Vancouver); 19+ (North Shore, Sea to Sky, Sunshine Coast, Bowen Island) -Dx AN, BN, OSFED -VCH region (Telehealth to support providers in coastal rural areas)	Substance use must not be primary diagnosis. Addictions treatment may be recommended prior to admission	Clients not to attend appointments while under the influence of substances. Addictions counsellor on staff to provide education and intervention for those using substances or with other addictive tendencies	Guidelines are in place to ensure safety of clients and staff, and to ensure clients are able to engage in treatment.	
	Richmond Eating Disorders Program	Outpatient	-All ages -Dx AN, BN, ARFID, BED (adults) -Richmond residents	N/A	Clients requested to attend appointments free from substances. Depending on level of substance use, SU counselling may be recommended as a concurrent service.	The program strives to offer the most effective treatment plan for the client based on best practices. Clients may concurrently address substance use through Transitions team.	Families and supportive others invited to participate in services

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Vancouver Island	Nanaimo Pediatric Eating Disorder Program	Outpatient	-≤17 and families -Dx AN, BN, OSFED, BED -Nanaimo area, Oceanside, Alberni Valley, West Coast	N/A	Severe SU will be assessed on a case-by-case basis. It may be determined that the client will be best served by the Discovery team		
	Nanaimo and Area Resource Service for Families Eating Disorders Program	Outpatient	-Age 6-19 and families -Persistent and serious problematic eating patterns (no dx necessary) -Nanaimo/Ladysmith area	N/A	Clients and families should not present to appointments in an inebriated state. Clients must be willing to recognize the link between disordered eating and substance use.	The program works from a client-centred, whole person, integrated philosophy with an understanding of harm reduction that works with clients where they are. If this is in a state of active addiction, substance use will be targeted as part of the treatment plan.	

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	Eating Disorders Program – South Vancouver Island Region	Community	-All ages -Dx AN, BN, BED and OSFED -South Vancouver Island and Gulf Islands (excluding Gabriola)	N/A	Those with substance use challenges will be provided information and asked to self-refer to local substance use program. Clients are asked to refrain from using substances prior to group and individual sessions. Substance use that becomes problematic or a barrier to participation will be addressed.		Families encourage to participate in services
	North Island Eating Disorders Program – Campbell River	Outpatient	-All ages -No dx required -North of Comox Valley	N/A	As a client focussed and collaborative program, NIREDP assesses each client on an individual basis. If substance use is the primary challenge for the client, we link him/her/them with local substance use services. When substance use is part of the presentation we may link with a local service while working w/ the client and/or work collaboratively with other services, families in order to provide a community, provided consent is given.		Family members are supported
	North Island Eating Disorders Program – Comox Valley	Outpatient	-Ages 19+ -No dx required -Comox Valley, Denman Island, Hornby Island, north of Bowser	N/A			Family members are supported

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Fraser Valley	Fraser Health Eating Disorder Program - Adult	Outpatient	-18.5+ -Dx AN, BN, ARFID, OSFED, and ARFID (South Fraser)	N/A	We accept all referrals but may ask and encourage a person to also be connected to substance use services for co-management and access to detox, daytox, day programs or residential treatment if needed.	We work from a harm reduction approach and provide support and education.	We ask that clients and family members attend appointments and groups not under the influence of substances.
	North and South Fraser Eating Disorder Program, CYMH, MCFD	Community /secondary	-<19 -Dx AN, BN, ARFID, BED, OSFED (GP referral only) -Residing in North/south Fraser region	N/A	Harm reduction and connecting youth/family with SU education/treatment concurrently with ED treatment. Access regional youth concurrent disorders clinician if needed. We also work with motivation and readiness for change.	Our focus is To reduce barriers to receiving any and all relevant treatment services. To work collaboratively and utilize resources within our region to ensure best practice and complexity of client needs are served. To prevent ED relapse and support ED recovery.	Support and education provided to families. Crisis intervention and assistance in connecting to local services such as detox, day treatment, and residential treatment if needed.

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Fraser Valley	Fraser East – MCFD CYMH Abbotsford	Community	-Age <19 -No dx required -Abbotsford	N/A	CYMH clinicians providing services to clients with co-occurring substance use concerns consult with a regional Youth Concurrent Disorders consultant to collaborate with respect to assessment and treatment options. Clients may also access other local substance use services, and are encouraged to consent to CYMH collaborating with such services for integrated and collaborative case management and treatment.		Families encourage to participate in services
	Fraser East– MCFD CYMH Cascade	Outpatient	-Age <19 -No dx required -Hope area	N/A	Substance use is managed collaboratively with the client and is a treatment target when necessary or desired by the client		A family-centred/ systems approach to counselling & case mgmt. whenever possible
	Fraser East – MCFD CYMH Chilliwack	Community	-Age <20 -No dx required -Chilliwack area	N/A	Consultation provided by Concurrent Disorders Specialist while in treatment		Family involvement in treatment recommended; SU is seen as another factor to consider when working w/ client/family

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	Fraser East – MCFD CYMH Mission	Community	-Age <19 -No dx required -Mission	N/A	Patients are required to show up sober, able and willing to participate in any appointment.	Active participation in mental health assessment and treatment is required	Parents are invited to be actively involved in assessment and treatment.
Interior	Kelowna Eating Disorders Program	Outpatient	-All ages in Central Okanagan; age <19 in South Okanagan -Dx AN, BN -Catchment?	If SU is the primary diagnosis and a therapy-interfering behaviour, client will be referred to SU team and ED team will provide consultation	Clients using substances encouraged and supported to access SU treatment concurrently with ED treatment. If client attends groups under the influence and negatively impacts others' therapy, they will be supported to leave.	Clients are expected to refrain from substance use that hinders their ability to engage in treatment or the treatment of others.	
	North Okanagan Eating Disorders Program	Outpatient	-All ages -Dx AN, BN -Interior (including Salmon Arm)	N/A. Stabilization required before admission	No primary diagnosis of SUD	Only AN/BN diagnosis admitted due to limited resources. Willing to partner with other mental health and substance use programs to provide best care.	

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	Kamloops Eating Disorders Program	Community	-All ages -Dx An, BN, OSFED and ARFID -Thompson Cariboo Shushwap	N/A	Clients requested to attend appointments and groups free from substances. Depending on level of substance use, Mental Health SU counselling or the Raven program may be recommended as a concurrent service.	Our program's philosophy is that treatment for eating disorders and substance use can and should occur simultaneously when possible. However, if the substance use impairs functioning to the point of significant interference with the eating disorder treatment process and is clearly the predominant issue, there needs to be stabilization in this area first.	
	Kootenay Boundary Eating Disorder Clinic	Outpatient	-All ages -Dx AN, BN, ARFID -West Kootenay	N/A	Clients may not be under the influence of substances while attending the clinic	Clients must be able to focus on treatment. Client and staff safety is a priority.	

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North	Northern Health Authority Regional Outpatient Eating Disorder Clinic	Outpatient	-All ages -No dx required -Prince George (direct care); consultation and assessment (anyone in North)	N/A	Clients requested to attend the clinic free from substances	Clients are best served when cognitively aware	
Provincial	Provincial Adult Tertiary Specialized Eating Disorders Program	Inpatient, outpatient and residential	-Age 17+ -Dx AN, BN, ARFID, OSFED -Provincial	<i>Inpatient:</i> N/A. Withdrawal can be managed on unit. Access to AA/NA on site <i>Outpatient:</i> N/A. Collaboration with community drug and alcohol services and connection with Rapid Access Addiction Medicine Clinic.	Clients supported and encouraged to attend community SU services and/or Rapid Access Addiction Clinic at St. Paul's Hospital	Focus of residential care is intensive psychological work. All clients are expected to abstain from substance use to maintain focus on eating disorder work and support community of co-patients who may have substance use challenges themselves.	

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				Residential: No SU in program, 6 weeks substance free prior to admission. SU may be addressed in program; this includes marijuana.			
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	Looking Glass Residence	Residential	-Age 16-24 -Dx AN, BN, OSFED -Provincial	Individuals with history of misusing substances require 6 weeks free from substances prior to referral. Frequent cannabis users to reduce use to maximum of 3x per week prior to referral, with recommendation that they cease use prior to admission	During treatment at LGR, a substance free stay is strongly encouraged. The health care team will support residents in developing alternative methods of coping with symptoms and difficult emotions, as well as provide relapse prevention and strength-based strategies to build capacity for when away from LGR.	To prevent concurrent SU that may predispose the person to risk of withdrawal. Focus of residential care is intensive psychological work. All clients encouraged to abstain from substance use to maintain focus on eating disorder work and support community of co-patients who may have substance use challenges themselves	

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	Discovery Vista House	Residential	-Age 19+ -Dx AN, BN or OSFED	Clients must be free from substances 6 weeks prior to admission. Clients may not use substances over duration of treatment (approx. 3 mos. Long). SU treatment may be advised before beginning treatment.	History of substance use will be factored into treatment plan and additional supports will be offered. Clients who use substances during the program have two opportunities to continue the program with additional support. A 3rd time will result in discharge from the program. 4-6 month follow-up treatment does not require abstinence, but clients must not be under the influence of substances while receiving treatment at the program.	Substance use during the program may interfere with clients' ability to engage effectively with their own and others' recovery work, and may make the facility unsafe for others.	