



# SAPACCY

## SUBSTANCE ABUSE PROGRAM FOR AFRICAN CANADIAN AND CARIBBEAN YOUTH



SAPACCY provides services to African Canadian and Caribbean Youth and their families. We help youth and their families make positive choices about substance use and mental health issues.

We believe it is important to include families when helping youth, because they offer experience, support and strength. We can provide services in your neighbourhood or at a location of your choosing.

Our services are covered by OHIP and are free for Ontario residents.



**WHAT WE OFFER** We offer counselling and support services to Black youth, aged 13 to 24, and their families, to improve their spiritual, emotional, mental and physical experiences. Our services include:

- counselling
- assessment
- consultation
- family support
- referrals
- community-based groups for youth
- parent support
- community presentations on alcohol, other drugs and mental health
- advocacy for youth.



**PHONE:**  
416 535-8501 ext. 6767

**WEB:**  
[http://www.camh.net/about\\_camh/guide\\_sapaccy.html](http://www.camh.net/about_camh/guide_sapaccy.html)



### WHO WE ARE

SAPACCY staff are of Continental African, African Canadian and Caribbean heritage. We have professional training, experience and knowledge about substance use and mental health issues among Black youth and their families.

Volunteers are also an important support service at SAPACCY. People who want to give back to the Black community also contribute to the SAPACCY by offering:

- mentorship
- tutoring
- friendly visiting
- presentations.

A Program Advisory Committee (PAC)—representing the diversity within the African Canadian and Caribbean community—guides the sapaccy program. The pac members include university professors, doctors, directors, consultants, parents, youth workers and lawyers.



### HOW IT WORKS

Anyone concerned about substance use and mental health issues may call us: youth, family members, school, probation services or family doctors. All requests for counselling, consultation, presentations and general information are accessed through one phone call to sapaccy. For calls requesting individual help, we respond within 24 hours to arrange an appointment with the youth and his or her family. Youth and their families can meet with a counsellor to find information they need and discuss service choices.

The staff will:

- talk with you to understand your concern
- answer your questions
- explain the sapaccy program
- explain your privacy rights
- arrange to meet to discuss assessment and goal setting
- agree to a meeting location and schedule.

**COUNSELLING WILL END ONLY WHEN YOU BELIEVE THAT YOUR GOALS ARE MET.**

