

BC ECHO on Substance Use Post-session Resources

Session Title: OAT in Practice – Key elements of continuing care

Date: July 23, 2026

Context

This document, now available to all BC ECHO on Substance Use session registrants, compiles resources shared during the live session and contributions from our Hub Team members. It also includes additional services and resources related to substance use care that are not specific to the session.

Guidelines, education, and resources for care providers

- [Addiction Care and Treatment Online Course \(ACTOC\)](#) is a free, online course provided by the BCCSU and UBC CPD for healthcare providers who diagnose and treat patients with substance use disorders
 - o See “Opioid Use Disorder” in Module 5
- The [Ashton Manual](#) provides guidance on designing benzodiazepine tapers. While this resource doesn’t provide guidance on OAT, this resource can be helpful in planning care for patients accessing an unregulated drug supply with potential benzodiazepine contamination.
- [Decision Support Tools for Opioid Use Disorder](#) for BC physicians, nursing and allied health professionals, and other care providers involved in the treatment of individuals with opioid use disorder.
- [Opioid Access Treatment Line](#) (1-833-804-8111). Available every day from 9:00a.m. to 4:00p.m. across BC. Individuals seeking care are connected to healthcare workers that can support with prescribing same day opioid agonist treatment medication, connection to community supports, and follow up to ensure needs are met.
- [Opioids: A Survivors Guide](#) is a handbook to support individuals with lived experience and their families and support networks, that answers some of the common questions people have when they need help with opioid use or dependence.
- [Provincial Guideline for the Clinical Management of Opioid Use Disorder \(2023\)](#), offers guidance for all individuals aged 18 and older.
 - o See pg. 193 section A7.5 for “Long-term Effects of OAT”
- [Provincial Opioid Addiction Treatment Support Program \(POATSP\)](#) is a comprehensive education and training program that equips clinicians to prescribe opioid agonist treatment.
 - o **For physicians and nurse practitioners:** education and training pathway is found [here](#)
 - o **For registered nurses and registered psychiatric nurses:** education and training pathway is found [here](#)
- [Questions about Opioids and the Answers that May Surprise You](#) supports individuals considering or starting an opioid taper. Additional booklets, handouts, posters and infographics can be found [here](#).

Psychosocial services and Peer resources

- [CAPSA Peer Support](#) offers free peer-led group meetings for anyone seeking to improve their relationship with substances. Families, allies, and other professionals are also welcome to attend.
- Clinical and community resources on harm reduction, services, and treatment access in Northern BC are available [here](#).
 - o For peer network connecting individuals in the North with healthcare services, email: Peer.Network@northernhealth.ca
- [Harm Reduction Works](#) (HRW) is dedicated to improving the quality of harm reduction care, organizing and practice.

- [HelpStartsHere: Mental Health and Substance Use Care in BC](#) for virtual services offered across all BC regional health authorities.
- [HeretoHelp](#) provides mental health and substance use-related information, including personal stories, self-help resources, and connection to services in BC.
- [LifeRing](#) provides peer support programs across BC (in-person and online options).
- [Pay What You Can Peer Support](#) offers 25+ online support groups on a broad range of topics.
- [Refuge Recovery](#) is a Buddhist-inspired approach to recovery. To find a meeting [click here](#) or to listen to their podcast [click here](#).
- [Substance User's Society Teaching Advocacy \(SUSTAIN\)](#) provides a list and map of BC peer-based groups.

Harm Reduction resources

- [BCCSU's Drug Checking](#) Program [monthly summaries](#) give high-level overview of the data collected by their drug checking partners.
- [DrugCocktails.ca](#) provides information about the risk and effects of mixing various medications and substances.
- [Drug Checking Office Hours](#) are open to anyone in Canada with questions about drug checking.
- Drug checking services:
 - o [Drug Checking BC](#) provides a list of local drug checking services
 - o [Get Your Drugs Tested](#) offers testing by mail and is available to all people living in Canada
 - o [Substance Drug Checking](#) offers testing by mail for people on Vancouver Island or by drop-in in Victoria
 - o [Mountainside Harm Reduction Society](#) provides peer-led drug checking in the Fraser Health region
 - o [POUNDS Project](#) provides drug checking and Overdose Prevention Services in Prince George
- Falls Prevention
 - o [Home Activity Program](#) is designed to improve balance and muscle strength for home and community care clients
 - o [Home Safety](#) for simple and inexpensive changes to prevent falls at home
 - o [Preventing falls as you age](#), includes risk assessments, tips to increase strength and balance, educational videos and printable resources
- [Lifeguard App](#) is available through the [iOS App Store](#) and [Google Play](#). Recent updates include a more accessible and streamlined design, enhanced mental health resources, peer support access, and expanded listings of local health and social services.
 - o *Note:* Depending on where a person lives, dispatch time for Emergency Health Services is a potential limitation of the Lifeguard app, given the impacts of damage to the brain and other organs caused by prolonged apnea (lack of breathing). The benefits and drawbacks of using an app compared to having another person present should be discussed with the client
- [National Overdose Response Service \(NORS\) Line](#) is a 24/7, 365-days a year, virtual safer consumption hotline available in Canada. Call or text 1-888-688-6677.
- [Sign up to receive texts with BC-specific toxic drug and health alerts](#). This service is offered by Toward the Heart and BCCDC in collaboration with regional health authority and community partners. Text the word JOIN to 253787 (ALERTS) to sign up.
- Towards the Heart [Site Finder](#) to find local harm reduction services.

Substance use care services and resources

- The **24/7 Addiction Medicine Clinician Support Line** provides telephone consultation and support to physicians, nurse practitioners, nurses, midwives, pharmacists, and other health and allied professionals in BC who are

involved in addiction and substance use care and treatment. Thanks to a partnership with FNHA, this service extends beyond clinicians, offering addiction medicine guidance to **addiction support staff calling from Indigenous communities within BC**, including Indigenous urban centres. **To speak to an Addiction Medicine Specialist, call 778-945-7619.** To learn more, visit: <https://www.bccsu.ca/24-7/>.

- [Alcohol & Drug Information Referral Service \(ADIRS\)](#) connects individuals in BC with information about detox, counselling, treatment programs, recovery homes, support groups, and other education and prevention resources. **Available in the lower mainland at 604-660-9382 (24-hour) and elsewhere in BC at 1-800-663-1441 (24-hour).**
- [Community Transition Teams | BC Mental Health & Substance Use Services](#) provide comprehensive care coordination and peer support to help substance use and/or mental health clients transition to community following release from custody
- [Lighthouse Virtual Substance Use Care Clinic | Vancouver Coastal Health](#) provides free phone appointments for people who use substances in the Vancouver Coastal Health Region. Available 7 days a week by phone at **604-806-8223** or toll-free **1-877-842-8884**.
- [Northern Health Virtual Substance Use Clinic](#) offers substance use support to residents of Northern Health Region. **Call 1-844-645-7811.**
 - o [Full list of mental health and substance use services](#) by community
- [Rapid Access to Addiction Care \(RAAC\) Clinic | Fraser Health](#) provides low-barrier, responsive care to patients with substance use concerns with an aim of assessment, initial stabilization and transition to community-based clinics and services. No referral required.
- [Rapid Access to Consultative Expertise \(RACE\) line](#) is available for consult to physicians, nurse practitioners, medical residents, and midwives, Monday-Friday from 0800-1700 PST.
- [Substance Use \(addictions\) Services | Fraser Health](#)
 - o [Fraser Health Access Line](#): Mental Health and Substance Use (Home of Access Central for Substance Use Services) is available to advise and connect individuals with the service that best fits their needs. Open 7 days a week from 8:30 am to 8:30 pm, 365 days a year.
 - o Call 1-833-866-6478 or fill out the [online form](#) to request a call from the team within 48 hours
- [Virtual Addiction Medicine \(VAM\) | Interior Health](#) provides urgent care and medical support for those with substance use disorder in the Interior Health Region.

Resources for people who self-identify as Indigenous

- [Aboriginal Cultural Practices: A Guide for Physicians and Allied Health Professionals Working at Vancouver Coastal Health](#) provides information on Indigenous cultural practices in clinical settings.
- BC regional health authority Indigenous or Aboriginal Health Programs offer tailored services and programs to support Indigenous patients and families in accessing health and wellness services:
 - o [Interior Health](#)
 - o [Fraser Health](#)
 - o [Island Health](#)
 - o [Northern Health](#)
 - o [Vancouver Coastal Health](#)
- [First Nations Health Authority](#) (FNHA) provides resources for learning more about Indigenous wellness and cultural practices.
 - o [Detox and Withdrawal](#)
 - o [Finding your Treatment Pathway](#)

- [First Nations Treatment Centres](#)
- [Toxic Drug Crisis Data](#)
- [First Nations Virtual Doctor of the Day](#) provides virtual appointments for all First Nations Peoples and their families living in BC. **Call 1-855-344-3800**, 7 days a week, 8:30 am to 4:30 pm to schedule an appointment. Printable poster available [here](#).
- [Friendship Centres](#) offer cultural practices to Indigenous Peoples across BC. To locate the nearest Friendship Centre, click [here](#).
- [Indigenous Harm Reduction](#) is a culturally rooted approach that addresses the impacts of colonialism and reconnects First Nations, Métis, and Inuit peoples to land, spirit, and community in substance use care.
- Substance use [Poster series: Humility, Respect, Connection and Love](#), and [supports and services](#) are available to First Nations, Inuit, and Métis.
- The [Thunderbird Wellness App](#) is free and is available on the [iOS App Store](#).
- [Virtual Substance Use and Psychiatry Service](#) provides free access to specialists in addictions medicine and psychiatry as well as mental health and allied health care professionals. Referrals required from health and wellness providers, Knowledge Keepers and Elders, and is available to all First Nations people and their families living in BC.
 - **For Clients:** Contact your health and wellness provider or (the [First Nations Virtual Doctor of the Day](#)) for referral
 - **For Health and wellness providers:** Call 1-833-456-7655 for questions or to make a referral