

BC ECHO on Substance Use Post-Session Resources

Session Title: Identifying & Treating Alcohol Use Disorder in Primary Care

Date: September 24, 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.

AUD publications and resources

- [Guideline for the Clinical Management of High-Risk Drinking and Alcohol Use Disorder:](#)
 - o See Appendix 1 (page 98) on alcohol use screening, and Appendix 2 (page 111) on brief intervention.
- [helpwithdrinking.ca](#), offers information and resources for the public and for health care providers:
 - o See [Screening](#), [brief intervention](#), and [treatment](#), for more information and many downloadable resources.
- [Canada's Guidance on Alcohol and Health](#) (published May 2023):
 - o The [Communications Toolkit](#) contains free-to-use resources related to *Canada's Guidance on Alcohol and Health*. You are invited to use the resources to promote *Canada's Guidance on Alcohol and Health* and amplify the key messages.
- [Addiction Care and Treatment Online Course \(ACTOC\)](#) is a free, online course provided by the BCCSU and UBC CPD for healthcare providers who provide care to people who use substances.
 - o See "Alcohol Use Disorder" in Module 3.
- Health Data Coalition's [Discover Application](#) provides a web-based platform for primary care providers to identify trends, strengths, and opportunities to implement clinical measures like alcohol use screening
- UBC CPD offers a free e-learning course, "[Alcohol Use: Screening, Determining Risk, and Evidence-Based Treatment](#)", exploring best practices in alcohol discussions, screenings, management and treatment

Psychosocial services and resources

- Listen to the BCCSU's [Addiction Practice Pod](#) Season 6, Episode 6, "*Inquiring about alcohol use in clinical practice*" for strategies to inquire about and treat alcohol use disorder in primary care settings. Listen online or through your preferred streaming platform:
<https://bcechoonsubstanceuse.ca/podcast/inquiring-about-alcohol-use-in-clinical-practice/>
- [BrainTrust Canada](#) offers funded life skills support, clinical counselling, and other services for people living with traumatic brain injury in North and Central Okanagan region who meet program criteria
- [Cognitive Assessment and Rehabilitation for Substance Use](#) (Vancouver Coastal Health Region) offers assessment and treatment services for people experiencing cognitive challenges related to substance use, including alcohol

- [DIVERSEcity's Mental Health and Substance Use Services](#) provide free, compassionate, culturally-informed, and confidential counselling and support services in several languages, including Punjabi, Hindi, Urdu, Arabic, Spanish, Mandarin, Farsi, and English. See their website (linked above) for a referral form.
- Motivational interviewing e-learning resources:
 - o [Motivational Interviewing](#) summary from the Canadian Centre on Substance Use and Addiction's *Essentials Of... Series*
 - o [Motivational Interviewing \(2 hrs\) eLearning through UBC CPD](#)
 - o [Motivational Interviewing Foundations Online Learning Pathway](#) through CCMI Canada (16-18 hrs)
 - o [Motivational Interviewing in Primary Care: Substance Use Disorders beyond AUDIT/DAST](#) article
 - o [Impactful Conversations: Motivational Interviewing with Youth who Use Substances](#) through PHSA (video recording, 1 hour), part of a series on youth substance intoxication and withdrawal management from UBC CPD: https://childhealthbc.ca/mhsu/cysu_webinar_series_recordings
- [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).
- [Refuge Recovery](#) is a Buddhist-inspired approach to recovery. To find a meeting [click here](#) or to listen to their podcast [click here](#).
- [SMART \(Self-Management and Recovery Training\) Recovery BC](#) provides information about in-person meetings and links to virtual SMART meetings. The SMART Recovery 4-point program focuses on: building and maintaining motivation; coping with urges; managing thoughts, feelings and behaviours; and living a balanced life.
 - o Mobile App is available on the [iOS App Store](#) and [Google Play Store](#), for instant access to support resources.

Harm reduction and Peer support

- [Alcoholics Anonymous online for BC Yukon](#) provides links to in-person and online AA meetings:
 - o There are several Punjabi-speaking AA meetings, as detailed [here](#) and [here](#). Search your local AA chapter's website to identify what options are available in your area.
- [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
- [DrugCocktails.ca](#) provides information about the risk and effects of mixing various medications and substances.

- [Harm Reduction Works](#) (HRW) is dedicated to improving the quality of harm reduction care, organizing and practice.
- [Pay What You Can Peer Support](#) offers 25+ online support groups on a broad range of topics.
- “*Nutritional Harm Reduction for Illicit Drinkers*” is a one-page tip sheet produced by the Eastside Illicit Drinkers Group for Education (EIDGE) for people who drink that are looking to improve their nutrition
 - o Visit this page and scroll down for the PDF or image version: <https://vandu.org/eidge/>

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/>.
- The [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
- [Crisis Response Community Led](#) (CRCL) is community-led service available in six communities across BC that supports people experiencing a mental-health or substance-use crisis. Find your local CRCL [here](#).
- [HelpStartsHere: Mental Health and Substance Use Care in BC](#) provides virtual services across all BC regional health authorities.
- [Junction Community Centres](#) provide community-based substance use recovery services, offering inclusive spaces and centering lived and living expertise. In-person and online services are available in several regions across BC for adults 19 years and older.
- [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.**
- [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.

- [Regional Nutritional Counselling Clinic Referral Form](#) (Providence Health Care, Vancouver Coastal Health Region)
- [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](#)
 - o [First Nations Treatment Centres](#)
 - o [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