

# THE ADDICTIONS MANAGEMENT PROGRAM



## EMPLOYEE ASSISTANCE PROGRAM

### SPECIALIZED SUPPORT WHEN IT'S NEEDED MOST

The Manitoba Blue Cross Addictions Management Program provides non-residential assessment and treatment services for any addiction through our renowned Employee Assistance Program (EAP). We specialize in addictions complicated with depression, panic and anxiety, family dynamics, abuse and stress.

#### Who is the Addictions Management program for?

The program is directed at adults who are affected by alcohol, drug use, smoking, gambling and other substance use and behavioural health disorders. We're proud to provide tailored support through our multidisciplinary team of professional specialists.

#### What topics are covered?

The program consists of an educational focus to gain an understanding of the mental processes that underlie emotions and the basis of addictive behaviour, including topics such as:

- the ABCs of cognitive behavioural therapy (CBT).
- anxiety and depression.
- coping strategies.
- emotional regulation.
- family dynamics.
- neurobiology of dependency.
- relationships and communication.
- reoccurrence.
- stages of change.
- the basics of trauma.
- guilt and shame.

#### How long is the program?

The program extends over a ten-week period through a group meeting process.

#### Where are the sessions offered?

We offer virtual sessions through a secure online video platform.

#### When do the sessions take place?

Sessions take place on Wednesday evenings from 5:30 p.m. to 7:00 p.m.

### CBT FOCUS

Sessions follow a CBT model with strong research support for its efficacy, which aims to treat the root cause of thought patterns that influence the emotions that lead to addiction. Benefits include:

- understanding the psychological, emotional and thinking process that underlies addiction.
- identifying and changing unwanted behaviours.
- learning positive coping strategies to help manage daily stressors and triggers.

# FLEXIBLE TREATMENT PROCESS



## Assessment

This consists of confidential and nonjudgmental assessments with a member of our intake team to ensure the individual's appropriateness for the program. We strive to ensure all individuals feel comfortable and supported as they begin their journey through the program.



## Treatment

The recommended mode of treatment will be based on the individual's assessments, readiness for change, goals and level of comfort with a group or individual format. However, the central treatment focus typically consists of group meetings that have an educational focus.



## Additional support

Following treatment, the focus shifts to assisting the individual with aftercare issues and relapse prevention. Additional support may be offered through one-on-one sessions if required, depending on the individual's benefits plan.

# CONFIDENTIAL ACCESS TO TRUSTED RESOURCES



## Confidentiality is assured.

Accessing the program does not require notifying your employer or organization, and we will not disclose personal information to anyone without your written consent.



## Program access is provided through voluntary self-referral or on a mandatory basis.

We offer voluntary self-referral for members with EAP coverage from Manitoba Blue Cross, as well as a mandatory referral service that includes comprehensive intake screening, standardized testing, formal assessment interviews and reporting.

The program is also open to the public and both self and mandatory referrals are accepted.



## Accessible to those with Manitoba Blue Cross coverage and the public.

The Manitoba Blue Cross EAP will likely cover the cost of services of the Addictions Management Program. However, if benefits have been used for other counselling services, the client may incur additional expenses. Those not covered by the EAP may purchase access to the program on a fee-for-service basis.

# CONTACT US

For more information, call the Manitoba Blue Cross Employee Assistance Centre at:

**204.786.8880**

**1.800.590.5553 (toll free)**

*For the Deaf, hard-of-hearing and speech-impaired community, our EA Centre can receive VRS calls.*

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