



What is a RAAM Clinic and who is it for?

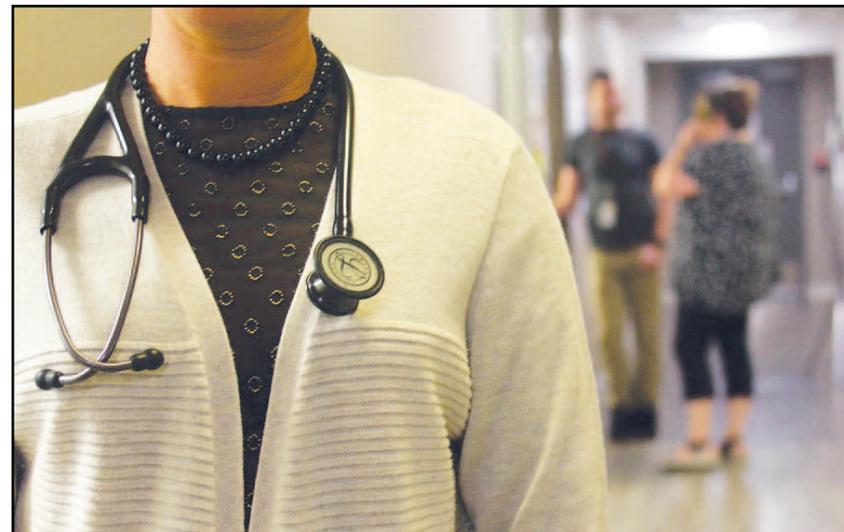
RAAM clinics are walk-in clinics for adults (ages 18+) looking to get help with high-risk substance use and addiction. No referral is needed.

This includes people who want to try medical assistance to reduce or stop their substance use. They may experience frequent intoxication or overdose symptoms, as well as unpleasant withdrawal symptoms when attempting to reduce or stop their substance use. RAAM clinics are also for people who may have substance-related health issues, such as hepatitis, pancreatitis and infections.

RAAM clinics are not for people needing urgent medical attention for serious physical problems or mental health symptoms such as psychosis (paranoia, delusions, hallucinations), agitation; who are at active risk of harm to self or others, or who require police/security involvement.

It can be very difficult to accept that your substance use is problematic, and it's normal to feel ashamed, frightened, or angry. But the good news is that medical treatment for problematic substance use and addiction is safe and effective.

You don't need an appointment, just show up during clinic hours. If you have a Manitoba Health card or Manitoba Health number, please bring this along.



People can and do recover from addiction.

Rapid Access to Addictions Medicine

For general information about RAAM please contact the Manitoba Addictions Helpline at:

1 (855) 662-6605
mbaddictionhelp.ca



What happens when I go to a RAAM Clinic?

If you're feeling anxious or hesitant about going to the RAAM clinic, consider bringing a supportive person with you. This may make you feel less overwhelmed and alone.

The clinic team will complete a health history including questions about your substance use such as:

- when and how you started using
- how much and how frequently you use
- how it may impact your life and responsibilities

The clinic team is there to help you. These questions are to get a complete picture of you in order to determine how to best help you. Once the health history is complete, the RAAM clinic team will make treatment recommendations.



Substance use conditions are treatable.

- 1. EDUCATION** The RAAM clinic team will provide you with information on how to make choices that will lower the risks of substance use.
- 2. COUNSELLING** The RAAM clinic provides brief counselling or may refer you to counselling programs as part of your treatment.
- 3. MEDICATIONS** Addiction to some substances, such as alcohol or opioids, can be treated with a medication that will help to lessen cravings, as well as the withdrawal symptoms. Medication usually makes other types of treatment much more effective and reduces the risk of relapse. The team will discuss appropriate options with you.
- 4. OTHER SUPPORTS** There may be the need for more intensive services such as withdrawal management (i.e. "detox") or residential addiction treatment. The RAAM clinic team can arrange referrals to these and other specialized services.

Where can I find a RAAM Clinic?

Services are provided on a first come, first served basis, with some prioritization based on urgency. The walk-in clinics fill up quickly, it is advised you arrive at registration time. If the clinic is full, you may be referred to other services in your community.

WINNIPEG

Crisis Response Centre, 817 Bannatyne Ave
Tues, Weds & Fri – 1 pm to 3 pm
(Registration opens at noon)
P (204) 792-7159

River Point Centre, 146 Magnus Ave.
Mon 1 to 3 pm & Thurs – 9:30 to 11:30 am
(Registration opens Mon 12:30 pm & Thurs 9:00 am)
P (204) 390-8078 | TF 1 (855) 662-6605
Call Mon to Fri 8:30 am to 4:30 pm

SELKIRK

Selkirk Community Health Office, 237 Manitoba Ave.
Tues 12:30 to 3:30 pm (Registration opens at noon)
P (204) 785-7513
Call Mon to Fri 8:30 am to 4:30 pm

BRANDON

7th Street Health Access Centre, 20 – 7th St.
RAAM Clinic - Mon, Tues & Weds – 11 am to 1 pm
(Registration opens at 10:45)
P (204) 578-4800
Call Mon to Fri 10 am to 6 pm

THOMPSON

Eaglewood Treatment Centre, 90 Princeton Dr.
Tues 9:30 am to 12 pm, Weds & Thurs – 1 to 4 pm
(Registration opens Tues 9:00 am & Weds, Thurs 12:30 pm)
P (204) 677-7300 or (204) 677-7240 TF 1 (866) 291-7774
Call Mon to Fri 8:30 am to 4:30 pm

PORTAGE LA PRAIRIE

159 – 5th Street S.E.
Tues & Thurs – 1 to 3 pm (Registration opens at 12:30 pm)
P (204) 239-8800
Call Mon to Fri 8:30 am to 4:30 pm

The posted clinic hours are for new walk-in patients seeking RAAM clinic services. In addition, the RAAM clinical team – physician, counsellor, nurse – provides follow-up to patients, coordinating medication management, making referrals to other services, supporting and consulting with other providers, and informing other service providers about RAAM clinic services.

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