

Thrive Program launches at Drop-In Centre to support mothers with opioid use dependence

The Upper Canada Family Health Team partnered with Lanark Leeds and Grenville Addictions and Mental Health to improve community access to the Thrive Program

March 18, 2024 – Lanark Leeds and Grenville Addictions and Mental Health (LLGAMH) is the new home for the Upper Canada Family Health Team’s Thrive Program. This community-based Program provides one service coordination point to improve the health and social outcomes for pregnant individuals and mothers of children under 18 who are experiencing problems with opioids.

“The Upper Canada Family Health Team is very excited to partner with Lanark Leeds Grenville Addictions and Mental Health in delivering the Thrive Program to those who need it in our community,” says Sherri Hudson, Executive Director, UCFHT.

Domenic Ielo, CEO, LLGAMH, explains: “Through strategic partnerships, we’re helping to remove access barriers for our clients by bringing specialized services into the community. Thrive is an excellent example of this, and we’re very pleased to partner closely with UCFHT to improve the lives of some of our clients and their children.”

The Thrive Program is a single point of contact for care planning and service coordination. It provides each client with an intake assessment to understand their current situation, challenges, and needs at the moment; helps clients recognize their strengths and set goals (e.g., parenting skills, harm reduction, employment, housing); connects them with services and resources (e.g., counselling, parenting education, childcare) they need to achieve them their goals; advocates for supports as required; and offers clients in-hospital or in-home support visits.

Javishaa Thiyagarajah, a UCFHT team member who began as the Thrive Program Lead in February 2024, says: “Thrive is a community-centred program, making it advantageous to have it situated at LLGAMH. This location allows clients to self-refer and access the Program at their convenience, eliminating the requirement to go through one of our physicians.

“This Program is highly essential in the community to help alleviate the stress of pregnancy and parenting compounded by opioid use for both parents and their children. Through its presence, it enhances access to addiction services and fosters improved coordination of support and health services, thereby providing imperative support to those in need.”

Chris Curry, Clinical Manager, Professional Practice and Education, LLGAMH, adds: “Our Thrive partnership will make a significant difference for our clients who need its specialized case

management and support. By hosting the Thrive Program at LLGAMH, we've committed to offering a linkage into our programming so that their clients can access groups, individual counselling, or social recreation to support them in their goals.”

The Thrive Program is formally launching at the Drop-In Centre this month. To learn more or to make a referral, contact the Thrive Team at **613-423-333 ext. 230** or visit the LLGAMH's Drop-In Centre at 25 Front Avenue West, South Entrance.

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Media contact:

Melissa McDermott

mcdermottm@llgamh.ca