

Consumption and Treatment Services (CTS)

A Harm Reduction Program



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

What are Consumption and Treatment Services?

Consumption and Treatment Services are part of a health care service that allows people to use their own drugs under the supervision of medically trained workers. Individuals are also provided with sterile consumption supplies, education on safer consumption, overdose prevention and intervention, medical and counselling services, and referrals to drug treatment, housing, income support and other services.

What is the purpose of Consumption and Treatment Services?

Consumption and Treatment Services are part of a larger harm reduction approach that supports health equity and health as a human right. Research has demonstrated benefits of Consumption and Treatment Services for communities and people who inject drugs. These services have four main goals:

1. Save lives by reducing the number of fatal and non-fatal drug overdoses.
2. Reduce the spread of infectious diseases like HIV and Hepatitis C among people who inject drugs.
3. Connect people who use drugs with primary health care services, addictions treatment, and social services like housing and other supports.
4. Create a safer community by reducing drug use in public spaces and providing options for proper needle disposal.

How do these services work?

Clients arrive at a Consumption and Treatment Services location with their own drugs. They will be given sterile consumption equipment and instruction on safer consumption practices. A medically trained professional will then supervise their consumption in a room dedicated for this purpose, and intervene in the case of a medical emergency. Once the individual has injected/snorted/orally consumed their drugs, they will be directed to a waiting room where they will continue to be observed for any negative drug reactions. They will also receive information and referrals about other health and social supports and services at the agency or elsewhere in the community.

What wrap around services will be available at the Consumption and Treatment Services site?

At the Consumption and Treatment Services interim site, the following harm reduction services will be available: prevention and reversal of overdoses, safer substance use education, wound care/first aid, harm reduction supply distribution and safe sharps disposal. The services offered by the full site will be expanded to include the following wrap around services: addiction treatment, trauma informed counselling, assessment and referral, employment and income support and primary health care. This may also change and expand as more partners become involved in the Consumption and Treatment Services.

What is Harm Reduction?

Harm reduction includes programs and policies that aim to reduce potential health, social, and economic effects of substance use. This can include (but does not require) stopping substance use. The term “harm reduction” refers to a set of strategies to help a person reduce or avoid harms associated with his or her substance use. It is a non-judgmental approach that treats people with respect and compassion and meets people where they are at.

What other Harm Reduction Services are available in the region?

Harm reduction programs and services are offered at various locations throughout the region in collaboration with Public Health and community partners. Services offered include distribution of harm reduction supplies, safe sharps disposal, naloxone distribution and options for testing for blood-borne infections and sexually transmitted diseases. For more information on harm reduction services visit: www.regionofwaterloo.ca/harmreduction

Where is the Consumption and Treatment Services site located?

Open 7 days a week from 9:00 a.m. to 9:00 p.m.

Located at 150 Duke Street West, Kitchener

(corner of Duke and College Street in downtown Kitchener)

Looking for more information about Consumption and Treatment Services?



Visit: www.sanguen.com
Phone (CTS): 519-514-1467

Visit: www.regionofwaterloo.ca/CTS
Email: CTS@regionofwaterloo.ca

Phone: 519-575-4400 Ext 5613 or TTY: 519-575-4608