

# Where Change Begins



T. A. Patterson has been providing substance specific assessment and counselling services to individuals involved in the criminal justice system since 1987. Each year we provide service to over 2500 individuals who have been negatively affected by their substance use.



**T. A. PATTERSON**  
& ASSOCIATES INC.  
*Partners in change*

## MISSION STATEMENT

*To provide community based substance abuse assessment, education, case management and treatment to individuals involved in the criminal justice system through evidence based approaches.*

## VISION STATEMENT

*Our challenge is to affect change in our clients, have a positive impact on our system and make a difference in our community.*



## CORE VALUES

### *T.A. Patterson believes in...*

- an eclectic approach to substance abuse treatment including but not limited to cognitive behavioural therapy, solution focused therapy and brief intervention therapy.
- clients having the ability and capacity to change.
- client centered programming that utilizes a client's strengths.
- the pursuit of continuous quality improvement.
- advocating for our clients, where possible.
- fair and compassionate treatment of others.
- making a difference in our client's lives.
- providing a dynamic work environment where the staff can develop and exercise their clinical skills.
- supporting our staff in their roles as clinicians.



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*“At first I was not happy about having to come to the program, but after spending some time with my counsellor I am so happy that I stuck it out.”*

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*“My counsellor took the time to get to know me and understand my perspective.”*

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All of the programs developed by T. A. Patterson are designed to address the challenges of working with clients in the early stages of the change process, when resistance is often high. We utilize a variety of approaches, to include both harm reduction and abstinence based approaches. We offer individualized treatment plans that are responsive to the needs of our clients.



We work collaboratively as a partner for change with Ministry staff, providing consultation and support where appropriate. It is our practice to see clients in probation offices, which are usually close to where they live or work.

The staff at T. A. Patterson are passionate about their work and believe in an individual's ability to change. We employ professional, courteous and knowledgeable counsellors with specialized training in the areas of addiction counselling, harm reduction, resistance or denial and working with individuals from a diverse population.



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*“My life is so different now.  
I can have fun **without alcohol or drugs.**”*

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## THINGS TO KNOW

- **20%** of Ontarians will experience a mental illness or addiction during their lifetime.
- **69%** of women offenders say alcohol or drugs played a role in their crime.
- **1 in 10** Canadians 15 years of age and over report symptoms consistent with alcohol or drug dependence.
- **8%** of hospitalizations can be directly attributed to substance abuse.



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***“This program has saved my life.  
It is the best thing that has ever happened to me.”***

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