



RaYSTART (Striving Towards Addiction Recovery in Transitions)

Program Description

RaYSTART is a new program at Resource Assistance for Youth (RaY) within the Department of Mental Health and Addictions aimed at supporting youth age 29 and under who are exiting substance use treatment or mental health facilities and need ongoing support in community. The program is voluntary and participants must be willing to access RaY (located in West Broadway community). Participants do not need to identify as struggling with addiction to be referred.

RaY Mental Health and Addiction Case Managers will complete an intake process with youth while they are still in the facility, be involved in the discharge planning process and support the goals identified by youth as they transition into community.

RaY Mental Health and Addictions Case Managers help with:

- Helping youth get connected to the RaY Hub for wrap around services
 - housing
 - basic needs
 - odd jobs (volunteer/paid work experience)
 - employment support
 - mental health and addiction
 - counselling
 - cultural support
 - workshops
- Service navigation and advocacy with services outside of RaY – health care, justice, CFS, financial benefits (EIA, CRA), education, ID, detox or treatment.
- Helping youth identify goals and walking alongside them in working towards these goals.

Youth can be referred to RaYSTART while in substance use treatment or mental health facilities or can access supports through the drop-in anytime Monday - Friday 1 pm- 4 pm.

Service hours are Monday - Friday 9 am – 5 pm. For more information or to make a referral email to: raystart@rayinc.ca or call 204-783-5617

About RaY:

RaY operates as a “one stop shop,” providing wrap-around services for youth in need. It is a single place where street-entrenched and marginalized youth can access everything they need, on their terms, to better their lives. With a key focus on the Social Determinants of Health, this fully-integrated service model was one of the first of its kind in Manitoba. RaY uses a ‘no wrong door’ approach to working with participants and provides services from a harm reduction, culturally safe and trauma-informed lens.