



North End
**COMMUNITY
HEALTH CENTRE**
Managed Alcohol Program

MANAGED ALCOHOL PROGRAM (MAP) LANDING PAGE

What is a Managed Alcohol Program (MAP)?

MAPs are supportive harm reduction programs designed to reduce the social and physical harms associated with severe Alcohol Use Disorder (AUD).

NECHC MAP is a **medicalized harm reduction and nurse-led program** that provides essential outreach across HRM.

Delivering prescribed alcohol
365
days a year

How Does NECHC's MAP Work?

Through daily outreach, we:

- Monitor alcohol doses and assess client well-being
- Gather client feedback on healthcare and social needs
- Provide safer, more stable alcohol dispensing to reduce harm and stigma



Click [here](#) to visit the NECHC MAP web page.

CONTACT INFORMATION

MAP Outreach Cellphone
Text or Call, 8 AM - 4 PM Daily



902-209-7824

MAP Manager - Martha
Steeper



msteeper@nechc.com



902-802-4396



North End
**COMMUNITY
HEALTH CENTRE**
Managed Alcohol Program



The goal of MAPs is to::

- Reduce overall alcohol consumption
- Reduce alcohol-related harms
- Improve housing tenure
- Improve health and quality of life
- Reduce economic cost to individuals and the healthcare system

MAP Goals and Supports

How is this accomplished?

MAPs support individuals through:

- Housing assistance
- Health and well-being programs
- Social and cultural support
- Prescribed alcohol dosing

Who is Eligible for MAP?

Target Population of MAPs

MAPs serve socially complex individuals experiencing chronic homelessness and alcohol use disorder who have been unsuccessful with other treatment options.

Criteria for MAP Eligibility

- Engages in harmful behaviours such as consuming non-beverage alcohol
- Experiences withdrawal seizures, blackouts, delirium tremens, or alcohol-related violence
- Has frequent interactions with emergency departments and law enforcement
- Faces unstable housing due to alcohol consumption
- Has attempted rehabilitation unsuccessfully
- Has a history of chronic alcohol consumption
- May engage in the use of multiple substances simultaneously



Frequently Asked Questions



What are the benefits of MAP?

MAP reduces emergency room visits, interactions with law enforcement, and alcohol-related harms while improving housing stability, health, and well-being.



North End
**COMMUNITY
HEALTH CENTRE**
Managed Alcohol Program

Can MAP help someone stop drinking entirely?

MAP is a harm reduction program, not an abstinence-based program. However, some participants may eventually choose to reduce or stop drinking with the support of MAP services.

Who qualifies for MAP?

MAP serves individuals experiencing chronic homelessness who have not been successful with other treatments who meet specific criteria, including frequent emergency room visits or severe withdrawal symptoms.

How is alcohol provided to MAP participants?

Alcohol is prescribed and dispensed in controlled doses by medical professionals and delivered through daily outreach.

Does MAP encourage alcohol use?

No - MAP provides a safer, structured approach to alcohol consumption for individuals with severe Alcohol Use Disorder, reducing harm and improving quality of life.

How can the public support MAP?

Community members can support MAP by advocating for harm reduction programs, learning about alcohol use disorder, and reducing stigma around substance use and homelessness.

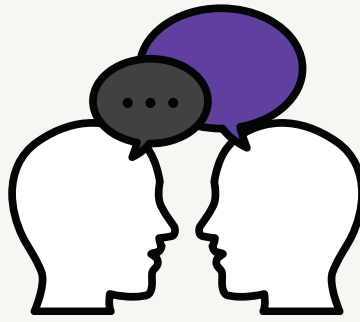
What happens if a MAP participant drinks outside of their prescribed dose?

Participants are encouraged to follow their prescribed doses, but the program also offers support, monitoring, and guidance to help individuals manage their alcohol use safely.

Looking to refer someone to MAP?

Contact MAP Manager, Martha Steeper for referral information at
msteeper@nehc.com or 902-802-4396

Terms You May Hear Surrounding MAP



Over-Intoxication

When someone has consumed too much alcohol, affecting their safety. Signs include poor motor skills, emotional changes, memory issues, nausea, or vomiting.

Withdrawal

A serious condition for those dependent on alcohol. Symptoms include shaking, seizures, heartbeat changes, vomiting, and severe discomfort.

Under-Intoxication

A state where a person is at risk of withdrawal due to insufficient alcohol levels.

Non-Beverage Alcohol

Includes mouthwash, rubbing alcohol, hairspray, hand sanitizer, and alcohol-based cooking extracts.

Dose

The prescribed number of units for an individual.

Severe Alcohol Use Disorder (SAUD)

A condition linked to systemic inequities such as racism, colonialism, poverty stigma, and trauma. It is worsened by a lack of low-barrier, trauma-informed, and culturally safe services.

Alcohol withdrawal is dangerous - MAP participants are often dependent upon alcohol and can experience life-threatening symptoms if access is interrupted. Timing is important - maintaining a steady alcohol intake is crucial. Running out too early in the day may lead to over-intoxication, followed by withdrawal later.