

WHO WE SUPPORT:

- Individuals with a primary diagnosis of or standalone conditions of mood &/ anxiety disorders, trauma, and PTSD
- Individuals with concurrent disorders as well as substance use disorders and process addictions
- Demographic/lifestyle based treatment, with tailored treatment planning
 1. **Guardians Program** - First Responders, Military, & Veterans
 2. **My Path Program** - Young Adults (19-25)
 3. **Cornerstone Program** - Adults (26+)
 4. **Vanguard Program** - Executives and Professionals

HOW WE TREAT:

- Medically led, evidence based & best practice, with a client centred approach
- Medical and Clinical teams are *staff onsite* working with clients daily and 24/7 nursing care
- Methods including: Cognitive Behavioural Therapy, Cognitive Processing Therapy, elements of Dialectical Behavioural Therapy, as well as art, poetry, music, recreation and horticultural therapy
- Abstinence based treatment with full medical detox onsite



Located in: North Saanich, BC

Treatment Stay: 6-9 weeks

Recovery Management: Provided for 1 year post-inpatient treatment



VIRTUAL OUTPATIENT SERVICES

The Homewood Clinic Edmonton & the Homewood Counselling Centre Calgary offer immediate access to private individualized outpatient services.

From individual assessments and hourly therapy to group-based outpatient treatment and recovery management programs, we will help find a treatment plan to meet the individuals unique needs and allows them to access therapy and support from their home.

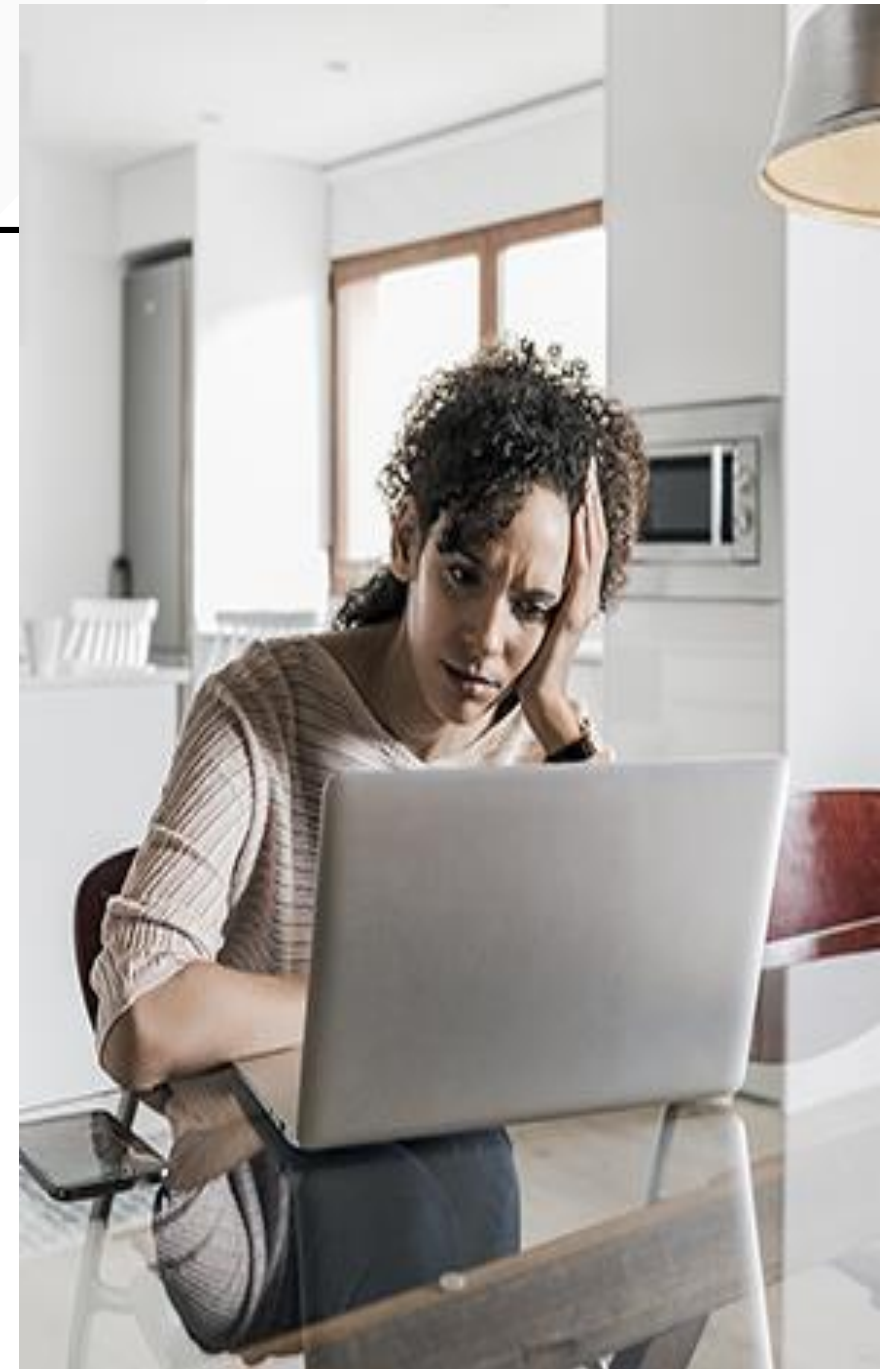
Group Programming Frequency & Length: 3-5 hours a day, 3-5 days a week for 8-12 weeks

Individual Services Frequency & Length: Depends on your unique needs

Recovery Management: Available for 52 weeks, 1x weekly for 1.5-2hours

TREATMENT APPROACH

- Abstinence based treatment
- Evidence based and best practice treatment
- Focus on symptom reduction, functional recovery, & skills development
- Psychoeducation, Skills Groups & Process Groups
- Regular measurement of symptoms, functioning, & motivation
- Crisis lines available while in treatment with Homewood



HOW TO REFER TO INPATIENT or OUTPATIENT TREATMENT WITH HOMEWOOD HEALTH



Homewood Ravensview (Vancouver Island, BC) www.Ravensview.com	INPATIENT TREATMENT
The Homewood Clinic & Homewood Counselling Centre (Edmonton, AB Calgary, AB Vancouver, BC Mississauga, ON) www.homewoodhealth.com/clinics www.homewoodcounsellingcentre.com	OUTPATIENT GROUP or INDIVIDUAL COUNSELLING* <small>(*services vary based on location)</small>
Homewood Health Centre (Guelph, ON) www.homewoodhealth.com/health-centre	INPATIENT TREATMENT* <small>(*Self-referrals are NOT accepted at this location)</small>
The Residence at Homewood (Guelph, ON) www.theresidenceathomewood.com	INPATIENT TREATMENT

SELF-REFERRALS ARE ACCEPTED

To start the referral process or for any questions that you have about treatment

**call 1-866-399-1378
or email**

treatment@homewoodhealth.com

WHEN TO CONSIDER SEEKING TREATMENT:

- **Medical/Clinical and Psychological:**
 - o Various trials of medications have not been effective and/or sustainable
 - o Frequent visits to the family doctor with various somatic complaints
 - o A pattern of recurring dysfunctional relationships characterized by conflict, crises and poor boundaries
 - o Poor resiliency to stressors in life
 - o Feelings of hopelessness and being trapped in life
 - o Complicated grief
- **Isolation/disengagement/avoidance in:**
 - o Leisure activities & social life
 - o Home life and responsibilities
 - o A marked imbalance between self-care, leisure and productivity
 - o Lack of meaning, purpose, direction in their life
- **Relationships:**
 - o Dysfunction at home
 - o Marital and parental relationships negatively impacted
 - o Lost/strained/tense friendships & other relationships
 - o Loss of self-esteem and/or reputation
- **Money:**
 - o Spending ++ money on drugs/alcohol or legal fees associated with
 - o Spending ++ money in manic phases
 - o Inability to pay bills, rent or debts due to drug/alcohol/mental health
- **Work:**
 - o Conflict/negative impact in relationships/school/work
 - o Work (absences, incidents, demotions, poor performance...)
 - o May overwork or use other behaviors to avoid self/home/thoughts
 - o Off sick- for short or long term periods
 - o May have continued to work a long time while ill