Homewood Ravensview provides expert treatment for clients with mental health, trauma, addiction and concurrent conditions.

**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
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 individual's 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

<table>
<thead>
<tr>
<th>Homewood Ravensview</th>
<th><strong>Inpatient Treatment</strong></th>
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</thead>
<tbody>
<tr>
<td>(Vancouver Island, BC)</td>
<td><a href="http://www.Ravensview.com">www.Ravensview.com</a></td>
</tr>
<tr>
<td>The Homewood Clinic &amp; Homewood Counselling Centre (Edmonton, AB Calgary, AB Vancouver, BC Mississauga, ON)</td>
<td><a href="http://www.homewoodhealth.com/clinics">www.homewoodhealth.com/clinics</a> <a href="http://www.homewoodcounsellingcentre.com">www.homewoodcounsellingcentre.com</a></td>
</tr>
<tr>
<td>Homewood Health Centre (Guelph, ON)</td>
<td>*<em>Inpatient Treatment</em> (Self-referrals are NOT accepted at this location)</td>
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<tr>
<td><a href="http://www.homewoodhealth.com/health-centre">www.homewoodhealth.com/health-centre</a></td>
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<tr>
<td>The Residence at Homewood (Guelph, ON)</td>
<td>Inpatient Treatment</td>
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<td><a href="http://www.theresidenceathomewood.com">www.theresidenceathomewood.com</a></td>
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## 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:**
  - Various trials of medications have not been effective and/or sustainable
  - Frequent visits to the family doctor with various somatic complaints
  - A pattern of recurring dysfunctional relationships characterized by conflict, crises and poor boundaries
  - Poor resiliency to stressors in life
  - Feelings of hopelessness and being trapped in life
  - Complicated grief

- **Isolation/disengagement/avoidance in:**
  - Leisure activities & social life
  - Home life and responsibilities
  - A marked imbalance between self-care, leisure and productivity
  - Lack of meaning, purpose, direction in their life

- **Relationships:**
  - Dysfunction at home
  - Marital and parental relationships negatively impacted
  - Lost/strained/tense friendships & other relationships
  - Loss of self-esteem and/or reputation

- **Money:**
  - Spending ++ money on drugs/alcohol or legal fees associated with
  - Spending ++ money in manic phases
  - Inability to pay bills, rent or debts due to drug/alcohol/mental health

- **Work:**
  - Conflict/negative impact in relationships/school/work
  - Work (absences, incidents, demotions, poor performance...)
  - May overwork or use other behaviors to avoid self/home/thoughts
  - Off sick- for short or long term periods
  - May have continued to work a long time while ill