



Western Canada's most comprehensive private mental health and addiction treatment centre, Homewood Ravensview, helps clients address their mental health, addiction and concurrent conditions. With individualized treatment plans – based on the best medical evidence and over 135 years of clinical experience from the Homewood Health Centre.

We help people achieve and sustain healthy lives.

**LEARN MORE ABOUT TREATMENT PROGRAMS
AT 1-866-203-1793 OR RAVENSVIEW.COM**

Specialized Care

- Standalone treatment for mental health and trauma
- Patient-centred care
- Specialized programs for adults, first responders, military, veterans, executives, professionals and young adults
- Proven therapies including cognitive behavioural, dialectical behaviour and cognitive processing therapies
- National Recovery Management following inpatient treatment
- Full medical detox and stabilization

Experience and Expertise

- Extensive experience treating mental health conditions including trauma, anxiety, depression and addiction
- Dedicated on-site team of psychiatrists, addiction medicine physicians and other professionals
- Interdisciplinary team of psychologists counsellors, social workers and occupational therapists
- 24/7 nursing
- Dietician
- First Nations cultural liaison

Exceptional Venue

- Breathtaking 28-acre mountainside location
- Spacious guestrooms with ensuite bathrooms
- Only 20 minutes from downtown Victoria, British Columbia, in North Saanich
- Professionally designed gym and yoga studio
- Walking trails
- High-quality, healthy and delicious food
- Smoke and tobacco-free facility



The Ravensview Approach

The Ravensview approach is tailored to the needs of our clients. We do a rigorous one-on-one assessment with each client at the beginning of treatment to help us understand their situation and develop a personalized treatment program as well as planning the discharge and Recovery Managements.

Clients do not need to have an addiction or substance use disorder to access programs offered at Ravensview.

All clients will be paired with two key healthcare professionals who support and guide treatment:

- A Most-Responsible Physician (MRP) – a medical doctor specializing in psychiatry and/or addiction – who oversees our client's assessment, treatment and appropriate medications.
- A Prime Therapist - a specialized psychologist, social worker or other mental health professionals who helps our clients progress through psychotherapy, group therapy and other aspects of treatment.



CORNERSTONE PROGRAM FOR ADULTS (26+)

The Cornerstone Program at Ravensview provides adults aged 26 and over with individualized assessments and tailored treatment strategies that address their specific needs. We assess each client's physical, mental, social and spiritual health so we can prepare personalized treatment and recovery management plans. This holistic approach to mental health acknowledges and treats the entire person.

**LEARN MORE ABOUT TREATMENT FOR ADULTS
AT 1-866-203-1793 OR [RAVENSVIEW.COM/CORNERSTONE](https://www.ravensview.com/cornerstone)**



The Cornerstone Program

The Cornerstone Program at Ravensview is Western Canada's leading mental health and addiction treatment program for adults. We built the program on a foundation of Homewood's over 135 years of clinical experience and excellence in combination with the best available research on innovative mental health and addiction treatments.

Cornerstone is an inpatient service, meaning that clients stay at Ravensview for the duration of their treatment, usually six to nine weeks. During that time, they participate in a program that combines group and individual therapies such as cognitive behavioural therapy, dialectical behaviour therapy, occupational therapy and other approaches including horticulture, recreation, art and music therapies.

Who is the Cornerstone Program for?

Cornerstone is for adults aged 26 and over, struggling with mental health, trauma and/or addiction. The program welcomes those from all walks of life, cultural backgrounds, genders and religions into a program characterized by cultural safety and cultural humility.





Treatment

Our Cornerstone Program treats a wide range of mental health and addiction issues, including concurrent mental disorders:

- Post-traumatic stress or trauma-related challenges
- Substance use disorders and addictions
- Depression, anxiety and other mental health challenges
- Behavioural addictions (including addictions to gambling, gaming, shopping and other behaviours)

Additionally, the Cornerstone Program is designed to help with complex and multi-dimensional problems including secondary diagnoses of disordered eating, attention deficit and learning disorders, personality disorders, disorders related to aging and chronic pain disorders. Each client's needs will be individually assessed.

Family Support

Research shows that the support and understanding of family members increases the positive effects of mental health treatment, so the Cornerstone Program ensures that the client's family has an important role to play if it makes sense for their treatment.



MY PATH PROGRAM FOR YOUNG ADULTS (19-25)

Ravensview's My Path Program for young adults offers each client evidence-based treatments that recognize the unique mental health and life stage development challenges that young people face.

**LEARN MORE ABOUT TREATMENT FOR YOUNG ADULTS
AT 1-866-203-1793 OR [RAVENSVIEW.COM/MYPATH](https://ravensview.com/mypath)**



The My Path Program

My Path is a specialized treatment program for young adults from age 19 to 25. My Path clients stay at Ravensview for six to nine weeks for a program that combines group and individual therapies such as cognitive behavioural therapy, dialectical behaviour therapy, occupational therapy and other approaches including horticulture, art and music therapies.

My Path Programming also includes an enhanced focus on recreational therapy to encourage healthy and active lifestyles.

Who is the My Path Program for?

My Path is for young adults aged 19-25 from all cultural and social backgrounds struggling with mental health and addiction issues. My Path clients may be facing issues with addiction, anxiety, self-esteem, identity, sexuality, social dynamics or the transition to adulthood.

My Path addresses clinical issues as well as issues associated with this stage of life. The goal of the My Path Program is to help clients learn and develop the skills needed to lead healthy, productive lives.





Why Choose the My Path Program?

The My Path Program offers unique treatment for young adults facing challenges with mental health and/or addiction. Our program provides:

- Approaches tailored specifically to young adults
- Individualized treatment and recovery management plans
- Treatment based on the best research and experience
- Group and one-on-one settings
- Strong peer group of clients at the same stage of life
- Dietician consultation
- Access to a professionally designed gym
- Focus on health, social and physical activities

Treatment

My Path treats mental health and addiction-related issues including:

- Trauma and post-traumatic stress disorder (PTSD), depression, anxiety and obsessive-compulsive disorder
- Substance use disorders and addictions including opiate addiction/abuse, alcohol addiction and other drug addictions
- Behavioural addictions including gaming, pornography, gambling and others
- Challenges related to sexuality, identity, self-esteem, social dynamics and/or the transition to adulthood

My Path also helps clients facing concurrent disorders – multiple mental health or addiction challenges at the same time, such as depression in combination with addiction.

Family Support

Research shows that supportive family members increase the effectiveness of mental health treatment, so the My Path Program ensures that the client's family has an important role to play if it makes sense for their treatment.



VANGUARD PROGRAM FOR EXECUTIVES AND PROFESSIONALS

Ravensview developed the Vanguard Program for high-achieving, high-responsibility executives and professionals looking to develop mental health and overall wellness in their lives.

**LEARN MORE ABOUT TREATMENT FOR EXECUTIVES AND PROFESSIONALS
AT 1-866-203-1793 OR [RAVENSVIEW.COM/VANGUARD](https://ravensview.com/vanguard)**



The Vanguard Program

Ravensview's Vanguard Program is a world-class treatment program for professionals and executives. The program provides individualized treatment that responds to the unique professional and personal demands of those in position of high influence, responsibility and leadership.

Vanguard clients stay at Ravensview for six to nine weeks of one-on-one and group therapy along with evidence-based psychotherapies including cognitive behavioural therapy and dialectical behaviour therapy.

Comfortably outfitted semi-private rooms, private rooms or suites, each with their own en-suite, are available to those in the Vanguard Program.

Who is the Vanguard Program for?

The Vanguard Program supports executives, entrepreneurs and professionals in the public and private sectors from all cultural and social backgrounds. The goal of this program is to support clients in resolving the issues that bring them to treatment and help return them to their highest level of functioning, both personally and professionally.

Treatment involves the best-available evidence and most-proven clinical practices for concerns including:

- Mood and emotional challenges
- Substance abuse and addictive behaviours
- Problems in interpersonal relationships
- Stress, burnout and workaholism
- Other issues affecting personal or professional lives





Treatment

The Vanguard Program helps executives and professionals with:

- Personalized assessments
- Approaches tailored specifically to executives and professionals
- Individualized treatment and recovery management plans
- Treatment based on the best research and experience
- Group and one-on-one settings
- Strong peer group of clients at the same stage of life
- Dietician consultation
- Access to a professionally designed gym
- Focus on health, social and physical activities

We also help clients facing concurrent disorders – multiple health or addiction challenges at the same time, such as anxiety in combination with addiction.

Family Support

Research shows that supportive family members increase the effectiveness of mental health treatment, so we ensure that the client's family has an important role to play if it makes sense for their treatment.



GUARDIANS PROGRAM FOR FIRST RESPONDERS, MILITARY AND VETERANS

The Guardians Program at Ravensview treats first responders, active-duty members of the military and veterans by addressing their unique professional experiences and challenges. Our extensive experience working with these unique groups has led to the development of specialized treatment programs for those who face traumas, moral injuries and other mental health challenges as a result of their duties.

**LEARN MORE ABOUT OUR PROGRAM FOR FIRST RESPONDERS, MILITARY AND VETERANS
AT 1-866-203-1793 OR RAVENSVIEW.COM/GUARDIANS**



The Guardians Program

The Guardians Program provides evidence-based mental health, trauma and addiction treatment built for first responders, military and veterans nationwide. Our experience allows us to respond to our client's unique exposure to traumatic situations and experiences with depression, anxiety and addiction.

Guardians Program clients stay at Ravensview for six to nine weeks of treatment. The program combines group and individual therapies such as cognitive behavioural therapy, cognitive processing therapy, dialectical behaviour therapy and occupational therapies and approaches including horticulture, recreation, art and music therapies.

Who is the Guardians Program for?

The program supports first responders, military and veterans from all cultural and social backgrounds. The most common Guardians clients include active-duty, civilian, sworn-members and retired:

- Members of the Department of National Defense
- Veterans Affairs Canada
- RCMP
- Regional police forces
- Firefighters
- Paramedics/EMT
- Canadian Border Services or corrections staff
- Sheriffs
- Emergency dispatchers





Why Choose the Guardians Program?

Guardians Program clients benefit from:

- Process groups dedicated to Guardians
- Specialized assessments for mental health, trauma and addiction
- Personalized treatment and recovery plans
- Cognitive processing therapy for clients with post-traumatic stress
- Cognitive behavioural therapy and dialectical behaviour therapy groups
- Return-to-duty programming for those returning to their posts
- Recovery management for one year post treatment
- Dietician consultation
- Access to a professionally designed gym
- Breathtaking hiking/running trails on site
- Focus on health, social and physical activities

Treatment

The Guardians Program treats mental health and addiction issues including:

- Trauma and post-traumatic stress disorder (PTSD)
- Depression, anxiety and other mental health difficulties, including obsessive-compulsive disorder, burnout and excessive work-related stress
- Substance use disorders and addictions, including alcohol abuse, addiction to opiates/pharmaceuticals and other drug addictions
- Process addiction such as gaming, gambling or sex

The Guardians Program also helps clients facing concurrent disorders – multiple challenges at the same time, such as trauma combined with addiction.

Family Support

Research shows that the support and understanding of family members increases the positive effects of mental health treatment, so the Guardians Program ensures that the client's family has an important role to play if it makes sense for their treatment.

