



EHN CANADA

MILITARY,  
VETERANS AND  
FIRST RESPONDERS  
PROGRAM

**Powerful. Empowering.**

**Life-saving.**





# Those who put their lives at risk to keep us safe often need some help themselves.

EHN Canada is proud to have a program that is designed to specifically address the addiction and mental health concerns of the most heroic members of our communities: military service members, veterans, and first responders.

By voluntarily putting themselves in harm's way, they have often been left with trauma or addiction. Our inpatient programs can help.

For treatment of trauma and psychological injury, we offer a seven-week program. For treatment of concurrent trauma with substance use disorder, our standard program duration is extended to nine weeks.

# 10%

of war zone Veterans will  
go on to experience PTSD.  
- Veterans Affairs Canada

# 22%

of paramedics experience PTSD.  
- Centre for Suicide Prevention



THIS MIGHT BE THE RIGHT PROGRAM FOR THOSE WHO ARE:

- ✓ An active military service member, a veteran or first responder
- ✓ Experiencing post-traumatic stress disorder (PTSD) or operational stress injuries (OSI), with or without concurrent substance use issues

### OUR SCIENCE-BASED PROGRAM MODEL INCORPORATES:

- ✓ Medication Assisted Treatment (MAT)
- ✓ Cognitive Behavioural Therapy (CBT)
- ✓ Dialectical Behavioural Therapy (DBT)
- ✓ Acceptance and Commitment Therapy (ACT)
- ✓ Motivational Interviewing (MI) for addiction
- ✓ Accelerated Resolution Therapy (ART)
- ✓ Prolonged Exposure Therapy (PET)
- ✓ Cognitive Processing Therapy (CPT)
- ✓ Virtual Reality
- ✓ Peer support groups (12-step recovery including AA, NA and SMART Recovery)

## We take into account the challenging experiences of military, veteran and first responders.

THIS PROGRAM OFFERS:

- ✓ A personalized approach including individual and group therapy, with primary clinicians/therapists who have extensive trauma training
- ✓ 24/7 medical support in residential treatment
- ✓ Regulated mental health professionals, including psychologists and psychiatrists, and doctors certified to prescribe addiction medications, on-site
- ✓ Access to Occupational Therapists
- ✓ Integrated care including yoga, meditation, fitness, nutrition, sleep hygiene, and art therapy
- ✓ Our family program to help those closest to you heal
- ✓ Comprehensive discharge, return-to-work, and relapse prevention planning
- ✓ Online recovery tools via the Wagon App

## Patients have the opportunity to learn valuable skills including:



Mindfulness



Emotion Regulation



Interpersonal Effectiveness



Distress Tolerance



Communication



Conflict Resolution



Structured Relapse Prevention

## Support from those who understand

Shared experience is powerful. All our facilities foster a therapeutic community of peer support and interaction to augment the effects of clinical programming. At Edgewood in Nanaimo, BC, we can additionally accommodate patients in trauma-focused programs separately in the Ferguson Building. This is an exclusive residential setting that encourages trust and safety with those who possess a shared understanding.

## THIS PROGRAM IS AVAILABLE AT:



Edgewood **NANAIMO, BC**



Bellwood **TORONTO, ON**



Clinique Nouveau Départ **MONTREAL, QC**

\*All facilities are wheelchair accessible.



# Help them take the first step towards recovery.

Speak with our referral  
relations team to find out  
more about this program.

**VISIT OUR WEBSITE**

[ehncanada.com](http://ehncanada.com)

**CALL US**

866-319-8301

**EMAIL US**

[referrals@ehncanada.com](mailto:referrals@ehncanada.com)



# We've got you covered.

EHN CANADA HAS UNIQUE PROGRAMS DESIGNED TO TREAT PATIENTS WITH UNIQUE NEEDS.

Explore our programs to find the one that's right for you.

## CORE ADDICTION AND MENTAL HEALTH PROGRAM

OFFERED AT:  
Edgewood | BC  
Bellwood | ON  
Sandstone | AB  
Clinique Nouveau Départ | QC

## MOOD AND ANXIETY PROGRAM

OFFERED AT:  
Bellwood | ON

## MILITARY, VETERANS AND FIRST RESPONDERS PROGRAM

OFFERED AT:  
Edgewood | BC  
Bellwood | ON  
Clinique Nouveau Départ | QC

## COMEBACK PROGRAM

OFFERED AT:  
Edgewood | BC  
Bellwood | ON  
Clinique Nouveau Départ | QC

## LGBTQ+ PROGRAM

OFFERED AT:  
Edgewood | BC

## SEX AND LOVE ADDICTION PROGRAM

OFFERED AT:  
Edgewood | BC

## OBSESSIVE COMPULSIVE DISORDER (OCD) PROGRAM

OFFERED AT:  
Bellwood | ON

## EATING DISORDERS PROGRAM

OFFERED AT:  
Bellwood | ON

## CONCUSSION AND ACQUIRED BRAIN INJURY SUPPORT

OFFERED AT:  
Bellwood | ON

## PROBLEM GAMBLING SUPPORT

OFFERED AT:  
Edgewood | BC  
Bellwood | ON

## EXTENDED CARE

OFFERED AT:  
Edgewood | BC

## FAMILY PROGRAM

OFFERED AT:  
Edgewood | BC  
Bellwood | ON  
Sandstone | AB  
Clinique Nouveau Départ | QC

## HEALTHCARE PROFESSIONALS SUPPORT

OFFERED AT:  
Edgewood | BC  
Bellwood | ON

## IS RESIDENTIAL TREATMENT NOT RIGHT FOR YOU?

Our Intensive Outpatient Program (IOP), a first of its kind in Canada, is offered in-person or virtually through EHN Online. It may be the right solution for those needing more than occasional counselling, but do not require inpatient treatment.

Contact us to find out more at [866-319-8301](tel:866-319-8301).

We all have one thing in common: a passion for providing quality treatment for Canadians.

