

A Tradition of Recovery

EHN Canada is the country's largest network of treatment services for mental health, trauma/PTSD, and addiction with over 100 years of collective experience. Our clinicians provide treatment to thousands of patients per year, using evidence-based best practice in mental health and addiction. A nationwide team of doctors, nurses, psychotherapists, social workers, occupational therapists, and support counsellors have expertise in complex clinical diagnoses and concurrent conditions, helping us to lead the way in compassionate and effective treatment.



A Network of Excellence

EHN Canada provides both inpatient and outpatient services, with treatment centres and clinics across Canada as well as EHN Online (Powered by Wagon), a virtual platform that facilitates access to quality treatment from anywhere in the world. Our healing environments, comprehensive programming, and individual and group therapy are all designed to treat patients on a broad continuum of care, from a mild to moderate to severe scale.

OUR TREATMENT CENTRES:

Edgewood Treatment Centre | Nanaimo, BC
Bellwood Health Services | Toronto, ON
Sandstone | Calgary, AB
Clinique Nouveau Départ | Montreal, QC
Nova Scotia | Coming Soon

INPATIENT PROGRAMS TO TREAT A VARIETY OF MENTAL HEALTH AND ADDICTION DISORDERS:

- Substance Use Disorders
- Mood & Anxiety Disorders
- Concurrent Trauma & Addiction
- Operational Stress Injury & PTSD
- Obsessive Compulsive Disorder (OCD)
- Sex & Love Addiction
- Problem Gambling Support
- Eating Disorder Support
- Concussion & Acquired Brain Injury Support
- Codependency & Family Support

OUTPATIENT PROGRAMS OFFERED:

- Intensive Outpatient Programs (IOPs)
- Individual Counselling
- Specialty Groups
- Aftercare Groups
- Family Workshops

PROVIDING SERVICES TO REFERRAL PARTNERS IN THE FOLLOWING INDUSTRIES:



Military



First Responders



Safety Sensitive



Oil & Gas



Disability Insurers



Healthcare Professionals



Land & Air Transportation

Inpatient Treatment Designed to Heal

- Clinical assessment services to determine appropriate level of care
- Interdisciplinary in-house team of regulated mental health clinicians
- 24/7 medical and nursing support in residential care, for withdrawal and medication management
- Addiction medicine trained doctors on-site
- Evidence-based treatment approach, including CBT and DBT
- Individual and group sessions focused on building relationships with peers and clinicians
- Self-help groups including AA, NA, and SMART Recovery
- Integrated therapies (yoga, meditation, fitness, nutrition, sleep hygiene, art therapy)
- Relapse prevention programming
- Comprehensive discharge and transition planning (including return-to-work)
- Aftercare maintenance groups included
- Family workshops included for long-term communication and support in recovery

Outpatient Options to Support & Maintain Recovery

Intensive Outpatient Programs (IOPs) offer the immersion of inpatient treatment with the flexibility of outpatient care. Both in-person and virtual options via EHN Online (Powered by Wagon) are available.

8 Weeks

of intensive programming

9 Hours

of therapy per week, consisting of 8 hours of group sessions and 1 hour of individual counselling every week

10 Months

of aftercare

OUR GROUP-BASED IOP'S TREAT:

- Concurrent Addiction & Mental Health
- Mood & Anxiety
- Workplace Trauma
- Behavioral Addictions (Sex & Love Addiction and Problem Gambling)

CONTINUING SUPPORT FOR ONGOING SUCCESS

Support does not end once an individual completes their primary programming, inpatient or outpatient. We believe that ongoing recovery requires ongoing care. That's why **Aftercare Groups** are an important part of relapse prevention, and up to one year of programming is included. These are offered both in-person and virtually through EHN Online (Powered by Wagon).

Helping Loved Ones Heal

Offering a combination of presentations, multi-day sessions, and counselling, our **Family Workshops** help family members better understand the mental health and addiction challenges faced by their loved ones, and engage in their own healing. These groups are open to anyone who plays an integral role in a patient's support network.

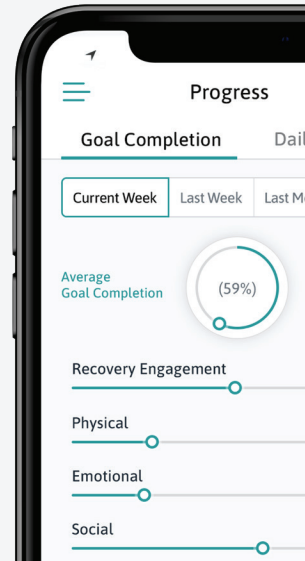
WAGON APP – YOUR PORTABLE CLINIC

Wagon Health Solutions was one of Canada’s first online mental health apps. Initially built to help people sustain long-term recovery from Substance Use Disorder, Wagon has now been expanded to include specialized content for mental health disorders. All patients who complete residential treatment or an Intensive Outpatient Program receive access to the Wagon app for ongoing support.



BENEFITS OF THE WAGON APP:

- Patient progress tracked on an interactive dashboard
- Flags high-risk situations and prompts outreach by staff to patients
- Includes specialized content for Substance Use Disorder, PTSD, Sex & Love Addiction, and Mood & Anxiety Disorders



TAILORING TREATMENT FROM OUR CONTINUUM OF CARE

There are many different paths to recovery. Our clinical team is focused on fostering the progress of each patient, tailoring treatment to each person’s needs. Our network of facilities, comprehensive programming, and skilled team of medical and mental health professionals means we can deliver compassionate, individualized care every time.

What the Patient Journey Might Look Like:

1.

Screening assessment for mild-moderate concurrent substance use and depression

Intensive Outpatient Program (IOP)

Virtual aftercare through EHN Online

2.

Screening assessment for severe substance use disorder

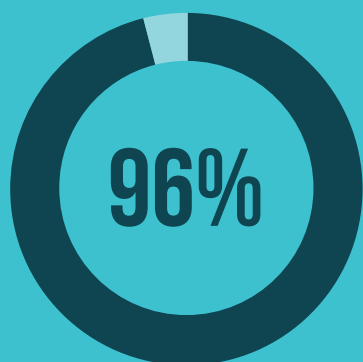
Inpatient Program

Extended Care (for a more gradual reintegration back into the community)

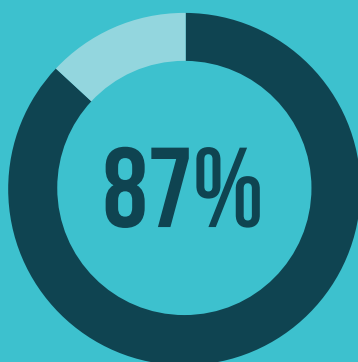
In-person aftercare at a clinic location

Treatment Driven by Outcomes

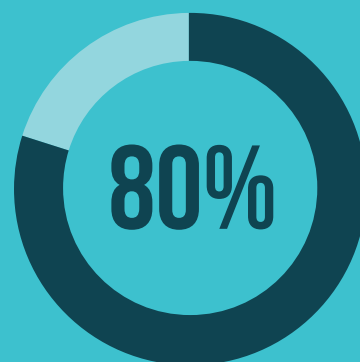
VALIDATED TOOLS USED TO MEASURE OUTCOMES



96% **approval rating** from patients for our inpatient programs (compared with 90% for publicly funded programs)



87% Intensive Outpatient Program (IOP) **completion rate**



80% **adherence to aftercare** maintenance program

CLINICAL EXCELLENCE ACROSS OUR TREATMENT CENTRES

GAIN-SS:

68%

improvement in mental health and substance use disorder symptoms

CEQ-S11:

62%

reduction in drug and alcohol cravings



GAD-7:

51%

improvement of generalized anxiety disorder symptoms

PHQ9:

53%

improvement of depression symptoms