



## Other Services

### For Employers

#### Prevention Services

- Training and Education Workshops
- Substance Use in the Workplace Policy Development
- Workplace Intervention Support and Consultations

#### Treatment Services

- Screening and Assessment
- Intensive Inpatient and Outpatient programs
- Coordination of Withdrawal Management Services

#### Post-Treatment Services (Return to Work)

- Return to Work Consultation for the Client and Employer
- Individualized Treatment and Relapse Prevention plans
- Abstinence and Compliance Reporting
- Occupational Medicine Coordination and Referrals

### For Healthcare/Third Party Professionals

#### Consultation Services

- Training and Education Workshops
- Support Materials for Clinic/Office
- Intervention Support and Consultations

#### Expedited Assessment

- Streamlined assessment/acceptance for patients requiring coordinated care

#### Discharge Summary

- Healthcare Professionals can receive a confidential discharge summary upon completion
- Occupational Medicine Coordination and Referrals

### Clinical Consultation for Professionals

Healthcare professionals often have questions about accessing care in the system and resolving complex medical and concurrent mental health issues. Renascent's team is pleased to consult with professionals on a noncrisis basis.

## Why Renascent?



**Renascent is a national leader in treating substance use disorders.** We are proudly accredited by the Canadian Centre for Accreditation, and our multidisciplinary team includes registered psychotherapists, a clinical psychologist, an M.D. certified with the Board of Addiction Medicine, and certified addiction counsellors with lived experience of addiction and long-term recovery.

Our abstinence-based model integrates 12-step facilitation with other best practices in clinical and medical approaches. By addressing the chronic nature of substance use disorders while also recognizing how addiction impacts families, children, loved ones, workplaces, and communities, our holistic approach means we're here for life.

Talk to someone who's been there.

**1 877 230 2918**

**renascent.ca**



**Renascent™**  
The road to recovery starts here.

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## Complete Care



**Renascent™**  
The road to recovery starts here.

Since 1970 we've helped almost 50,000 people, becoming an accredited national leader in providing hope and healing to individuals, families, loved ones, communities, and organizations impacted by addiction.

**We can help you too.**

# Primary Care

## Why it's Important

Intensive inpatient treatment allows our clients to address substance use disorders with support, safety, and structure, away from the distractions and pressures of their usual setting. Delivered by registered psychotherapists and certified addiction counsellors who have lived through the experience of addiction and found long-term recovery, Primary Care offers around-the-clock counselling and support to establish abstinence and introduce practical recovery skills.

## Goal

The goal of the program is abstinence from mind-altering substances, and to improve the client's quality of life.

## Program Options

Gender-specific treatment is offered in variable lengths to address clients' needs. Clients are admitted on a continuous basis, reducing wait time.

## Assessment

**Immediate access** within 24 hours for clients paying for treatment or who have payment coverage through insurance/employers.

**Comprehensive assessments** are completed over the phone and often within the client's first call.

**For clients presenting** with more complex concurrent issues, Renascent will facilitate a mental health assessment with a clinical psychologist.

## Components

### Brief Screening & Assessment

**Medical review** by our board-certified addiction specialist

**Individual and group** counselling

**Education:** addiction, relapse prevention, 12-step recovery life skills, coping skills

**Attendance** at 12-step meetings

### Admission Requirements

**For client's safety**, we require 72 hours to 8 days of abstinence depending on substances; withdrawal management can be co-ordinated.

**Age 16 or over**

**Desire to change** unhealthy, destructive, and potentially life-threatening behaviours

# Continuing Care

## Why it's Important

Research shows that people are particularly vulnerable to relapse during the first three months following intensive treatment. The challenges of returning to everyday life present significant stressors and it can be difficult to apply the skills learned during intensive treatment without ongoing support. Continuing Care extends counselling support, peer support, and education following the intensive treatment period.

## Goal

The goal is to maintain abstinence and work through triggers, and supporting clients in re-establishing sobriety should they relapse.

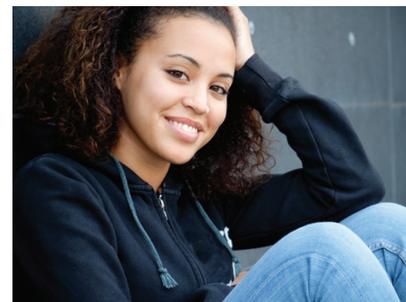
## Program Options

Continuing Care is available to clients on-site or over the phone (to overcome distance or accommodate shift work). It is also open to clients who have completed intensive treatment elsewhere, or who need more support at anytime during their recovery.

## Components

Weekly sessions of structured curriculum and assignments.

We welcome referrals from healthcare professionals but they are not required; simply call **1 866 232 1212**.



# Family Care

## Why it's Important

Family members and loved ones are not just bystanders in addiction or recovery, and often need their own recovery process to address the impact of addiction in their own lives. Renascent recognizes that addiction is a family disease. By engaging the entire family in recovery, including children, we create an opportunity for families and loved ones to break the cycle.

## Goal

The goal is to help adult and child family members and loved ones understand addiction in an age-appropriate manner, recognize the impacts, and learn personal recovery skills so they can live healthy lives independent of the recovery status of their loved one.

## Components

**Introduction to Family Care** for clients age 16 and over (on-site or over the telephone).

**Children's Healthy Coping Skills** for kids aged 7 to 13 and at least one active caregiving adult.

**Parenting in Recovery** for caregivers of children who've been impacted by addiction.

**Individual counselling** for children, teens, and adults.

**Intensive Family Codependency Retreat** for family members and loved ones who've been impacted by addiction.

## Admission Requirements

**Interest in learning** about addiction and focusing on personal recovery.

# Alumni Care

## Why it's Important

Substance use disorders, just like other chronic diseases such as asthma and diabetes, require lifetime management to prevent relapse. Healthy relationships and supportive connections within a strong community allow recovery to thrive. Renascent provides our alumni with ongoing education, personal growth activities, and opportunities to give back.

## Goal

The goal is to create a healthy, safe community for alumni to grow in their own recovery, while also building the foundations for alumni to support each other.

## Components

**Living in Recovery** learning and social events.

**Service opportunities** through alumni committees and meetings.

**Free subscription** to weekly recovery email.

**Volunteer roles** following three or more months of sobriety. Be a contact for someone in early recovery.

## Admission Requirements

**Activities** are open only to all people interested in being part of a vital recovery community.



24/7 Recovery Helpline:

**1 866 232 1212**

**renascent.ca**

“When I walked in through the doors of Renascent, I was broken in every way: financially, emotionally and physically. I couldn't have imagined my life, 10 years later, being so filled with joy and hope.” – Renascent Alumni