



Renascent™

The road to recovery starts here

Complete Care for Addiction Recovery

Renascent's Complete Care Program for addiction recovery addresses the complex needs of the entire person, because addiction affects every aspect of one's life, including families and children, loved ones, workplaces, and communities.

Our holistic Complete Care model begins with a series of evidence-based diagnostic screening and assessment tools to determine an individual's needs and ensure an appropriate treatment match. Together with our Intensive Inpatient Care, Continuing Care, Essential Family Care, and Alumni Care Programs, our clients receive the tools for finding and enjoying life-long recovery from substance use disorders.

Intensive Inpatient Care

The initial phase of our program consists of 28 to 42 days of inpatient treatment, which allows our clients to address their substance use disorder with support, safety, and structure.

Inpatient program features and components include:

- Comprehensive telephone assessment; for individuals presenting with more complex concurrent issues, a mental health assessment with a clinical psychologist
- Immediate access within 24 hours for self-pay clients or those with insurance/employer coverage
- Assistance with detox coordination as required
- Holistic, Person-Centred, Solution-Focused Therapy
- Cognitive and Dialectical Behavioural Therapy
- Motivational Interviewing and Mindfulness Principles
- Individual and Group Therapy
- Life Skills, Relapse Prevention Techniques and Coping Skills
- Art Therapy and Yoga

Continuing Care

Research shows that people are particularly vulnerable to relapse during the first three months following intensive treatment. Renascent's Continuing Care program is designed to help individuals remain abstinent following the intensive inpatient phase of treatment, and provide support in re-establishing recovery quickly should they experience a relapse.

Essential Family Care Programs

Addiction is a family disease. At the heart of Renascent's commitment to families is the understanding that loved ones are as affected by addiction as the addict themselves. As parents, partners, siblings, children, and loved ones, you deserve support for your own recovery journey.

Our Essential Family Care Programs provide the tools you need to understand the impact addiction has had on your life, and break the cycle of addiction in your family. Anyone who has been affected by another person's substance use disorder is welcome to participate, independent of the recovery status of their loved one.

Alumni Care

Substance use disorders, just like other chronic diseases such as asthma and diabetes, require lifetime management in order to prevent relapse. Healthy relationships and supportive connections within a strong community allow recovery to thrive. Renascent offers our alumni ongoing education, personal growth activities, and opportunities to give back, because we're here for life.

Our Alumni Care activities are designed 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.

Renascent's clinical staff draw on their own lived experience of addiction and long-term recovery to help clients see the potential for their own recovery.

"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

Talk to someone who's been there:

1-866-232-1212

renascent.ca