



# Virtual addiction treatment from your home!

## Virtual Intensive Treatment Program

At Renascent, we help change lives by providing high-quality addiction treatment and mental health support. Using the latest, secure virtual technologies, clients can access Renascent's government-funded Virtual Intensive Treatment Program from anywhere. Our evidence-based program is trauma-informed and concurrent capable for those with co-existing mental health conditions.

### Program features:

- Six weeks of intensive treatment from Monday to Friday
- Daily Group counselling sessions with expert clinicians and therapists
- Weekly therapeutic assessments
- Daily recovery-based assignments
- Daily 12-step meetings and access to other peer support programs
- Extensive post-treatment planning
- Six months of follow-up Continuing Care
- Alumni Care to support long-term recovery



*I was given a second chance with Renascent – which transformed my life. The Virtual Intensive Treatment Program helped me understand and process my experiences, gave me connections to others who understood what I was going through, and provided tools to help me abstain from drinking while remaining at home. This was my first time participating in any type of virtual setting and I was pleased by how engaging it was. The counsellors were welcoming and I was amazed at how quickly we all bonded. I am so grateful for my journey with Renascent, as being sober gives me a whole new perspective on life.*

**– Pat S., Former Virtual Intensive Treatment Program Client**



**Renascent**<sup>®</sup>

The road to recovery starts here.



**At Renascent, we know exactly what it's like to live under the shadow of addiction and as leaders in addictions and mental health treatment, we have a strong track-record of setting people on the path to recovery.**

### **Program Benefits:**

- **Convenience:** Clients have the flexibility to continue their daily lives while enrolled in this program.
- **Security:** Client safety and confidentiality is paramount and we only use secure and encrypted systems.
- **Expert Care:** Sessions are lead by certified, expert clinicians and therapists who provide evidence-informed treatment options.
- **Accountability:** Clients are held accountable through attendance at group and individual sessions.
- **Connection:** As experts in virtual treatment, our online environment fosters meaningful connections among clients during sessions.



### **Treatment Programming:**

**Daily Process Group Therapy:** Involves a gathering of peers who are also in recovery and a clinician to help guide the sessions. Group sessions are a safe, non-judgemental space where group participants feel comfortable sharing about gains and losses in the recovery process.

**Daily Psychoeducational Group Therapy:** You'll learn about addiction and mental health issues. Topics center around subjects like: Stages of Change, Post-Acute Withdrawal Symptoms (PAWS), Emotional Regulation, Values, Boundaries & Assertive Communication. A range of therapy modalities are utilized, including: Twelve-Step Facilitation (TSF), Mindfulness, Cognitive Behavioural Theory, Dialectical Behavioural Therapy, Relapse Prevention, and Motivational therapies.

**Weekly Individual Counseling Sessions:** To help get the most out of these sessions, approach the therapy as a collaborative effort, be open and honest, and follow through on self-determined next steps and actions. There will be opportunities to better self-understanding, enhance motivation for change, develop new coping skills, create goals, challenge unhelpful thinking, create an individual treatment plan and relapse prevention plan.



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For an immediate referral, call our Client Care and Access Centre at **1-866-232-1212** or email [info@renascent.ca](mailto:info@renascent.ca)

**Learn more: [renascent.ca](https://renascent.ca)**