



# addiction

clear haven center

## *When Outpatient services aren't enough...*

### **We Provide Total Immersion Recovery Services for employees...**

Our program is challenging and multifaceted, just like your employee. Rather than focusing solely on the addiction, we build on the individual's strengths so the experience of addiction becomes a learning opportunity. We assist your employee to change their addiction from a barrier to a stepping-stone to increased effectiveness in all aspects of their life.

We provide group and individual experiences, challenges, and skill building opportunities that empower the individual to move past their addiction and into positive life change.

### **The individual returns to work and home:**

- better able to manage conflict and stress
- confidently moving toward renewed life goals
- physically and mentally more healthy than ever before
- renewed and ready to succeed in their career.



# what makes us different...

## planning for success

Many rehab centers strive to remove all stressors from their program. At Clear Haven Center, the individual will face many stresses and challenges. Learning to manage stress and conflict in a safe and learning atmosphere is essential during the critical first three months of abstinence. Our clients will have anticipated, practiced, and planned for post rehab stressors, the most common cause of relapse and return to drugs and alcohol.



## lifetime partnership

Most programs provide time limited support or bill for continued assistance. We are committed to continue to support your employee who successfully completes the 3-month program. If needed, at no additional cost, Clear Haven will provide a 2-week tune-up program anytime during the first 6 months following graduation. We understand an individual may experience difficulties long after they complete the program. As an additional support at no cost, clients can access our online counselling support indefinitely.

## independence

Many programs promote a culture of dependence and a definition of addiction for life. Our program teaches self-management of health; Clear Haven wants to create independence in our clients so they can succeed without continuous therapy. We equip your employee with tools for mental and physical health for a lifetime.

## focused

Addressing too many problems before the client is ready reduces the chance of success in all areas, and most importantly increases dropout and relapse. Our program is highly focused, addressing only the major areas of concern for the individual to manage their addiction. The experience of addiction and detox creates immediate physical and mental health issues, which must be addressed before a client can benefit from treatments such as family therapy. Clear Haven provides individuals a solid foundation so that following the program they can address other important issues in their life. Following rehabilitation, they will be well enough to address family and other issues.

## research based

Some programs base their approach on personal experience, providing hope but not research based tools for change. Clear Haven Centre increases the probability of success by using approaches that have been scientifically proven. Through cognitive therapy, individual counseling and education, the individual develops increased knowledge about addiction, increased rational thinking, and improved honest communication and the life skills to manage their addiction.

## time matters

Many other centers maintain waitlists. We can take your individual referrals for assessment via phone, 24 hours a day. To help you meet the needs of your employees in a timely manner, we can guarantee assured placement for a retainer. We will then provide intake for an employee who meets admission criteria on 24hrs notice.



# the program & its benefits



## Providing Tools for a Lifetime

The Center provides a safe and therapeutic environment for people who have completed detox or withdrawal management and are ready to begin an intensive rehabilitation program with emphasis on education and counseling, building self-management skills, and improving physical and emotional health.

The Center operates on the principle of respect for individuals with disabling addictions problems. We provides safety, structure, treatment and support, thus making it possible for you to address a wide range of emotional and self-healing concerns.

### We assist clients by:

- Providing a structured, safe, drug and alcohol free environment
- Supporting the development of an individualized treatment and self-management plan
- Providing counseling through individual and group sessions
- Supporting improved health and self-management skills through group presentations and the availability of quality information and tools as well as access to Internet resources
- Supporting improved physical health through support and access to exercise equipment and opportunities for organized exercise
- Supporting improved stress management through participation in educational and activity sessions such as yoga, tai chi, massage, art therapy and meditation
- Supporting improved nutrition through access to quality meals and snacks
- Supporting improved medication management through supervising client self-administration of prescription medications
- We provide a 90 day program, but also offer a 60 day option.



## 60/90 Days to Employee Recovery

We have carefully researched all aspects of the program at Clear Haven Center to find out what has a proven track record of working for rehabilitation. The clients participate in the following activities for successful completion of the program:

- 1. One to One Counselling**  
(three sessions per week)
- 2. Education Group Sessions**  
(one session 6 days per week)
- 3. Afternoon Cognitive Therapy Group Session**  
(one Session 6 days per week)
- 4. Evening Group Sessions**  
(one session 6 days per week)
- 5. Evaluation sessions**  
(each Sunday)
- 6. Recreational and Physical Activities**  
(every day)



rebuild

renew



reward

retain