



INTERNATIONAL  
ASSOCIATION  
OF FIRE FIGHTERS



EHN CANADA

*Behavioural Health Treatment for Canadian Fire Service Professionals*  
1-888-301-7876

MILITARY,  
VETERAN AND  
FIRST RESPONDER  
PROGRAMS

**POWERFUL. EMPOWERING.**

**LIFESAVING.**





# THOSE WHO PUT THEIR LIVES AT RISK TO KEEP US SAFE SOMETIMES NEED HELP THEMSELVES.

EHN Canada is proud to offer programs that specifically address the addiction and mental health concerns of those who put their lives on the line for others — fire fighters and other first responders.

By putting themselves in harm's way, first responders open themselves up to the consequences of trauma and PTS/PTSD. In some cases, substance use becomes an unhealthy coping mechanism for dealing with the mental and emotional challenges of an operational stress injury. Our programs can help.

Our facilities across the country have a long-standing history of providing quality and effective treatment for trauma, with or without a concurrent substance use disorder. We have dedicated clinicians with specialized training in trauma-informed therapy to guide the transformative process of recovery.

# 19%

of surveyed fire fighters report stressful work experiences have led to suicidal thoughts.

-IAFF/NBC Survey, 2018

# UP TO 35%

of first responders will develop PTSD

-Wounded Warriors Canada



## PATIENTS LEARN VALUABLE SKILLS, INCLUDING:



Distress Tolerance



Mindfulness



Communication



Emotion Regulation



Conflict Resolution



Interpersonal Effectiveness



Structured Relapse Prevention

## THIS PROGRAM IS AVAILABLE AT:

## SUPPORT FROM THOSE WHO UNDERSTAND

Shared experience is powerful. All our facilities foster a therapeutic community of peer support and interaction to augment the effects of clinical programming.

Additionally, at many of our facilities, we can accommodate patients in trauma-focused programs separately. These centres offer an exclusive residential setting for military, veterans and first responders that encourages trust and safety with those who possess a shared understanding.



EHN Guardians Nanaimo **NANAIMO, BC**



EHN Guardians Gateway **PETERBOROUGH, ON**



EHN Nouveau Départ\* **MONTREAL, QC**



EHN Guardians Atlantic **NICTAUX, NS**



EHN Guardians Rockies **FORT STEELE, BC**

\*French-speaking only

## SPECIALIZED PROGRAMS FOR THOSE WHO ARE:

- ✓ An active military service member, veteran, fire fighter (IAFF members), and/or police/law enforcement
- ✓ Experiencing post-traumatic stress disorder (PTS/PTSD) or other occupational stress injuries (OSI) with or without concurrent substance use issues

## OUR EVIDENCE-BASED PROGRAM MODELS INCORPORATE:

- ✓ Medication Assisted Treatment (MAT)
- ✓ Cognitive Behavioural Therapy (CBT)
- ✓ Dialectical Behavioural Therapy (DBT)
- ✓ Acceptance and Commitment Therapy (ACT)
- ✓ Motivational Interviewing (MI)
- ✓ Addiction Accelerated Resolution Therapy (ART)
- ✓ Prolonged Exposure Therapy (PET)
- ✓ Cognitive Processing Therapy (CPT)
- ✓ Virtual Reality Enhanced Treatment
- ✓ Peer Recovery Groups (12-step recovery including AA, NA and SMART Recovery)
- ✓ Safety Planning for Suicide Prevention

## WE UNDERSTAND THE CHALLENGING EXPERIENCES OF MILITARY, VETERANS AND FIRE FIGHTERS.

### OUR TRAUMA-INFORMED PROGRAMS OFFER:

- ✓ Treatment exclusively for military service members, veteran or first responders to include police, fire and ambulance personnel
- ✓ A personalized approach to treatment for PTS/PTSD with or without concurring substance use
- ✓ Evidence-based individual and group treatment delivered by regulated mental health professionals with specialized trauma and fire service training
- ✓ Psychiatrists and doctors certified to prescribe medications onsite
- ✓ 24/7 medical support in residential treatment
- ✓ Seven-week average length of stay, or nine weeks for patients with co-occurring trauma and substance use
- ✓ Integrated care, including yoga, meditation, fitness, nutrition, sleep hygiene, art therapy and access to occupational therapy
- ✓ Family support via 2.5 day workshop and ongoing family outreach
- ✓ Comprehensive discharge and relapse prevention planning
- ✓ Twelve months of live weekly Aftercare groups supported by virtual recovery tools (Wagon App)



# QUALITY TREATMENT FOR CANADIAN IAFF MEMBERS

EHN Canada is home to the country's largest network of industry-leading mental health and addiction treatment facilities and programs designed to treat patients with unique needs.

## OTHER PROGRAMS AVAILABLE TO IAFF MEMBERS:

### Core Addiction Treatment

- Inpatient or Intensive Outpatient Programs

### Mood and Anxiety Program

- Inpatient or Intensive Outpatient Programs

### Behaviour Addiction Treatment

- Eating Disorders, Gambling, Sex Addiction, and Extended Care

PLEASE CALL 1-888-301-7876 or to learn more:  
[ehncanada.com/IAFF](http://ehncanada.com/IAFF)

# READY TO TAKE THE FIRST STEP TOWARDS RECOVERY?

Find out more about this program  
to see if it's right for you or  
someone you know.

IAFF REFERRAL TEAM

1-888-301-7876

[iaff@ehncanada.com](mailto:iaff@ehncanada.com)

[ehncanada.com/IAFF](http://ehncanada.com/IAFF)



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