



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.

JULY 2022





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. Dedicated clinicians with specialized training in trauma-informed therapy 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

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. At Edgewood in Nanaimo, BC and Gateway in Peterborough, ON, we can additionally 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.

THIS PROGRAM IS AVAILABLE AT:



Edgewood **NANAIMO, BC**



Gateway **PETERBOROUGH, ON**



Clinique Nouveau Départ **MONTREAL, QC**



Ledgehill **LAWRENCETOWN, NS**

THIS IS A PROGRAM FOR THOSE WHO ARE:

- ✓ An active military service member, a veteran, a fire fighter, police/ law enforcement
- ✓ Experiencing post-traumatic stress disorder (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) for Addiction
- ✓ Accelerated Resolution Therapy (ART)
- ✓ Prolonged Exposure Therapy (PE)
- ✓ Cognitive Processing Therapy (CPT)
- ✓ Virtual Reality Enhanced Treatment
- ✓ Peer Recovery Groups (12-step recovery and SMART Recovery)
- ✓ Safety Planning for Suicide Prevention

We understand the challenging experiences of military, veterans and fire fighters.

OUR 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 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
- ✓ Ten months of live weekly aftercare group support 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, Extended Care

PLEASE CALL 1-888-301-7876 to learn more.
www.ehncanada.com

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

referrals@ehncanada.com

ehncanada.com



INTERNATIONAL
ASSOCIATION
OF FIRE FIGHTERS



EHN CANADA

Behavioural Health Treatment for Canadian Fire Service Professionals

1-888-301-7876