

**Dear Base Clinician,**

Thank you for the important service you are providing to Canadian Forces members, their families, and our country. At Sunshine Coast Health Center, we are here to assist you when the needs of your clients require the intensity of residential services.



Although we have been an approved provider for CF and VAC members since May 2005, the information that follows in this pamphlet may be new to you. If you haven't made a recent

referral to Sunshine Coast, you may not be aware of the many enhancements we have made to our staff, program, and facility such as:

1. Master's level therapists, a psychiatrist, a Registered Psychologist, and exercise physiologist
2. Trauma-specific treatment modalities such as Lisa Najavit's *Seeking Safety*, Donald Meichenbaum's *Constructive Narrative Perspective*, and One-Eye Integration (OEI)
3. Expanded group activity space, client accommodations, and an exercise pool

Research has shown that co-morbid addiction and PTSD requires an integrated approach to treatment. Our program reflects the latest in evidence-based care where the focus is on the whole person rather than just the 'addiction' or the 'mental illness'.

On behalf of the staff at Sunshine Coast, thank you for your consideration. We look forward to working with you and the men you serve.

Regards,

Daniel Jordan  
Director of Marketing  
Sunshine Coast Health Center



**Sunshine Coast Health Center**

C21, 2174 Fleury Road, Powell River, BC  
Canada V8A 4Z2  
www.schc.ca | info@schc.ca

**Worry-Free Travel**

At Sunshine Coast, we know that entering treatment can be a stressful time for Canadian Forces members and their families. There's enough to think about without the added stress of luggage and travel connections. That is why Sunshine Coast offers complimentary\* travel assistance for CF and VAC members joining us from British Columbia, Alberta, Ontario, or any other province in Canada. Our capable admissions team will book your flight and ensure that a staff person is there to assist you upon your arrival at Vancouver International Airport, Comox Valley Airport, Powell River Airport or the Westview ferry terminal in Powell River.



(\* ) Note: some restrictions apply.



**Sunshine Coast Health Center**

Residential Addiction Treatment & Recovery Services

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Administration Toll Free 1.866.487.9050  
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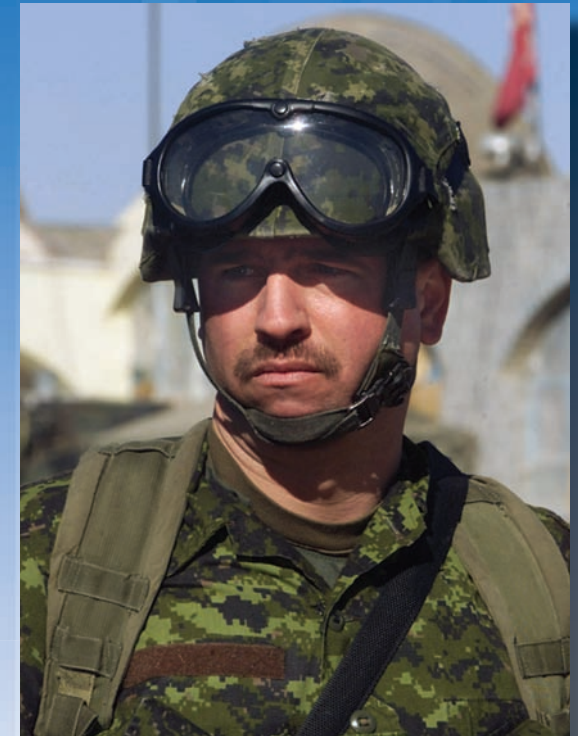
Sunshine Coast Health Center is licensed by the British Columbia Ministry of Health

Sunshine Coast Health Center is an approved provider with the Blue Cross Federal Program

# Sunshine Coast Health Center



Co-Morbid Post-Traumatic Stress Disorder and Substance Dependence Treatment Program for Canadian Forces Members and Veterans



www.schc.ca

## Program Overview

At Sunshine Coast Health Center, our treatment goal is to move clients beyond merely attaining a measure of physical and emotional stability, and toward transformational change. Although we accept the neurobiological and environmental components of addiction, we define addiction—in line with Viktor Frankl—as a response to living a life that lacks personal meaning.



Our program integrates the best practices of addiction medicine and psychiatry, cognitive-behavioural coping skills, family systems, and narrative therapies, with a special focus on a humanistic-existential approach. Our program is evidence-based, and we conduct scholarly research. We are 12-step friendly\*, incorporating therapeutic elements from 12-step philosophies as they have appeared in peer-reviewed journals, such as the “spiritual principles” of gratitude and forgiveness. We practice Rogerian principles, and do not use confrontation as a counselling style.

(\* ) Note: 12-step components include weekly attendance at AA/NA meetings, a weekly theme based on the spiritual principles of AA, and a Friday psycho-education group on the 12-Steps.



Our exercise pool.

For more information on **Sunshine Coast Health Center** refer to our corporate brochure or visit us on the web at [www.schc.ca](http://www.schc.ca)



## Program Highlights

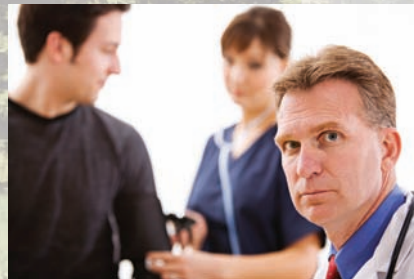
### An integrated approach to treatment



Our psychiatrist and team of professionals work together to provide a seamless integration of addiction and mental health services.

All therapists have at least a Master’s degree in counselling and are trained in various modalities of trauma work, particularly trauma integration techniques and cognitive-behavioural therapy for co-occurring PTSD and addictions.

### Enhanced medical services



Medical detoxification is just the start of the medical services we offer.

Nowadays, private duty nursing is as rare as doctors who make house calls. At Sunshine Coast, clients have both! Nurses are on site to provide ongoing monitoring of medications and medical conditions that often accompany drug and alcohol problems such as dehydration, malnutrition, high blood pressure and diabetes. Many clients report being surprised at the amount of time our doctor spends getting to know them and their situation.

## A commitment to fitness



When it comes to residential addiction treatment, Sunshine Coast stands alone in its commitment to fitness.

Sunshine Coast understands the importance of CF members being physically combat-ready, offering unparalleled access to health, fitness, and recreation services. By working with our exercise physiologist, and participating in numerous off-site recreational activities, CF and VAC members are encouraged to make health and wellness part of their recovery lifestyle.

## An ideal place to heal



Sunshine Coast provides the ideal healing environment for those struggling with addiction and mental health issues.

Situated on five rural acres of oceanfront property, the campus at Sunshine Coast allows CF and VAC members the opportunity to address all aspects of well-being—physical, psychological, and social—in a private, respectful setting. With a limit of 32 clients, a high staff-to-client ratio, individual therapy and our innovative small group therapy, clients benefit from a program tailored to their unique needs.

### A Comparison of Approved CF and VAC Co-Morbid PTSD/SUD Treatment Providers

Name of Provider	Serves	Private Rooms	Stay (Days)	Beds	Medical Services	Psychiatrist	Master's Level Therapists	Fitness Therapist	Travel Assistance
Sunshine Coast Health Center	Men only	Available	30, 42, 60, 90	32	Yes	Yes	Yes	Yes	Yes
Bellwood Health Services	Co-ed	Available	21-80	55	Yes	Yes	Yes	Yes	No
Edgewood	Co-ed	Not available	min. 54	80	Yes	Yes	No	Yes	No
Homewood Health Centre	Co-ed	Available	30-35	87	Yes	Yes	Yes	Yes	No