

Program Comparison Checklist



Sunshine Coast Health Center

Powell River, BC

| Service | Detox Only | Sober Living | Alumni | Addiction | Trauma |
|---|------------|--------------|--------|-----------|--------|
| enhanced psychiatric services | | | | | ✓ |
| trauma counselling | | | | | ✓ |
| trauma therapies (EMDR, neurofeedback, hypnotherapy, active meditation, therapeutic exercise, therapeutic recreation) | | | | | ✓ |
| travel assistance in Vancouver and Comox | ✓ | | | ✓ | ✓ |
| medical detoxification | ✓ | | | | |
| psychiatric assessment and indicated treatment | | | ✓ | ✓ | ✓ |
| counselling (group and individual) | | | ✓ | ✓ | ✓ |
| wellness therapies (massage therapy, ozone therapy) | | | ✓ | ✓ | ✓ |
| online support program | | ✓ | ✓ | ✓ | ✓ |
| arts and music activities | | ✓ | ✓ | ✓ | ✓ |
| assigned reading materials | | ✓ | ✓ | ✓ | ✓ |
| routine nursing consultations | ✓ | ✓ | ✓ | ✓ | ✓ |
| psycho-education group | ✓ | ✓ | ✓ | ✓ | ✓ |
| meals | ✓ | ✓ | ✓ | ✓ | ✓ |
| accommodation | ✓ | ✓ | ✓ | ✓ | ✓ |
| pick-up/return in Powell River upon arrival/discharge | ✓ | ✓ | ✓ | ✓ | ✓ |
| scheduled recreational activities | ✓ | ✓ | ✓ | ✓ | ✓ |
| indoor pool & fitness centre | ✓ | ✓ | ✓ | ✓ | ✓ |
| laundry facilities | ✓ | ✓ | ✓ | ✓ | ✓ |
| business centre (client computer, copier, fax) | ✓ | ✓ | ✓ | ✓ | ✓ |