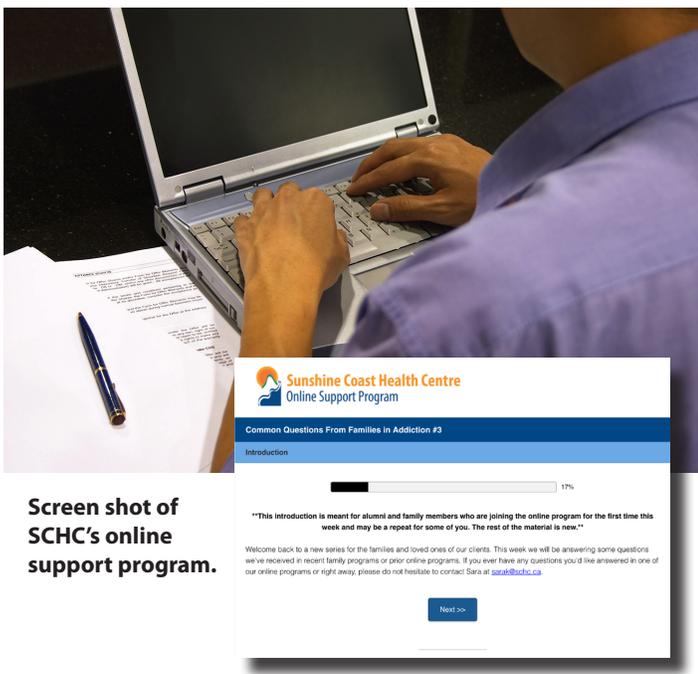


Online Support Program



PROGRAM DESCRIPTION

Online Support is a comprehensive set of weekly videos and written exercises on various aspects of recovery. Written and presented by our master's-level psychotherapists, Online Support provides a vital therapeutic link to clients and family members long after they have returned to their home communities. Offered on a complimentary basis to all alumni and Family & Couples Program alumni, each lesson is completed online, then reviewed and commented upon by a member of the Sunshine Coast clinical team.



Screen shot of SCHC's online support program.

Providing continuing care online has many advantages that include:

- Allowing participation at a time and location convenient to alumni and families (not just when clinical staff is available)
- A minimal investment in technology since clients with a Hotmail or Yahoo! Email account can access the online support from any computer with Internet access (Internet cafes, work, friends, family, etc.)
- The opportunity for alumni to receive weekly one-on-one coaching that is tailored to their unique recovery needs.

ALUMNI ONLINE SUPPORT

Alumni of any Sunshine Coast Health Centre residential program can participate in the Alumni Online Support program. The program is designed to assist alumni in their efforts to (1) deepen their understanding of addiction, (2) strengthen relationships, and (3) connect to a greater sense of meaning and purpose. Alumni will continue to receive complimentary, weekly lessons with new topics every month for as long as they maintain a current email address with Sunshine Coast Health Centre.

ONLINE FAMILY SUPPORT

Participants who complete the Family & Couples Program also qualify for weekly online support with topics specific to significant others such as maintaining boundaries, personal growth, and many more. As with Alumni Online Support, participants have the opportunity to provide feedback which is promptly reviewed by a staff clinician trained to provide support during the transition to a life of recovery. Currently, this complimentary program is available to Family & Couples Program alumni for as long as they choose to participate.



Online Support is of particular value to alumni and families from communities with few recovery resources, or those individuals without a sponsor or established support group awaiting their return home. In such instances, a continued partnership with Sunshine Coast can help spell the difference between relapse and sustained recovery.