



**Sunshine Coast
Health Centre**



Highly Personalized Addiction Treatment

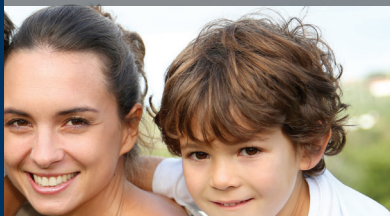
Clinical Services

**A Review of Therapies and
Clinical Services**

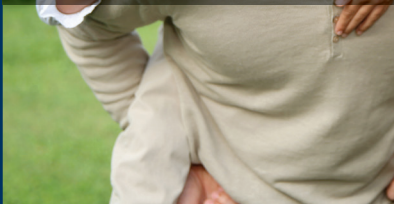
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Canada's First Women-Only Residential Trauma Program – Coming Fall 2019

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WHY THIS BROCHURE?

Sunshine Coast Health Centre (SCHC) recognizes that clients, families and therapists want to make an **informed** choice when it comes to residential addiction treatment. They want to know what programs and services we have to offer and what one can expect while in treatment. With this brochure, individuals considering our program now have a detailed description of our programs and services from a **clinical** perspective.

OVERVIEW OF RESIDENTIAL SERVICES

Since opening in 2004, Sunshine Coast Health Centre has been committed to using innovative and evidence-based approaches in residential addiction treatment. Our biopsychosocial spiritual perspective—biological, psychological, social and spiritual—treats the whole person, not just an “addict” or an “addiction.”

Residential services refer to our on-site clinical services for clients and their families. These include psychological therapies, medical and psychiatric assessment, medications (when appropriate), and complementary and alternative therapies.

Residential Addiction & Mental Health Treatment Services

Meaning therapy (p. 5 – 11) serves as the foundation of our clinical program, not only because it is the therapy most supported by research but also for its focus on the therapeutic relationship. To facilitate the client-therapist relationship, we utilize addiction counselling methods that reflect the Rogerian* principles of empathy, genuineness, and unconditional positive regard.

The medical therapy section (p. 12 – 14) covers addiction treatment from a biological or physical perspective. Since we treat addiction and mental health issues, our skilled medical team helps clients who may benefit from medications without compromising their recovery from addictive substances.

The complementary and alternative therapies section (p. 15 – 17) includes many of the therapies that help round out the clinical program at Sunshine Coast Health Centre. For example, our complementary therapies help clients heal physically (e.g. fitness, massage, and ozone therapy) or emotionally (e.g. art expression) and provide positive lifestyle alternatives after treatment, while our alternative therapies (e.g. EMDR) can approach a traumatic or distressing memory that may not always respond to talk or drug therapy.

() Note: 'Rogerian' refers to the pioneering work of psychologist Carl Rogers (1902-1987).*



MEANING THERAPY

Why Meaning Therapy?

Everyone makes sense of themselves, their world, and their place in the world. When our perceptions do not resonate with reality, we suffer unnecessarily. Meaning therapy aims to help clients make sense of their lives in a way that is consistent with their experiences, authentic values, beliefs, and actions. They no longer feel victimized by their (neuro)biology or environment.

From its beginnings in the works of psychiatrist, Viktor Frankl, personal meaning as a focus in psychology has flourished. Publications from the American Psychological Association (*The Psychology of Meaning*) and Paul T. P. Wong (*The Human Quest for Meaning*) are evidence that meaning is now established. Other books such as *The Positive Psychology of Meaning and Addiction Recovery* have used meaning to interpret addiction.



Meaning theory does not arise from a specific school of psychology. Its research comes from various disciplines including existential psychology, the human sciences, and the liberal arts. Meaning is an umbrella construct that most closely aligns with cognitive and motivational psychologies. It examines what human beings require to flourish in their lives despite suffering.

Meaning therapy arises from theory and is based on empirical research. Unlike Frankl's logotherapy, meaning therapy is now a stand-alone therapy and has been shown effective in helping many populations, including those suffering from cardiac problems, terminal illness, workplace stress, geriatric issues, depression and anxiety, PTSD, and, of course, addictions.

Meaning & Addiction

Meaning theory and therapy interpret addiction in line with Viktor Frankl, who stated that addiction is "not understandable unless we recognize the existential vacuum underlying [it]." To put it another way, addiction is a response to living a life that lacks personal meaning.

Residential Addiction & Mental Health Treatment Services

Those who suffer from addiction are easily bored and depressed. They see themselves as different and they lack a sense of control over their lives. Clients at SCHC typically refer to this vacuum as a “void” or “emptiness.”

Research has shown that those suffering from addictions have a weak sense of self and high external motivations and goals. Personal strivings and positive coping skills have long since dissipated. Addiction is a response to this life.

While this interpretation accepts that addiction has neurobiological, psychological, and sociocultural components, it emphasizes that addiction operates at a level of fundamental motivations beyond neural adaptation, maladaptive coping skills, and socially constructed influences. Clearly, meaning theory is capable of addressing different components in addiction.

There are more than 70 scholarly journals and hundreds of books with a focus on addictions. Even though large amounts of research has been done in this area, studies often conflict on the nature of addiction and how it should be treated. Addiction experts tend to focus on their favorite theories and avoid research that contradicts their findings.

Using meaning as an organizing construct is the only current, proposed approach capable of integrating results from biological, behavioral, cognitive, motivational, and existential-humanistic psychologies, in addition to the growing body of addiction research in the human sciences.



Therapy as Transformational Change

If addiction is a response to a life that lacks personal meaning, then the solution is to live meaningfully. Our program helps clients begin the process of finding meaning and purpose.

Mainstream therapies for addictions are generally limited to helping clients attain a measure of physical and emotional stability. Meaning therapy, however, allows us to better help clients by moving beyond healing brokenness and toward flourishing in life, despite suffering. Research studies indicate that recovery is about a transformational change. In other words, stable abstinence is the byproduct of living a meaningful life.



Principles of Meaning Therapy

Meaning therapy is best understood as an existential psychotherapy. Like all existential therapies, it follows specific principles:

- **The whole human being is centre stage**—Therapy must be client-centred and treat the whole, complex, unique human being.
- **Each person is the author of his or her life**—Also known as existential responsibility, authorship means that the individual is responsible for making decisions that will dictate the kind of life he or she lives. For this reason, therapists do not tell a client what to do, think, or feel. They offer no ready-made answers. Rather, they help clients in the struggle to find their own answers.
- **People grow if they have no need to deny or distort experience**—Rogerian principles—unconditional positive regard, advanced accurate empathy, and genuineness—are the foundation for therapy. Confrontation as a counselling style is considered unethical.
- **People are relational beings**—Relatedness is a foundational construct in psychology. How clients interact in the group, regardless of the content of discussion, is important. Process therapy is a key piece to help clients develop interpersonal relatedness.
- **There are little meanings and big meanings**—Therapy focuses on the little meanings. What is the meaning that the client gives to an experience? What values are authentically important to the client? How can the client respond to an event/condition with responsibility and courage?

Residential Addiction & Mental Health Treatment Services

- **Meaning is forward looking** —Therapy encourages clients to live in the present, but keep an eye on the future. Having a direction in life and pursuing goals demands that clients be future-oriented.
- **Meaning emphasizes the positive givens of existence** —All people face the negative givens of life, such as death, grief, and loneliness. Our therapy helps clients develop resilience, face fears, take control of their lives, and turn negatives into sources of personal growth.
- **Meaning therapy is not technique driven** — Our program helps clients see how the ways they make sense of their lives have led to unnecessary suffering. We then help clients develop new ways of living that are consistent with their values. There is no set of strategies or techniques to achieve these goals. Rather, therapists use any strategy or technique as long as it fits within the meaning framework. Avoidance and approach coping skills, cognitive restructuring, psycho-educational material, motivational interviewing, and behavioral techniques are all useful and therapists recognize that each serves the greater aim of helping clients live meaningfully.



Components of Meaning Therapy

Research indicates that meaningful living has four components:

- **Cognitive** – Typically, those suffering from addictions make sense of life in ways that are not responsive to their reality. Therapy helps clients:
 - Understand who they are and their values, strengths and limitations, and desires and wants
 - Learn to live comfortably with ambiguity
 - Develop, what Carol Dweck calls a “growth mindset”
- **Motivational** – Motivations are most productive when they are based on the client’s authentic values and beliefs. Research is clear that such intrinsic motivations are far more powerful than extrinsic ones. Clients at SCHC learn to make decisions based on what is authentically important to them.
- **Behavioural** – Action is essential to meaningful living. If a client doesn’t take action, therapy is useless. Practicing new skills while in treatment is a key piece of therapy.
- **Affective**—Well-being is not merely a result of the pursuit of meaning or its attainment. It is also a way to evaluate one’s life. Research has also shown that well-being need not necessarily be attached to pleasure and comfort. The construct of eudaimonic happiness suggests that living a meaningful life is more fulfilling than living a pleasurable one.



Formats of Meaning Therapy

- **Group therapy** – Group is the main therapy format. Under a meaning framework, group may be cognitive-behavioral one day and family systems therapy the next. Process therapy is a key method of group therapy.
- **Individual therapy** – One-on-one therapy is generally reserved for issues that clients may not yet feel comfortable enough to share in group, or motivational/behavioral issues affecting one client. Individual sessions are also used for hypnotherapy, neurofeedback, and EMDR.
- **Workshops** – Workshops cover neurobiological, psychological, and sociocultural topics with a special focus on addiction within a meaning framework.

Results of Meaning Therapy

According to SCHC's research that is grounded in client data, meaning therapy has three major influences:

- **Increased self-definition** – The most salient aspect of clients pre-treatment is a remarkably weak sense of self. They cannot answer the question, "Who am I?" They rely on the external world for guidance, entertainment, and reassurance. Post-treatment, they are more aware of authentic values, are able to reflect on what they are feeling and why, are more aware of the meanings they ascribe to things, and make decisions that are more responsive to their needs and contingencies.
- **Increased interpersonal relatedness** – Pre-treatment, clients generally have disrupted relationships with family, partners, employers, and friends. Post-treatment, they report renewed efforts to rebuild relationships with those important to them.



- **Increased internal motivation** – Pre-treatment, clients have external motivations and goals. Post-treatment, there is a noticeable shift toward intrinsic motivations and goals. Post-treatment, clients reported they had (1) a "road map" to follow, (2) optimism for the future, and (3) confidence that they could succeed. It is particularly instructive that two thirds of the research participants post-treatment reported that they would not use sub-

stances even if there were no negative consequences. They had concluded that addiction had doomed any attempt to live a fulfilling life.

References

Markman, K. D., Proulx, T., & Lindberg, M. J. (Eds.). (2013). *The psychology of meaning*. Washington, DC: American Psychological Association.

Wong, L. C. J., Thompson, G. R., & Wong, P. T. P. (Eds.). (2013). *The positive psychology of meaning and addiction recovery*. Birmingham, AL: Purpose Research.

Wong, P. T. P. (Ed.). (2012). *The human quest for meaning: Theories, research, and applications* (2nd ed.). New York, NY: Routledge.

Primary Therapies

Research has shown that good mental and physical health are associated with meaningful living. For this reason, meaning therapy includes psychiatric, medical, and mental health assessments and treatments. Psychotherapy works to help clients make sense of their lives in a way that is more consistent with their authentic values.

It is important to recognize that any one therapy is considered insufficient to help clients attain transformational change. Each of the therapies listed below are interpreted under the umbrella construct of personal meaning.



- **Medical therapy** (p. 12) – Medical and psychiatric assessment and treatment are standard practice. Struggles in physical and mental health are often barriers to living a fulfilling life. Learning to accept medical and psychiatric diagnoses, while not falling victim to them, is an important part of meaning therapy.
- **Narrative therapy** – Narratives help clients develop self-understanding and intrinsic motivation. Narrative is based on the assumption that the overwhelming influence on identity development is the story that the individual tells himself about who he is and how he relates to others. The main group exercise is based on McAdams' narrative identity. The life story exercise helps clients understand how they answer, "Who am I?" and "How do I fit in the world around me?"

Narrative is particularly useful in addiction treatment because it is (1) one of the few therapies capable of examining the existential vacuum and (2) useful even if a client's cognitive capacities have been compromised by drug use. Many clients suffering from addiction have cognitive impairments in early recovery, but all have a story to tell.

- **Cognitive-behavioural therapy** – Working through cravings, restructuring appraisals and attributions, overcoming alcohol expectancies and the abstinence violation effect, developing assertive communication skills, setting boundaries, and other applications of cognitive-behavioural therapy provide clients with defensive coping skills.
- **Motivational therapy** – Motivational therapy can help clients who appear stuck or question why they would give up substances.
- **Psychoeducational therapy** – Psychoeducational material helps clients understand the language and framework of meaning therapy.

MEDICAL THERAPIES

Assessment Services

At Sunshine Coast Health Centre, we provide clients with a range of medical and detox services in our 24/7 supervised medical unit including medical and psychiatric assessments within one week of arrival.

Assessment refers to the process of evaluating the health of an individual and is typically carried out by a licensed health professional. At Sunshine Coast Health Centre, we provide clients with both a medical and psychiatric assessment.

Medical Assessment

A medical assessment is an important component of addiction treatment. Newly admitted clients undergo a urine drug screen which helps identify present mood-altering substances. Confirming the presence or absence of drugs helps staff predict what withdrawal symptoms are likely to occur so they may properly adhere to withdrawal protocols.

Within 24 hours, newly admitted clients are medically assessed by our medical director. The medical assessment determines if additional detoxification is needed, reviews medication, and orders lab work if necessary. If a client is receiving specialized detox for opiates, this treatment process will be discussed and planned during the examination as well. During examination, the medical director also determines if a client is ready to be discharged from the detox unit and moved to residence.

**Lab work is primarily used to screen for medical complications.*



Psychiatric Assessment

Mental health assessments help diagnose the existence and extent of mental health issues. During the initial stages of addiction treatment, a provisional psychiatric diagnosis, in consultation with the rest of the clinical team, is a critical part in developing a treatment plan.

Expertise in assessment and psychotropic drug therapy is critical in concurrent treatment. SCHC clients participate in initial psychiatric assessments that include client histories, mental state examination, impressions, and recommendations. As part of psychiatric services, clients receive ongoing psychiatric care, including medication monitoring by nursing staff.



Drug Therapy

Drug therapy, or pharmacotherapy, is the treatment of disorders using medications. Medications can be used to help with different aspects of the addiction treatment process.

Withdrawal Medications

Medications can help in suppressing withdrawal symptoms during detoxification. Our medical staff use medical protocols and any medications prescribed to clients prior to admission will be reviewed by our medical director.

Suboxone Treatment

Sunshine Coast Health Centre provides Suboxone Treatment for clients with opiate addictions or on Methadone/Methadose. Suboxone Treatment is offered as part of both our 7-day detox and full treatment programs. Suboxone has been an effective tool for our clients in dealing with withdrawals and cravings as well as achieving a level of stability in their recovery that they had previously struggled to reach in previous attempts.

At first I was reluctant about taking Suboxone. I originally agreed to take Suboxone only for the 5-6 day detox process. It certainly made detoxing off of Heroin/Fentanyl more comfortable. As of now, I've been clean 7 months and continue to take Suboxone. I've told my girlfriend I can honestly see myself taking Suboxone for a very long time considering the difference it's made in my life

Our Opioid Policy

Clients whose primary drug of choice is an opioid-based street drug (e.g. heroin, fentanyl, etc.) or pain reliever (e.g. Oxycontin®, Percocet® or Dilaudid®, etc.) are prescribed Suboxone while at SCHC. Clients on methadone are also able to transfer over to Suboxone. Prior to leaving SCHC, we ensure clients are set up with a physician, clinic, and support resources in their home community so they may continue using Suboxone. Clients may come back to SCHC after 1 year of Suboxone use for a complementary taper if they wish.



Psychotropic Drug Therapy



Treating mental illness is a critical element of contemporary addiction treatment. Our psychiatrist and psychiatric nurse are both experienced in treating concurrent¹ mental health and addiction. The use of psychotropic² drug therapy must be considered carefully and factor in a client's existing prescription regimen and any co-existing medical conditions. Knowing that clients are compromised by chemical dependency requires careful consideration and, when

possible, the use of alternative drugs that have a lower risk of dependence.

¹ "Concurrent" means existing, happening, or done at the same time.

² The Oxford dictionary defines "psychotropic" as relating to drugs that affect a person's mental state.

Medications for Co-Existing Medical Conditions (excluding Psychiatric Conditions)

An important, but often overlooked, application of drug therapy in addiction treatment addresses co-existing medical conditions such as communicable diseases (HIV, Hepatitis C, etc.) and chronic diseases (diabetes, high blood pressure, etc). Older clients may struggle with other conditions such as dementia, liver failure, and lung disease. **Fortunately, our onsite medical unit allows us to assess, diagnose, and treat any conditions or diseases that may have gone undetected or neglected due to addiction.**

COMPLEMENTARY AND ALTERNATIVE THERAPIES

With the advent of complementary and alternative therapies*, addiction treatment has gone beyond conventional approaches practiced by counsellors, doctors, and nurses. These therapies view recovery from a biopsychosocial perspective where physical, social, mental, and spiritual health are all part of the treatment plan.

** **Complementary** therapies refers to non standard treatments that are used **alongside** standard approaches while **alternative** therapies means treatments used **instead of** standard care.*

Fitness Therapy

Fitness is an excellent replacement for the destructive lifestyle that often comes with the compulsive use of drugs and alcohol. For example, fitness offers the benefits of a healthy daily discipline, an opportunity to socialize, a restoration of physical health and a naturally effective stress relief. We're committed to physical fitness by offering staffing, programming (onsite and off-site fitness and recreation) and facility amenities (full equipped weight and cardio room, indoor lap pool, and outdoor basketball court). During a client's stay, our Kinesiologist works with him to develop and start an individualized fitness plan.



Yoga and Meditation

Research indicates that yoga and meditation help clients regulate their emotions and moods and provide healthy coping skills to overcome drug cravings.

Complementary Trauma Therapies

We offer a variety of complementary therapies for trauma as part of our comprehensive mental health program that is provided in conjunction with addiction therapy.

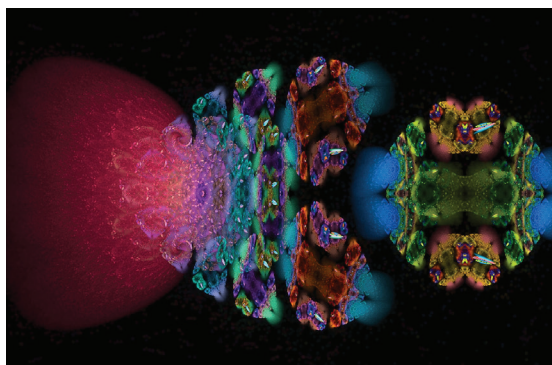
Eye Movement Desensitization & Reprocessing (EMDR)

EMDR is an evidence-based trauma therapy first developed by Dr. Francine Shapiro in 1989. EMDR has clients move their eyes back and forth or engage in other forms of bilateral stimulation such as tapping or using audio tones on alternating sides of the body. **Although EMDR has many uses, its primary aims at Sunshine Coast Health Centre is to help our clients integrate traumatic experiences into their world views.**

Hypnotherapy

Clients in hypnotherapy undergo an induced hypnotic state as a way to increase motivation or alter behavioural patterns. This form of psychotherapy involves (1) client consultation, (2) client preparation, (3) testing to determine suggestibility, and (4) inducing a hypnotic state. The benefits of hypnotherapy are widespread and it is a popular technique used for smoking cessation, relaxation, and weight loss.

We use hypnotherapy to help clients develop affect self-regulation techniques. Hypnotherapy has been extensively used with our clients, particularly during evenings and weekends when they tend to experience heightened anxiety. Our hypnotherapist, Tatiana Tsarouk, PhD, has over 15 years of hypnotherapy experience and formal training.



An image created by a client's brainwaves during an EEG biofeedback session. The fractal images give information on a client's states of thoughts, feelings and focus.

Neurofeedback

Neurofeedback is a therapy that measures brain activity as a way of informing clients on the state of their brain functioning. This instantaneous feedback teaches clients to adjust their thinking patterns based on whether the feedback is within a designated range. These changes in thinking patterns are associated with positive changes in physical, emotional, and cognitive states.

For more information on neurofeedback, visit the International Society for Neurofeedback & Research website at www.isnr.org.

Art Expression

Psychology now recognizes the healing power of creativity. While not art therapy, art expression helps clients make sense of their lives in a coherent way and turn negative experiences into sources of personal growth.

Ozone Therapy

Ozone Therapy is a process that introduces ozone to the human body. Ozone is O_3 , whereas the oxygen we breathe is O_2 . Proponents of ozone therapy claim beneficial effects such as improved oxygen delivery, blood circulation, and immunity.

We offer ozone therapy to clients to help speed up the detoxification process and relax muscles prior to massage therapy sessions. Clients with addictions to opiates (such as heroin and prescription pain killers) find particular relief in ozone therapy.

Laser Therapy

Laser Therapy is a safe, non-invasive, FDA-cleared modality used for treating pain and inflammation while also temporarily increasing microcirculation. Increased microcirculation can provide relief for many acute and chronic conditions.

Laser Therapy is an important service component at SCHC that allows clients to explore alternative methods of pain management. Laser Therapy is often used in combination with other pain management at SCHC such as therapeutic massage, fitness therapy, yoga, and prescription medication.

Therapeutic Massage

Registered massage therapy (or therapeutic massage) is the manual manipulation of soft tissues (muscle, connective tissue, tendon, and ligaments) in the body to enhance a person's physical health. It includes a variety of techniques and modalities designed to relax muscles and help with acute or chronic injuries in our clients. It also reduces stress, both emotional and physical, and is suggested as part of a regular program for stress management.

POST-TREATMENT SERVICES

For a detailed description of the services listed in this section, please refer to our Post-Treatment Services brochure.

POST-TREATMENT SERVICES FOR ALUMNI

The Big 5	SCHC Support Meetings
Exit Interview	Alumni Dinners
Day of Discharge Follow-up	Coaching
24/7 Alumni Phone, Email & Text Support	Sober Living
Follow-ups & Continued Check-ins	Alumni Weekends
Weekly Online Videos	Alumni Refresher Course
Social Media	Alumni Treatment Program (14 day min.)



Online support is a complimentary service available to both clients and family members.

WEEKLY SCHEDULE

Time	Monday	Tuesday	Wednesday
7:45 am			Fitness Group 7:45 – 8:30 am
8 – 8:45 am	SMART	SMART	Refuge Recovery
9 – 11:30 am	Group Therapy or Indiv. Appts.	Group Therapy or Indiv. Appts.	Group Therapy or Indiv. Appts.
11:30 – 12:30 pm	Lunch	Lunch	Lunch
12:30 – 2:30 pm	Workshop	Workshop	Workshop or Transitions
2:30 – 4:30 pm	Individual Appts.	Individual Appts. Open Gym Time 3:30 - 4:30	Meditation 2:30-4:30 Individual Appts.
3:30 or later	Outing	Outing	Outing
5 – 6 pm	Dinner	Dinner	Dinner
6 – 8 pm	Refuge Recovery 6 – 7 pm	Art Expressions 6 – 8 pm	SMART Offsite 5:50 – 8 pm

Please note: All clients are expected to attend breakfast at 7am, Monday through Sunday. Individual therapy, psychiatric and medical appointments are scheduled throughout the week and may supersede group activities.

Course offerings and staff are subject to change without prior notice.



Weekly Schedule



Thursday	Friday	Saturday	Sunday
SMART	SMART		
Group Therapy or Indiv. Appts.	Group Therapy or Indiv. Appts.	Hellos & Goodbyes 9 – 12 pm	Outing 9 – 10:30 am
Lunch	Lunch	Lunch 12 pm	Lunch 12 pm
Workshop	Workshop	Meditation 12:30 pm	Spirituality 1:30 pm
Individual Appts.	Individual Appts.		
Outing	Outing		
Dinner	Dinner	Dinner	Dinner
Art Expressions 6 – 8 pm	SMART 6:30 – 8 pm	NA Meeting Offsite 7 – 8:30	Community Meeting 6:15 pm





**Sunshine Coast
Health Centre**



**Residential Addiction & Mental Health
Treatment Services**

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Sunshine Coast Health Centre is licensed by the British Columbia Ministry of Health
Sunshine Coast Health Centre is an approved provider with the Blue Cross Federal Program
Sunshine Coast Health Centre is an accredited health care provider with Accreditation Canada



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