

WHAT SETS SUNSHINE COAST HEALTH CENTRE APART



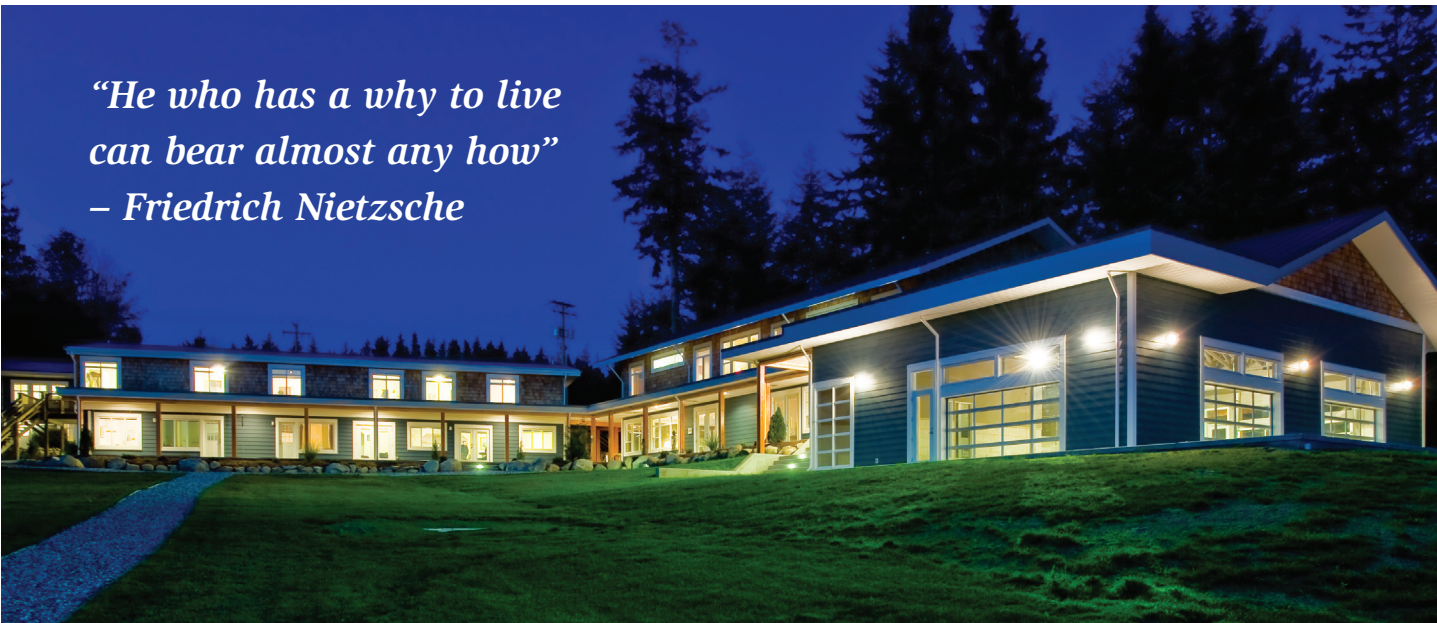
At Sunshine Coast Health Centre, we are committed to providing evidence-based residential addiction treatment. Some of the innovations we have adopted since our opening in 2004 include:

- 1. **A Non-Traditional Treatment Model** that integrates non-12 Step and research-based practices, including medical, psychiatric, psychosocial, and positive existential psychotherapy. We are an abstinence-based program that is not based on the disease model of addiction.
- 2. **A Focus Beyond Abstinence** on personal transformation and full integration into society that goes beyond, yet includes, traditional addiction treatment goals of abstinence as well as physical and mental stability.
- 3. **An Emphasis on Client Strength and Capacity** to take control of their lives, develop resilience, and find the courage to overcome fears.
- 4. **An Emphasis on the ‘Why’ of Recovery** that addresses the ‘how’ of recovery—meetings, a healthy diet, exercise, etc.—while also paying special attention to the ‘why’ of recovery. We believe that clients who are able to make sense of their lives will be more motivated to embrace a healthy lifestyle.
- 5. **An Environment Where Clients Can Be Themselves** so they may have an authentic relationship with their peer group and staff in an environment of empathy, genuineness, ➤

and unconditional, positive regard. Unlike most treatment centres, we do not tell clients, directly or indirectly, what they can talk about or how to live their lives.

- 6. **Therapy that is More About Process than Content** and allows therapists to connect with clients at a human level which, we believe, is more important than any school or technique of psychotherapy.
- 7. **A Shared Partnership with Families** that encourages family members to set healthy boundaries and practice self-care. Family members examine their unhealthy responses to a loved one’s addiction as unhelpful coping skills. Traditional descriptions of family members as ‘co-dependent’ and ‘in denial’ are avoided due to a lack of scientific validity.
- 8. **Treatment for the Whole Person** that recognizes the full dimensions of each client—biological, psychological, social and spiritual—as opposed to merely treating an addict or his addiction.
- 9. **Flexible Treatment Options** that recognize each client is unique by offering both private and semi-private rooms, varying lengths of stay (30, 42, 60 and 90 days) and sober living for clients who require treatment that extends beyond 90 days.
- 10. **An All-Male Peer Group** to help clients connect with their peers (a critical element of successful addiction treatment). Our clients report that an all-male peer group allows them to safely express difficult feelings and emotions and, ultimately, develop mutually supportive, enduring friendships.

“He who has a why to live
can bear almost any how”
– Friedrich Nietzsche



Get more information about Sunshine Coast Health Centre:



Corporate Brochure: An Overview of Residential Addiction & Mental Health Treatment Services

Clinical Brochure: A Review of Therapies and Clinical Services

Post-Treatment Services: An Overview of Tools and Support for Clients Following Treatment

Family Services Brochure: An Overview of Tools and Support for Families

For general information about addiction in your community:

Drugs of Abuse: An Identification Guide

Family Intervention: Getting Help for a Loved One Who Won’t Stop Using Drugs or Alcohol

You Are the Key: 10 Steps for Employers to a Drug-free Workplace



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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Highly Personalized Addiction Treatment



Residential Addiction & Mental Health Treatment Services

Take Control



Get Connected



Find Your Purpose



Heal And Grow



A Non-12 Step Program Since 2008

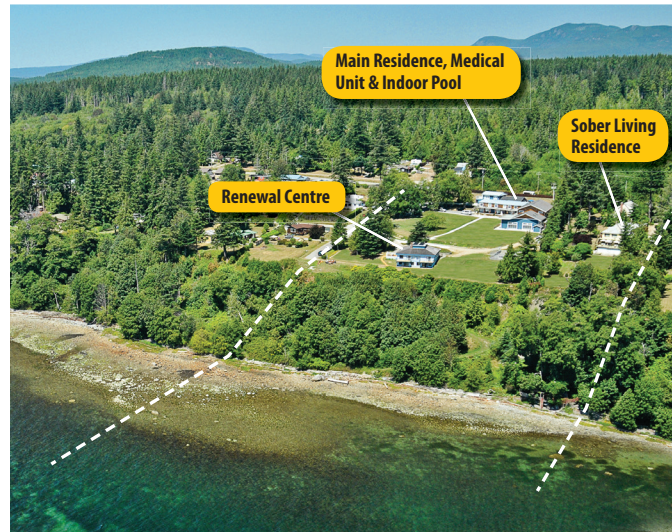
LEARN MORE ▼

www.schc.ca

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

OUR PHILOSOPHY

We believe it is not enough simply to treat the ‘addiction.’ Instead, a client’s experience with us facilitates ongoing personal transformation, the goal being healthy, thoughtful men who are inspired to live with a renewed sense of vitality and purpose. Our therapy program prepares clients and their families for a deeper, more fulfilling life.



HIGHLIGHTS

Sunshine Coast Health Centre is Canada’s leader in men’s treatment with programs designed exclusively for mature, successful men ages 19 and older. Our 46-bed facility is small enough to allow clients to connect with their peers and staff, but large enough to support a comprehensive, multi-disciplinary approach to addiction treatment. Having a high staff-to-client ratio and intimate setting allows for individualized programs tailored to each client’s unique needs.

We know that clients who have a positive treatment experience have a higher likelihood of completing their program and better long-term prospects for recovery. Our seven-acre campus is situated on private waterfront and features an abundance of private therapy rooms, lounge space and recreational amenities to help with that.

You deserve to make an informed choice! We’re dedicated to being as transparent as possible. Call our Admissions Department any time, 7 days a week, toll-free at 1.866.487.9010 or visit us on the web at www.schc.ca for more information.

An Active Lifestyle Is Key



Getting fit and being active is a great way to start recovery. We are committed to having clients adopt a healthy lifestyle—a key component to success.

We provide clients with access to onsite fitness and recreation services, as well as scheduled outings to local leisure areas. By working with our kinesiologist, clients can begin to develop the skills necessary to make health and wellness part of their lifestyle after they return home.

Help For Families



We offer cutting-edge programming to help prepare families and couples for a life after treatment.

We believe that involving the family in the recovery process is critical. That is why we offer **complimentary** participation in our regularly scheduled family & couples programs. In addition, clinical staff provides ongoing support for family members while their loved one is in treatment—even after they return home.



Feeling Blue, Anxious?



Our psychiatrist and team of health professionals will help determine if depression, anxiety, or an inability to focus are complicating your recovery.

Treatment of addiction can be complicated by co-existing mental health issues. Our experienced team of master’s level therapists, physicians and nurses work together so that clients experience a seamless integration of addiction and mental health services.

An Ideal Place To Recover



Private, modern, tranquil, spectacular. It’s all here at Sunshine Coast Health Centre.

‘So close and yet so far’ is an apt description of our treatment setting where clients are close to the many amenities and services of Powell River, yet far enough from the hustle and bustle of big city life. Situated on seven rural acres of oceanfront property, our campus is the ideal setting for those embarking on their journey to recovery.

Convenient, Worry-Free Travel



There’s enough to think about without the added stress of travel.

With 5 daily flights from Vancouver and ferry service from Comox, travel to Powell River is simple and convenient. We offer complimentary travel assistance in Vancouver. Let our expert staff take the worry out of luggage, flight connections, and layovers.

More Than Just Detox



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

Our 24/7 supervised medical unit provides 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 doctors spend getting to know them and their situation.

See our **Detox Services brochure** for more information.

Our Commitment To Stay Connected



Our support for alumni extends far beyond their residential stay.

We offer **complimentary** services for alumni that include dedicated alumni support staff, refresher weekends, online support, and monthly meet ups in major cities across Canada. For more information refer to the **Post-Treatment Services brochure**.

