



Virtual addiction treatment from your home!

Virtual Intensive Treatment Program

At Renascent, we help change lives by providing high-quality addiction treatment and mental health support. Using the latest, secure virtual technologies, clients can access Renascent's government-funded Virtual Intensive Treatment Program from anywhere. Our evidence-based program is trauma-informed and concurrent capable for those with co-existing mental health conditions.

Program features:

- Six weeks of intensive treatment from Monday to Friday
- Daily Group counselling sessions with expert clinicians and therapists
- Weekly therapeutic assessments
- Daily recovery-based assignments
- Daily 12-step meetings and access to other peer support programs
- Extensive post-treatment planning
- Six months of follow-up Continuing Care
- Alumni Care to support long-term recovery



I was given a second chance with Renascent – which transformed my life. The Virtual Intensive Treatment Program helped me understand and process my experiences, gave me connections to others who understood what I was going through, and provided tools to help me abstain from drinking while remaining at home. This was my first time participating in any type of virtual setting and I was pleased by how engaging it was. The counsellors were welcoming and I was amazed at how quickly we all bonded. I am so grateful for my journey with Renascent, as being sober gives me a whole new perspective on life.

– Pat S., Former Virtual Intensive Treatment Program Client



Renascent[®]

The road to recovery starts here.



At Renascent, we know exactly what it's like to live under the shadow of addiction and as leaders in addictions and mental health treatment, we have a strong track-record of setting people on the path to recovery.

Program Benefits:

- **Convenience:** Clients have the flexibility to continue their daily lives while enrolled in this program.
- **Security:** Client safety and confidentiality is paramount and we only use secure and encrypted systems.
- **Expert Care:** Sessions are lead by certified, expert clinicians and therapists who provide evidence-informed treatment options.
- **Accountability:** Clients are held accountable through attendance at group and individual sessions.
- **Connection:** As experts in virtual treatment, our online environment fosters meaningful connections among clients during sessions.



Treatment Programming:

Daily Process Group Therapy: Involves a gathering of peers who are also in recovery and a clinician to help guide the sessions. Group sessions are a safe, non-judgemental space where group participants feel comfortable sharing about gains and losses in the recovery process.

Daily Psychoeducational Group Therapy: You'll learn about addiction and mental health issues. Topics center around subjects like: Stages of Change, Post-Acute Withdrawal Symptoms (PAWS), Emotional Regulation, Values, Boundaries & Assertive Communication. A range of therapy modalities are utilized, including: Twelve-Step Facilitation (TSF), Mindfulness, Cognitive Behavioural Theory, Dialectical Behavioural Therapy, Relapse Prevention, and Motivational therapies.

Weekly Individual Counseling Sessions: To help get the most out of these sessions, approach the therapy as a collaborative effort, be open and honest, and follow through on self-determined next steps and actions. There will be opportunities to better self-understanding, enhance motivation for change, develop new coping skills, create goals, challenge unhelpful thinking, create an individual treatment plan and relapse prevention plan.



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For an immediate referral, call our Client Care and Access Centre at **1-866-232-1212** or email info@renascent.ca

Learn more: renascent.ca