



OUTPATIENT SERVICES

Aftercare



CONTINUED SUPPORT FOR ONGOING SUCCESS

Getting the treatment needed to recover from substance abuse or mental health disorders is only the beginning. Successful treatment means continuing the work of healing and recovery even after an individual graduates from an EHN Canada program. That's why up to 1 year of Aftercare is included for all eligible patients who complete an inpatient or intensive outpatient treatment program through one of our facilities. Our Aftercare Program can also be accessed separately by those who have participated in inpatient treatment outside the EHN Canada network.

HOW AFTERCARE WORKS

- Weekly group therapy to build on the skills developed during inpatient or intensive outpatient treatment
- Connection with local resources and support groups, including AA, NA, and SMART Recovery
- Ongoing family support
- Compliance monitoring services (where available in-person)
- Participate in-person at a clinic location across Canada, or virtually through EHN Online
- Access to our Wagon app for setting goals, tracking progress, and monitoring triggers

DRIVEN BY OUTCOMES

Our Aftercare Program was created to keep people connected in early recovery, reducing the chances of relapse and helping them reintegrate back into their lives more seamlessly.



Individuals in two or more Aftercare Groups continue to be abstinent 6 months after completing residential treatment



Completion rate in our Aftercare maintenance program

AFTERCARE GROUPS AND INDIVIDUAL COUNSELLING ARE AVAILABLE TO SUPPORT A RANGE OF DISORDERS

- Substance Addiction
- Mood and Anxiety Disorders
- Operational Stress Injuries and PTSD
- Behavioural Addictions (Sex & Love Addiction, Problem Gambling)

PROGRAM COST (SUBJECT TO CHANGE) **\$2,500** + tax

Virtual Care with EHN Online (Powered by Wagon)

Attending weekly, in-person group sessions is not always possible. That's why we have developed online Aftercare options that are ideal for those who:

- Live in rural parts of the country, or have difficulty travelling to and from a clinic location
- Prefer to get continuing support from the comfort of their own homes
- Want to minimize disruption to work or family

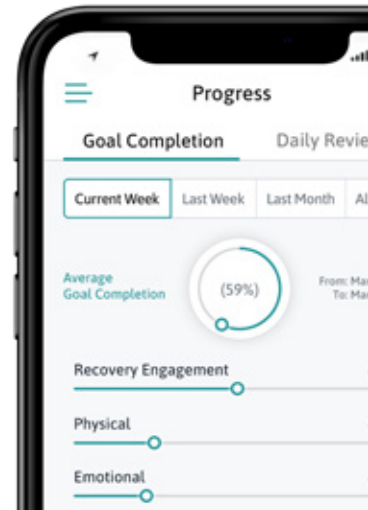
WAGON APP – YOUR PORTABLE CLINIC

Wagon Health Solutions was one of Canada's first online mental health apps. Initially built to help people sustain long-term recovery from Substance Use Disorder, Wagon has now been expanded to include specialized content for mental health disorders.



BENEFITS OF THE WAGON APP:

- Patient progress tracked on an interactive dashboard
- Flags high-risk situations and prompts outreach by staff to patients
- Includes specialized content for Substance Use Disorder, PTSD, Sex & Love Addiction, and Depression & Anxiety Disorders



Aftercare is the key to long-term recovery

Without Aftercare, it's easy to fall back into old behaviours

Learn from other people's real-life experiences

Benefit from community, support, and accountability

Aftercare's effectiveness is demonstrated by research

Different types of Aftercare groups are available

RESEARCH SHOWS THAT A LONGER DURATION OF TREATMENT, INCLUDING EFFECTIVE AFTERCARE, LEADS TO MORE LONG-LASTING, SUCCESSFUL RECOVERY.



RESIDENTIAL TREATMENT

25-30% of patients maintain abstinence at 2 years



SELF-HELP GROUPS

Add AA, NA, or SMART Recovery for up to 50% sustained recovery



AFTERCARE GROUPS

Add 1 year of aftercare support for up to 75% sustained recovery



COMPLIANCE MONITORING

Add drug testing and contingency management for 90%+ maintained abstinence