



EHN ONLINE

Powered By: **wagon**

Addiction & Mental Health Intensive Outpatient Program



EHN Online’s Intensive Outpatient Program (IOP) is an eight-week online substance abuse treatment program. You will receive nine hours of individual and group therapy/week followed by ten months of weekly aftercare to help you maintain healthy habits. EHN Online offers continuous enrollment so you can start your program immediately. EHN Online sessions take place during non-business hours so that you can receive treatment with minimal disruption to your regular routine.

INCLUDED IN THE PROGRAM

- Individual and Group Sessions
- Psychoeducational on Addiction
- Dialectical Behavioural Therapy (DBT)
- Cognitive Behavioural Therapy (CBT)
- Relapse Prevention Techniques
- Support with the Tasks of Daily Living
- Aftercare
- Family Program

Wagon App – Your Portable Clinic

Wagon Health Solutions was one of Canada’s first online mental health apps. Initially built to help clients sustain long-term recovery from Substance Use Disorder, Wagon has now been expanded to include specialized content for PTSD, Sex & Love Addiction, and Depression & Anxiety Disorders. All clients who complete an Intensive Outpatient Program receive access to the Wagon app for ongoing support. The app allows you to set goals, track progress and monitor triggers, all with the help of your counsellor.

BENEFITS

- Rolling admissions for immediate access to support
- Sessions offered evenings/weekends to maintain work/family routine
- Receive clinical support while maintaining life commitment
- Drug monitoring available by request
- Family involvement and education
- Weekly aftercare for maintaining healthy habits

