

Intensive Outpatient Programs

Intensive Outpatient Programs (IOPs) offer the immersion of inpatient treatment with the flexibility of outpatient care. With session options that include evenings and weekends, participants receive high quality, intensive therapy for addiction and mental health disorders while maintaining commitments to work and family.

OUR GROUP-BASED IOP'S TREAT:

- Concurrent Addiction & Mental Health
- Depression, Bipolar Disorder, and Anxiety Disorders
- Workplace Trauma
- Behavioral Addictions (Sex & Love Addiction and Problem Gambling)

BENEFITS

- Rolling admissions for immediate access to treatment
- Treatment led by a qualified clinical team of psychotherapists, counsellors, registered social workers, and occupational therapists
- Individual sessions focused on personal recovery
- Evidence-based group therapy offering the fellowship of the peer support model
- Relapse prevention strategies
- Comprehensive discharge and transition planning
- Family involvement and education
- Ongoing support for maintenance of healthy habits
- Drug monitoring available by request

Our Intensive Outpatient Programs are offered in-person at a clinic location across Canada, or virtually through EHN Online (Powered by Wagon).

8 Weeks

of intensive programming

9 Hours

of therapy per week, consisting of 8 hours of group sessions and 1 hour of individual counselling every week

10 Months

of aftercare

OUR THERAPEUTIC APPROACH INCLUDES:

- Psychoeducation sessions and skills-based learning to promote healthy change
- Cognitive Behavioural Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Behavioural Activation (BA)
- Support with tasks of daily living

CONTINUING SUPPORT FOR ONGOING SUCCESS

Support does not end once patients complete their primary programming. We believe that ongoing recovery requires ongoing care. That's why aftercare groups are an important part of relapse prevention, and are included in each individual's treatment journey.



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. All patients who complete residential treatment or an Intensive Outpatient Program receive access to the Wagon app for ongoing support.



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

