



addiction

clear haven center

who are we



ChC

When Outpatient services aren't enough...

We Provide Total Immersion Recovery Services...

Our program is challenging and multifaceted, just like you. Rather than focusing solely on the addiction, we build on the individual's strengths so the experience of addiction becomes a learning opportunity. We assist you to change your addiction from a barrier to a stepping-stone to increased effectiveness in all aspects of your life.

We provide group and individual experiences, challenges, and skill building opportunities that empower you to move past addiction and into positive life change.

You return to work and home:

- better able to manage conflict and stress
- confidently moving toward renewed life goals
- physically and mentally more healthy than ever before
- renewed and ready to succeed in your career.



what makes us different...

planning for success

Many rehab centers strive to remove all stressors from their program. At Clear Haven Center, you will face many stresses and challenges. Learning to manage stress and conflict in a safe and learning atmosphere is essential during the critical first three months of abstinence. You will have anticipated, practiced, and planned for post rehab stressors, the most common cause of relapse and return to drugs and alcohol.



lifetime partnership

Most programs provide time limited support or bill for continued assistance. We are committed to support you after you successfully complete the 3-month program. If you relapse for ANY reason in the next 12 months from the date you leave our center, you can come back for an additional 28 day stay FREE. Please talk to a staff member for details and eligibility requirements. We understand an individual may experience difficulties long after they complete the program As an additional support at no cost, clients can access our email counselling support and our online graduate forum indefinitely.

independence

Many programs promote a culture of dependence and a definition of addiction for life. Our program teaches self-management of health; Clear Haven wants to create independence in our clients so they can succeed without continuous therapy. We equip you with tools for mental and physical health for a lifetime.

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focused

Addressing too many problems before you are ready reduces the chance of success in all areas, and most importantly increases dropout and relapse. Our program is highly focused, addressing only the major areas of concern for the individual to manage their addiction. The experience of addiction and detox creates immediate physical and mental health issues, which must be addressed before a client can benefit from treatments such as family therapy. Clear Haven provides individuals a solid foundation so that following the program they can address other important issues in their life. Following rehabilitation, you will be well enough to address family and other issues.

research based

Some programs base their approach on personal experience, providing hope but not research based tools for change. Clear Haven Centre increases the probability of success by using approaches that have been scientifically proven. Through cognitive therapy, individual counseling and education, you will develop increased knowledge about addiction, increased rational thinking, and improved honest communication and the life skills to manage addiction.

time matters

Many other centers maintain waitlists. We can do an individual assessment via phone, 24 hours a day. We can provide intake for an individual who meets admission criteria on 24hrs notice.



the program & its benefits



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Providing Tools for a Lifetime

The Center provides a safe and therapeutic environment for people who have completed detox or withdrawal management and are ready to begin an intensive rehabilitation program with emphasis on education and counseling, building self-management skills, and improving physical and emotional health.

The Center operates on the principle of respect for individuals with disabling addictions problems. We provide safety, structure, treatment and support, thus making it possible for you to address a wide range of emotional and self-healing concerns.

We assist clients by:

- Providing a structured, safe, drug and alcohol free environment
- Supporting the development of an individualized treatment and self-management plan
- Providing counseling through individual and group sessions
- Supporting improved health and self-management skills through group presentations and the availability of quality information and tools
- Supporting improved physical health through support and access to exercise equipment and opportunities for organized exercise
- Supporting improved stress management through participation in educational and activity sessions such as yoga, and meditation
- Supporting improved nutrition through access to quality meals and snacks
- Supporting improved medication management through supervising client self-administration of prescription medications
- We provide a 90 day program, but also offer a 60 day option.



the program



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60/90 Days to Recovery

We have carefully researched all aspects of the program at Clear Haven Center to find out what has a proven track record of working for rehabilitation. You will have the opportunity to participate in the following activities for successful completion of the program:

- 1. One to One Counselling**
 - 1 to 4 sessions per week depending on package level
- 2. Daily Education Group**
 - Life, Interpersonal, Addictions Information
- 3. Daily Cognitive Group**
 - Healthy Thinking Skills and Anger Management Skills
- 4. Daily Communication Group**
 - Communication and Relaxation Skills
- 5. Daily Relapse Prevention Plan Study Group**
 - Develop A Personalized Relapse Prevention Plan
- 6. Sunday Motivational Group**
 - Motivation To Stay Abstinent
- 7. Recreational and Physical Activities**
 - Yoga group and gym/weight room



benefits for you



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The Benefits of Self-Empowering Recovery

The successful management of your addiction(s) is supported by Clear Haven staff assisting you to:

- Experience up to a 3 month period of abstinence
- Develop increased knowledge of the effect of alcohol and drugs
- Develop increased awareness of your individual history, patterns, motivation and choices
- Develop improved self-management skills
- Develop improved communication skills
- Develop a plan for continued abstinence

A Place to Rebuild

An Invitation to Visit

The Center is located in a quiet, therapeutic rural area. Please visit our website at:

<http://www.clearhavencenter.com> for a photo tour of our facility and for more information.

We're Here for You 1-877-465-8080

Professional admission counsellors are available 24 hours a day, 7 days a week.

Email: info@clearhavencenter.com



rebuild

renew



reward

reclaim