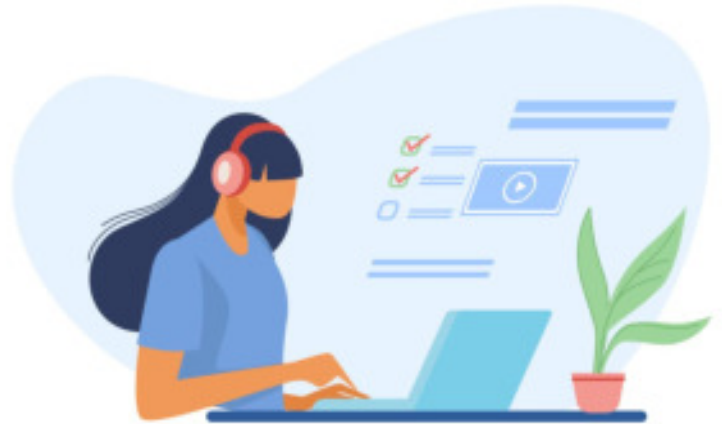


VIRTUAL INTENSIVE OUTPATIENT MENTAL HEALTH
AND ADDICTION TREATMENT PROGRAM (VIOP)
BRITISH COLUMBIA GRANT PROGRAM

ADDICTION RECOVERY COMES HOME



The Virtual Intensive Outpatient Mental Health and Addiction Treatment Program (VIOP) - A comprehensive and intensive Online Addiction Treatment program to support your recovery journey, from the comfort of home, work or other mobile location.

We Take Privacy Seriously

Regulated by Canadian authorities, we use an end-to-end encrypted telehealth platform that complies with **the Personal Health Information Protection Act (PHIPA), the Personal Information Protection and Electronic Documents Act (PIPEDA)** and all equivalent personal health information protection legislation in Canada.

Trafalgar Brings You and Recovery Together, At Home

We offer a virtual addiction treatment program that you can easily access. You only need a computer or smartphone (depending on program choice) with a strong and stable Internet connection to start.

✓ Convenient

No need to physically go somewhere for your individual or group therapy. Additionally, to support you throughout the program (with your permission), Trafalgar will work with your existing care team and local community programming and supports.

✓ Flexible

It is well structured 4-week program with self-paced options. You know what is next and it can be at your own pace.

✓ Affordable

This program has been made possible through a Grant Partnership between the BC Ministry of Mental Health and Addictions and Trafalgar Addiction Treatment Centres. A referral into the VIOP is made through your Health Authority.

✓ Expert

Our programming is built on **years of professional expertise.** Trafalgar is CARF accredited with Master's level Registered Therapists/Clinical Counsellors and Certified Addiction Counsellors.

✓ Secure

All sessions are safe and confidential. Our platform is regulated by the Canadian authorities.

PROGRAM FEATURES

Your program starts with a conversation and intake assessment with our Admissions Counsellor.

Once you choose to participate in the program, the following features are included in your personalized 4-week program.



Individual Therapy (12 Sessions)

These sessions are individualized and 1-on-1. You and your registered Master's level Therapist/Clinical Counsellor will work towards your issues with addiction by understanding what causes it.

Together, you will tackle the reasons that fuel your addiction together.

Administered: By a registered Master's level therapist, 1-on-1, virtually.

Duration: 3 sessions each week, for a total of 12 sessions.

Virtual Groups or Self-Directed Lessons

Depending on your schedule and needs, you will select an option for your individualized program:

Option 1: Live virtual groups that you can participate in. Daily Skills groups start at 10:30AM EST/7:30 AM PST (Mon-Fri) and Daily Process groups begin at 1:00PM EST/10:00AM PST (Mon-Fri). **(Daily Skills and Process groups currently run EST. PST schedule coming soon)**

Option 2: Skills Courses (12 Video Lessons) that cover the topics *Language of Letting Go*, *Removing the Mask of Stress & Frustration* and *Management of Destructive Behaviours* that you can complete on your own time.



PROGRAM FEATURES

(continued)

Accountability

Throughout your treatment, you and your Addiction Counsellor will work together to manage the emotional challenges associated with recovery.*

* If you choose to participate in Virtual Groups (Option 1), you will have access to **Support by Text** (Mon-Fri 8AM – 8PM) with a registered Addiction Counsellor.

* If you select Self-Directed Lessons option (Option 2), you will receive **3 Check-in Calls** from your Addiction Counsellor each week (for a total of 12 sessions), 1-on-1, virtually, as well as access to **Support by Text** (Mon-Fri 8AM – 8PM) with a registered Addiction Counsellor.



Mentoring Support

In addition to your group therapy sessions (Option 1) or self-directed video lessons (Option 2), you will receive various therapeutic exercises from us.

These exercises and complementary handouts will help you understand yourself and manage your recovery process.



PROGRAM FEATURES

(continued)



Family Therapy

Addiction is a family disease. Living with someone who struggles with addiction can impact all members of the household.

At Trafalgar, therapy for family members of addicts is an important component of our rehabilitation programming.

Administered: By a registered Master's level therapist, virtually.

Duration: 3 sessions.

Partner Support Therapy

Most often, partners* do not get enough qualified emotional support during the time their loved one is getting treatment.

Unlike family therapy, which treats the person alongside their loved ones, Partner Support Therapy (PST) sessions focus exclusively on the partner's own emotional and mental well-being.

Administered: By a registered Master's level therapist, virtually.

Duration: 1 therapy session per week.



*The term *Partner includes spouses, partners, parents, siblings, adult children.*

PROGRAM FEATURES

(continued)

Put the Power of “Aftercare” to Work for You

You are still covered after your graduation with no extra cost.



Discharge Plan Upon Graduation

In the final week of your treatment, you and your individual therapist will create an individualized discharge plan. If needed, Trafalgar will assist you in continuing to access your regional Mental Health and Substance Use supports.

This will serve you as a guide for your continued journey to recovery and will include your individualized plan for relapse prevention. Aftercare planning will be discussed and documented throughout treatment.

Time: Final week of programming.

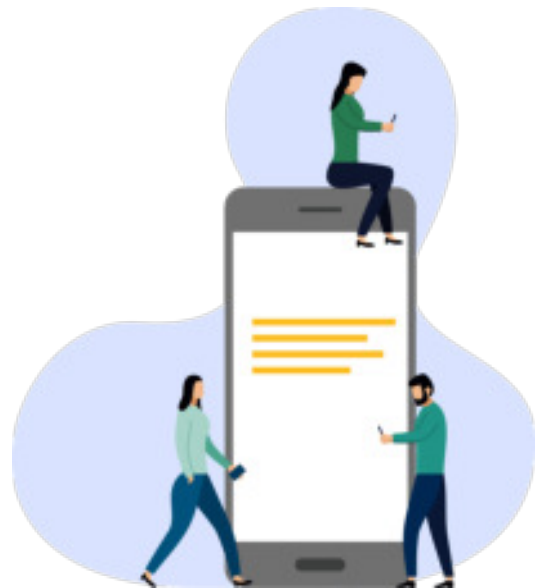
Continuation of Care Calls

After completing your 4-week program, you will receive a phone call from your designated Addictions Counsellor.

These calls will continue **biweekly for 4 months**. After the 4 month period, it will be followed by *monthly calls for the following 20 months*.

These calls will be suit your schedule and help you to cope with new issues that may arise during your recovery journey.

Duration: 24 months.





Ongoing Virtual Aftercare

You will be able to choose a virtual aftercare support session to continue after your graduation.

It is a chance to interact with other graduates virtually and practise social skills and identify relapse triggers.

Duration: Ongoing/ Lifelong.

Interested in participating in our Virtual Program?

For more information or to register, please call your regional Health Authority and ask about the Virtual Intensive Outpatient Program.

**Fraser Health Authority (FHA)
Interior Health Authority (IHA)
Northern Health Authority (NHA)
Vancouver Island Health Authority (VIHA)
Vancouver Coastal Health Authority (VCHA)**

Once you are referred to the VIOP

Once you are referred to the VIOP by your Health Authority and you have had an intake conversation with an Admissions Counsellor at Trafalgar, you can expect to start the program in 24 to 48 hours. You will be able to discuss your start date and time during this conversation with your Admissions Counsellor.

Your psychological consultation will be scheduled for the first week of your program. After your first day, you will be contacted within 24 - 48 hours by your therapist at Trafalgar to schedule your first one-on-one session.

ABOUT

Trafalgar Addiction Treatment Centres

Trafalgar Addiction Treatment Centres is an experienced and accredited provider of Addiction and Mental Health treatment in Canada since 2013. They have over 60+ caring and compassionate employees supporting their clients across the country.

They provide high-quality, comprehensive addiction and mental health treatment for all Canadians.



www.trafalgarresidence.com/BC-virtual