

envision

Mind Care & Research Institute

Substance Use Disorder Program

A comprehensive therapy program
utilizing advanced medical treatments.



Facility Overview

Envision Mind Care is a beacon of hope for those grappling with substance use disorders and mental health challenges.

Our facility is renowned for its commitment to innovation, integrating cutting-edge medical treatments with holistic healing approaches. We provide a sanctuary where patients can reclaim their lives, supported by a multidisciplinary team that includes psychiatrists, general practitioners, nurse therapists, pharmacists, addiction counselors, and physiotherapists. With over 30,000 square feet and multiple floors, our state-of-the-art facility provides clients with individual spaces, ensuring personalized and attentive care. Our team is dedicated to creating a structured, nurturing environment conducive to recovery and overall well-being.

Intake Process

At Envision Mind Care, we start your recovery journey with a detailed and personalized intake process, ensuring tailored care for each patient.

1. Intake Assessment with a Psychologist or Nurse Therapist

Your process begins with an assessment by a psychologist or nurse therapist. This session gathers comprehensive information about your medical and mental health history, substance use patterns, and any previous treatments. We aim to understand your unique situation, readiness for change, and potential barriers to recovery.

2. Intake Appointment with Addictions Counsellor

Next, you'll meet with an addictions counsellor for an in-depth discussion about your addiction behaviors, triggers, and coping mechanisms. This session is designed to build trust, establish rapport, and provide a safe space for sharing, while setting initial strategies for your recovery journey.

3. Appointment with Psychiatrist for Thorough Consultation

You'll then have a mental health evaluation with our psychiatrist. The psychiatrist will explore your mental health history, symptoms, and any co-occurring conditions like depression or PTSD. This consultation ensures any contributing mental health issues are identified and addressed, culminating in a personalized treatment plan.

4. Physical and General Assessment with GP

A physical health assessment by our general practitioner follows. This examination checks for complications from substance use, such as liver or cardiovascular issues. The GP provides guidance on maintaining physical wellness throughout the program, focusing on balanced nutrition, exercise, and rest.



Key Components of the Program

Our Substance Use Disorder Program is crafted around the SMART Recovery Model, distinguished by its *non-12 Step* approach.

We offer a combination of advanced medical treatments, comprehensive therapeutic support, wellness and lifestyle programs, virtual and recreational activities, and other therapeutic interventions. A referral from a physician is preferred but not required.

1. Advanced Medical Treatments



Transcranial Magnetic Stimulation (TMS)

Utilizing non-invasive magnetic fields to stimulate nerve cells in the brain, TMS targets areas related to addiction and mood regulation. It's an effective intervention for reducing symptoms associated with addiction, anxiety, and depression.



Ketamine Therapy

Ketamine can be administered to help alleviate severe symptoms of depression and anxiety that often accompany addiction, ketamine therapy is conducted under strict medical supervision to ensure safety and maximize therapeutic benefits.

2. Comprehensive Therapeutic Support



Workshops/Group Therapy Sessions

Workshops and group therapy sessions are critical components of our program, designed to address various facets of addiction and recovery.



Values and Addiction Management

These sessions delve into the values surrounding addiction, managing cravings, and understanding the disease model of addiction



Trauma and Addiction

Sessions explore the intricate relationship between trauma and addiction. Learn about the body's fight-or-flight response and techniques to calm the nervous system.



Healthy Coping Behaviors

Participants learn coping mechanisms, the importance of sleep and sleep monitoring, and receive nutritional guidance to support their recovery journey.



Individual Therapy

Workshops and group therapy sessions are critical components of our program, designed to address various facets of addiction and recovery.

3. Wellness and Lifestyle Programs



Exercise and Physical Wellness

Our daily exercise programs include personal training and yoga sessions. These activities promote physical health and play a crucial role in emotional and mental well-being.



Nutritional Support

Guidance on healthy eating habits forms a vital part of our program. Proper nutrition, including essentials like thiamine, supports the recovery process and overall well-being..

4. Virtual and Recreational Activities



Virtual Groups

Participants are connected to educational and supportive resources through virtual group sessions, facilitating continuous learning and community support.



Recreational Therapy

Incorporating activities like music therapy, recreational therapy aids in enhancing emotional and mental well-being through creative and engaging methods.

5. Other Therapeutic Activities

Yoga

Regular yoga sessions help in enhancing physical and mental well-being, promoting relaxation and mindfulness.

Nutrition Support

Nutritionists provide guidance on maintaining a balanced diet, which is vital for recovery and sustained health.

Art & Nature Therapy

Engaging in creative and outdoor activities facilitates healing and relaxation, providing a holistic recovery experience.

Sound Therapy

Utilizing sound therapies, patients can reduce stress and improve their mood, which is essential during the recovery process.

Exercise Options

Patients are encouraged to participate in various physical activities, promoting a healthy lifestyle that supports long-term recovery.



Medical and Psychological Support

At Envision Mind Care, our integrated approach combines meticulous medical monitoring and personalized psychological support to ensure comprehensive, long-term recovery for those facing substance use disorders.

Ongoing Monitoring

- **Daily check-ins** with a family physician in the first week and regular assessments to ensure the patient's physical and mental health needs are met.

Medication Management

- **Medical Detox & Withdrawal Management:** Our medical team supervises detoxification and manages withdrawal symptoms using medications such as naltrexone and supplements like thiamine.

Assessment and Diagnosis

- **Continuous Assessment:** Ongoing evaluation by a psychologist identifies and addresses any co-occurring mental health conditions, ensuring comprehensive care.

Follow-Up Care

After completing the initial recovery program, continuous support is vital for maintaining sobriety and addressing any new challenges that arise.

Post-Program Support

- **Regular follow-up sessions** with our addictions counselor and medical team to monitor progress and make necessary adjustments to the treatment plan monthly for 6 months post program completion.
- **Long-term support options**, including medication reviews and potential biofeedback or neurofeedback sessions.

Program Benefits

Discover the transformative potential of our Substance Use Disorder Program as it delivers an unparalleled blend of medical innovation and holistic care.

Our Substance Use Disorder Program at Envision Mind Care is designed to offer comprehensive, personalized, and integrated treatments that address the multifaceted nature of addiction. By combining advanced medical therapies with holistic support, our program not only targets the root causes of substance use disorders but also promotes long-term recovery and overall well-being.

Here are some of the key benefits that set our program apart:



Personalized Treatment Plans

Our approach ensures that each treatment plan is tailored to the individual's unique needs, providing a comprehensive path to recovery that addresses all aspects of their physical and mental health.



Experienced and Compassionate Team

Our multidisciplinary team comprises psychiatrists, general practitioners, psychologists, counselors, social workers, physiotherapists, and wellness experts, all dedicated to supporting the patient's recovery journey.



Holistic Approach

Integrating medical, psychological, and lifestyle interventions, our holistic approach addresses the root causes of addiction and promotes overall well-being. This comprehensive method ensures that all aspects of the patient's life are considered and cared for.



Supportive Community

Building a strong, supportive community through group therapy and community activities helps patients develop a network of peers who understand their struggles and can provide ongoing support.

Our Medical Director specialized in Substance Use Disorders is part of an integrated support team.

Dr. Karthikeyan Ganapathy

M.D., MRCPsych, FRCPC

Medical Director / Consultant Psychiatrist

Our Medical Director hails from the University of Cambridge, where he completed an intensive Psychiatry Residency program. In the United Kingdom, Dr. Ganapathy was awarded the qualification of Member of the Royal College of Psychiatrists (MRCPsych), a prestigious qualification demonstrating exceptional competence in the field of Psychiatry. In Canada, he earned the designation of FRCPC (Fellow of the Royal College of Physicians of Canada, Division of Medicine). His empathetic approach, combined with his extensive experience, guides the implementation of the innovative therapies at Envision Mind Care.

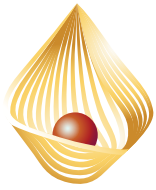


Coverage for Your Care

At Envision Mind Care, your visits to our physicians are covered by provincial health insurance, which includes your initial assessments as well as any medical follow-ups. For services such as therapy sessions and medication costs not covered by provincial plans, you may be able to use your private health insurance.

Alberta Blue Cross has recently expanded its coverage to include psychedelic treatments, recognizing their potential benefits in mental health care. If you're interested in exploring this option for your health plan, it's advised to contact Alberta Blue Cross directly. They can provide detailed information on adding this coverage to your plan or discuss the specifics of what treatments are covered under your existing policy. This could be a valuable opportunity to access innovative treatments supported by emerging research in the field of mental health.

We recommend checking with your insurer for details on your coverage, and our team is here to help guide you through the process.



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