



# **FREEDOM FROM ADDICTION INC.**

**INFORMATION PACKAGE 2022**

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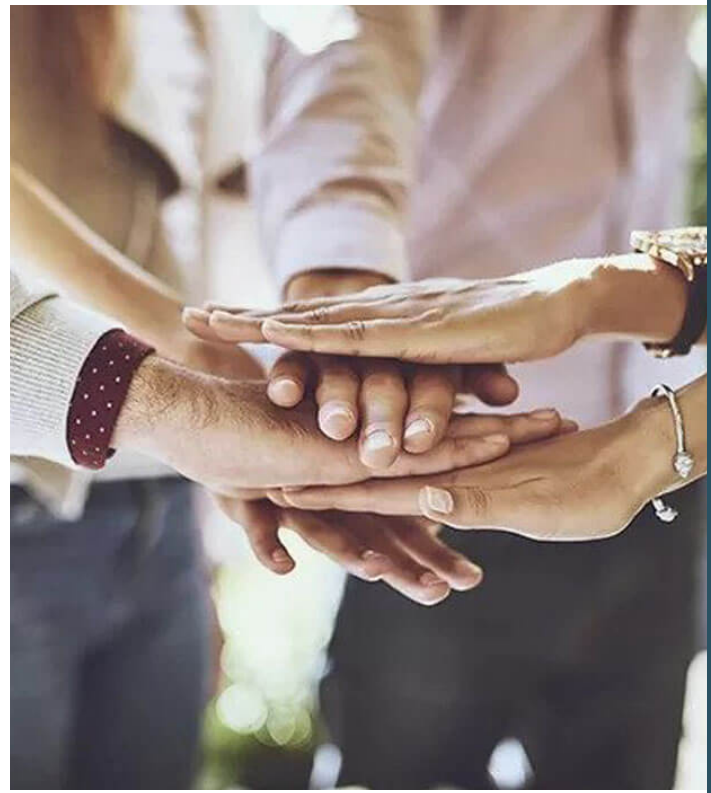
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# INTRODUCTION

**Freedom from Addiction Inc.** was one of the first private treatment centers to be accredited with Accreditation Canada and currently holds Exemplary Standing, which is their highest level of accreditation. Freedom's vast multitude of programming for youth, adults, and families have helped pave the way for us to become one of Canada's leading and most innovative alcohol and drug addiction recovery centers. For individuals who are affected by addiction, Freedom from Addiction Inc. is an evidenced based inpatient treatment center that provides the foundation needed for helping clients transform their lives and become the best version of themselves.



# ABOUT US

At Freedom, we understand the struggles our client's have endured, and the pain families go through. Our main goal is to focus on the solution – rather than the problem. As a client, family and community centered facility, Freedom provides clients with a trusted, caring and culturally safe environment where people can find a fast road to recovery as this is a part of Freedom's core philosophical treatment approach. Freedom's approach uses evidence-based therapies comprised of: PTSD therapy, trauma informed therapy, DBT, CBT, anger management, relapse prevention etc. These therapies have a respected track record of success and long-term sobriety to best support our clients on their recovery journey.

Our multidisciplinary team of counsellors and medical professionals provide our clients with the most comprehensive care for those struggling with both addiction and co-occurring disorders. Freedom specializes in emotional recovery, and we help clients set achievable and empowering goals. **We do not believe in a “one size fits all”** treatment approach but rather focus on client centered care – which is the key behind emotional recovery. This is Freedom's core philosophical treatment approach. Along with group therapy and psychoeducation, Freedom's treatment program places a strong focus on 1-on-1 therapy to help uncover the underlying causes of substance use, by providing clients with 4 individual therapy sessions each week. This individual therapy combined with Freedom's unique treatment approach, makes Freedom from Addiction Inc. one of a kind and a top choice when it comes to inpatient treatment centers.



# ACCREDITATION



Accreditation is an approach used by many health care and social services organizations because it helps the entire organization work together to create a focus on safety and quality. Organizations use the Accreditation Program to identify what they do well and where they could do better, and make improvements based on the results. Peer reviewers visit the organization every four years to evaluate the extent to which it is meeting the standards, share their expertise, and make recommendations. Accreditation Canada then evaluates the results of the peer review to determine whether the organization will be accredited, and provides an accreditation report that identifies strengths and areas for improvement.

The following is from Accreditation Canada:



**ALL CANADIANS HAVE THE RIGHT TO SAFE, HIGH-QUALITY HEALTH SERVICES.**

**This is what Accreditation Canada is all about.**



"Through our standards and accreditation programs, we work with health care organizations to help them improve quality, safety, and efficiency so they can offer you the best possible care and service. We are an independent, not-for-profit organization that has been improving health quality through accreditation since 1958. We accredit more than 1,200 organizations representing 5,700 sites and services across Canada. These are the organizations you count on to provide safe, quality health care—hospitals, walk-in clinics and labs, emergency medical services, long-term care homes, home care services, mental health services, and community health programs, among others. We also accredit provincial health authorities and health systems."

At Freedom from Addiction Inc., we are proud to say that we are a fully Accredited establishment which means we have been assessed by peers, have met or exceeded national standards of excellence, and we continue to strive only for excellence. Freedom From Addiction Inc. is Accredited with Exemplary Standing under the Qmentum accreditation program. This is a milestone to be celebrated, with the commitment to providing safe, high quality health services. A unique characteristic of Qmentum is the ease with which the principles of accreditation and ongoing quality improvement can be integrated into the operations and services we offer.

# PROGRAMS AND SERVICES

## MEDICAL DETOX

For some, withdrawal symptoms that result from drug or alcohol detox can be rather difficult to cope with and they could become severe enough to warrant the need for medical treatment. At Freedom, we take the fear and unpleasantness out of the detoxification process. We are one of the few centers in Canada that safely detox clients from Methadone and Suboxone dependency. We provide a safe environment for our clients to be comfortable during this difficult time. Our medical staff is on standby 24 hours a day, 7 days a week and assist and care for our clients in detox.



## FAMILY PROGRAM

Our Family Program educates the family about the Cycle of Addiction, Relapse Prevention, Boundaries, Caretaking, Co-dependency, Enabling, and Self Care. Family Program participation involves:

- ✓ Education
- ✓ Group discussions
- ✓ Fellowship with other participants

The family and friends of our clients are welcome to come once a week to share their experiences, feelings and emotions with others that have a similar experience. Due to the nature of the content, Family Program is available to persons 16 years of age and older.

# PROGRAMS AND SERVICES

## AFTERCARE & CONTINUING CARE

The emphasis on continuous recovery is the essence of Freedom's ongoing Aftercare Program. It complements our primary and secondary treatment regimen. It consists of approximately one day per week in the first year of recovery.

We also offer Continuing Care packages for clients to continue their individual counselling once they complete treatment.



## INTENSIVE INDIVIDUAL COUNSELLING

At Freedom, we put you first, as person-centered therapy is Freedom's core philosophical treatment approach. Freedom believes that substance abuse varies from one addict to the next and for counselling and counsellors to be truly effective they must tailor their treatments to address all groups. All clients will receive 4 individual counselling sessions each week. Freedom has a wide range of counsellors, and we take careful measures to ensure that you are matched with the right one.



# PROGRAMS AND SERVICES

## GROUP COUNSELLING

Freedom's team of professionals employ a wide array of group treatment models to meet the client's needs along their path to recovery. Freedom considers the group goals and methodology in deciding what types of groups are to be used. Our proven, effective group models include:

- ✓ **Psycho educational groups**
- ✓ **Cognitive Behaviour and Problem-Solving Groups**
- ✓ **Skills Development groups**
- ✓ **Support Groups**
- ✓ **Interpersonal Process Groups**



## COGNITIVE BEHAVIOURAL THERAPY

Freedom's Cognitive Behaviour therapy provides individuals with a comprehensive and philosophical based psychotherapy program which provides focus on resolving the emotional and behavioural problems and issues and disturbances in one's life. The goal of this form of therapy is to help enable individuals lead happier and more fulfilling lives.

# PROGRAMS AND SERVICES

## PLAY THERAPY

Play therapy is a form of counseling or psychotherapy that uses play to communicate with and help people, to prevent or resolve psychosocial challenges. This is thought to help them towards better social integration, growth and development, emotional modulation, and trauma resolution.



## EMOTIONAL RECOVERY

Emotional recovery is a key aspect on the road to recovery. Each of our Freedom counsellors who specialize in addiction recovery also specialize in emotional recovery. We begin to explore the emotional underlying source of the addiction while employing client-centered coping strategies. Together, we work to help our clients set achievable and empowering goals - focused on you - that include rebuilding damaged relationships, accepting responsibility, and releasing guilt.



## ART THERAPY

Art Therapy is a form of expressive therapy that uses the creative process of making art to improve a person's physical, mental, and emotional well-being. The creative process involved in expressing one's self artistically can help people to resolve issues as well as develop and manage their behaviors and feelings, reduce stress, and improve self-esteem and awareness. At Freedom we offer weekly Art Therapy groups.

# PROGRAMS AND SERVICES

## ANGER MANAGEMENT

Freedom's Anger management program is designed to reduce or eliminate the feeling and trigger points which lead to anger. Freedom helps establish a cognitive behaviour therapy program for individuals which help manage a client's anger. We look at anger, help clients recognize it and deal with it in an appropriate manner.



## BOUNDARIES

Learning to set healthy personal boundaries is necessary for maintaining a positive self concept or self-image. It is our way of communicating to others that we have self respect, self-worth, and will not allow others to define us.

At Freedom, we help clients learn to set healthy boundaries and have weekly groups to practice these skills.

## 12 STEPS

Freedom from Addiction incorporates the 12 step program into our treatment programming because it is proven to be one of the most effective ways to battle addiction. Our 12 step program is based on a set of principles which clearly outlines a course of action for recovery from addiction and other behavioural problems.



# PROGRAMS AND SERVICES

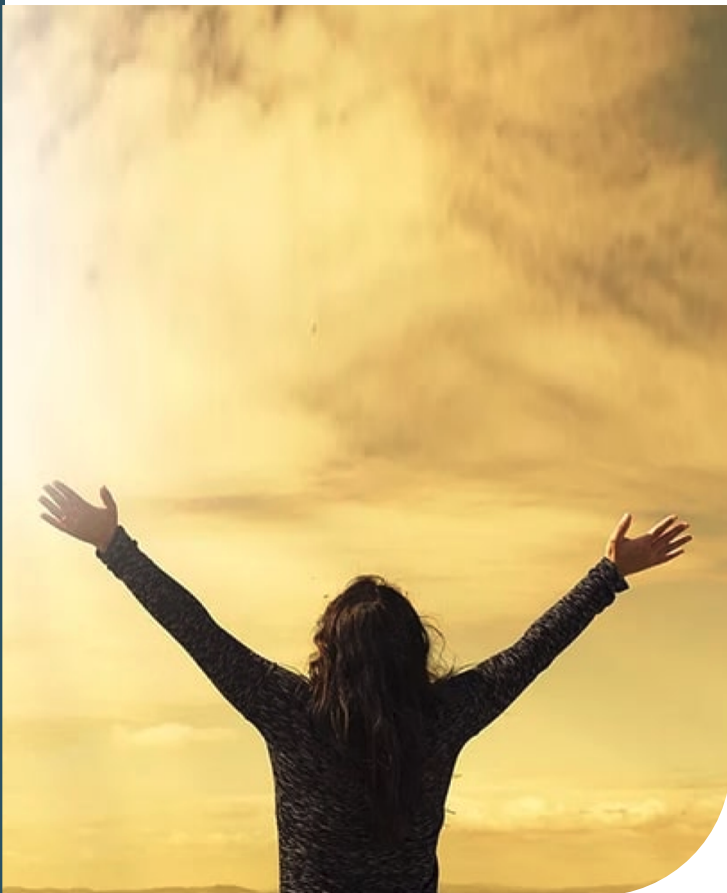
## SMART RECOVERY

SMART Recovery (Self-Management and Recovery Training) is not a 12-step group, like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA). The SMART Recovery 4-Point Program employs a variety of tools and techniques to help individuals gain independence from addiction and addictive behaviors. Participants are encouraged to learn how to use each tool and to practice the tools and techniques as they progress toward Point 4 of our program — achieving lifestyle balance and leading a fulfilling and healthy life.



## LIFE SKILLS

Our Therapeutic Communication Program involves the creation of a relationship between the client and our team of professionals. The interaction involves and centers on the clients requirements (verbal and nonverbal communication). Clients share their experiences, life stories and are introduced to methods in dealing with the absence of life and communication skills, including their substance abuse.



# PROGRAMS AND SERVICES

## INDIGENOUS PROGRAMMING

Freedom from Addiction Inc. has incorporated indigenous programming into our treatment program which encompasses holistic healing. A variety of elements are introduced to our clients including:

- ✓ **Seven grandfather teachings (teaching, concept, and application)**
- ✓ **Understanding of the four aspects of self**
- ✓ **The Circle Concept**
- ✓ **Introduction to traditional teachings and ceremony**

Freedom from Addiction Inc. is Anishnabe territory that is not only exclusive to the Anishnabe teachings. Freedom from Addiction Inc. is also open to other Indigenous beliefs throughout Turtle Island (North America).



## HUMAN TRAFFICKING

Freedom from Addiction Inc. partnered with the Ministry Attorney General (MAG) to provide treatment for individuals that have been trafficked. Freedom from Addiction Inc. works and collaborates closely with Victim Services all over Ontario to provide trauma informed care to those who have been given funding for treatment. Freedom from Addiction Inc. has also partnered with Ontario Native Women's Association (ONWA) throughout Ontario to provide services to Indigenous clients with addiction.



# PROGRAMS AND SERVICES



## RELAPSE PREVENTION

Freedom's Relapse Prevention program focuses on a wide array of activities, problem solving and skill building. In addition, Freedom's Relapse Prevention program may also include psychotherapy or support therapy. The program uses the teaching of Gorski's Relapse Prevention Plans. Our team helps clients maintain their drug and alcohol free state by imparting those skills needed to anticipate, identify and manage high risk situation that may lead to a relapse.



# INFO FOR FAMILIES

At Freedom, we know that addiction is a family disease and that living with those who struggle from addiction can impact all members of the household. For this reason, Freedom likes to have our client's families play an active part in their recovery as well.



## PHONE CALLS

All clients are restricted from phone calls for their first 7 days at the center. The purpose of this is to allow the client time to focus solely on themselves, rather than spending time focusing on any outside distractions. However, while your loved one is at Freedom, families are welcome to call into the center for updates at any time of the day. After a client completes their first 7 days, they are allowed to make daily calls with a 15-minute time limit.



## FAMILY PROGRAM

Freedom from Addiction also offers a weekly Family Program meeting for family members to attend for more information on addiction, what their loved ones might be going through, as well as support for themselves. This meeting happens once weekly via zoom and are available to families for life.

## FAMILY CARE QUESTIONNAIRE

Upon a client's intake we will provide family members with a Family Care Questionnaire in order to get more information on their loved one's addiction and to help understand the families point of view. This allows family members to participate in their loved one's recovery and how their addiction has impacted not just the client, but the family.



## FAMILY EXIT MEETING

Approximately one week before a client completes treatment, Freedom encourages scheduling a Family Exit Meeting via Zoom. This meeting takes place with both the client and their family present as well as the client's counsellors from treatment to reflect and make sure everyone is on the same page for the client's return home. This is also a safe place for both clients and family members to put boundaries in place for their return home.

## OTHER RESOURCES

Although Freedom from Addiction does not offer individual therapy for family members, we highly encourage families to seek out their own supports throughout their loved one's journey, whether through counselling or other self-help meetings. See below for information on Al-Anon/Alateen Meetings and support.

<https://al-anon.org>



# SO, WHY CHOOSE FREEDOM?

Careful thought and consideration must go into your treatment center selection. It will be a life changing decision, and we are confident that by choosing Freedom, this choice will lead to a life enhancing experience. Our centers experienced and passionate team work personally with every individual on their road to recovery.



## Recovery At Freedom Is Not An Accident. It Occurs Because:

- ✓ Our Staff Is Experienced, Passionate And Committed.
- ✓ We Treat The Underlying Issues To Substance Use – Alcohol And Drugs Are Only The Symptoms.
- ✓ Freedom Holds Exemplary Standing With Accreditation Canada.
- ✓ Our Staff To Client Ratios Allow For Individual Attention.
- ✓ We Provide Immediate Access, No Stressful Waiting.
- ✓ We Have A Strong Focus On 1-On-1 Therapy – Unlike Other Inpatient Centers Who Focus Mainly On Group Settings.
- ✓ We Have An Emotional Based Recovery Program And Focus On The Solution Rather Than The Problem.
- ✓ We Never Close. We Are Open 24/7/365.
- ✓ We Provide Immediate Access, No Stressful Waiting.
- ✓ Freedom Is Located In A Quiet Residential Setting.
- ✓ Our Facilities Are Exquisite, Our Cuisine And Hospitality Unmatched.
- ✓ Our Aftercare Program Means Your Recovery Continues Once You Leave The Center.
- ✓ Our Family Program Offers Education And Support To Families For Life.
- ✓ Our Rates Are Reasonable And Competitive.
- ✓ Our Counsellors Are Specialized In A Variety Of Modalities Including Such As: PTSD, Trauma, DBT, CBT, Anger Management Etc.
- ✓ We Offer Medical Detoxification In Addition To Residential Treatment Programs.



# AMENITIES

Freedom from Addiction is located on one acre of beautifully renovated, landscaped property in the town of Aurora – the heart of York Region. Thirty minutes north of Toronto, we are situated on all major commuter lines, an easy 45 minute drive from Toronto's Pearson International Airport. Our 25-bed facility is completely renovated, offering the best residential care has to offer. Each room is semi private and fully equipped and furnished with a TV. There are a few private rooms available at an extra cost. The Great Room is the site for a multitude of activities, including meetings, movies, games and just **"hanging-out."**



Physical activity and exercise are an indispensable part of addiction recovery. We have a fully equipped gymnasium, staffed by a fully-accredited fitness instructor. We take particular pride in our cuisine where nutrition and taste are deliciously combined resulting in meals that are unmatched anywhere. We are open to any special requests from our clients when it comes to vegetarian, religious or ethnic restrictions. Naturally, we accommodate those with particular allergy ailments.

# WHAT TO BRING

Getting ready for your stay at treatment can be scary and overwhelming and often individuals are not sure what to bring. Here is a list of essentials to consider bringing with you:

## What To Bring

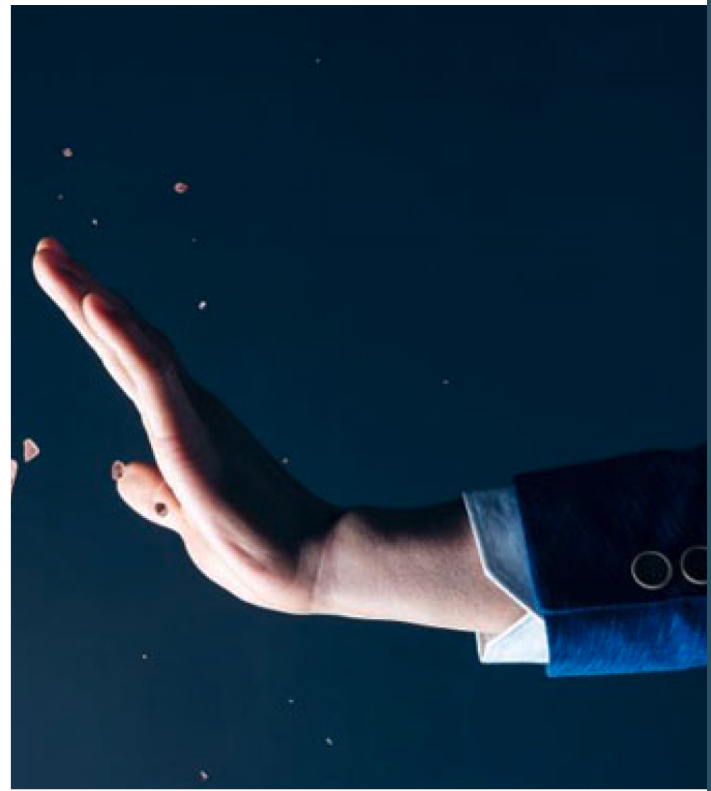
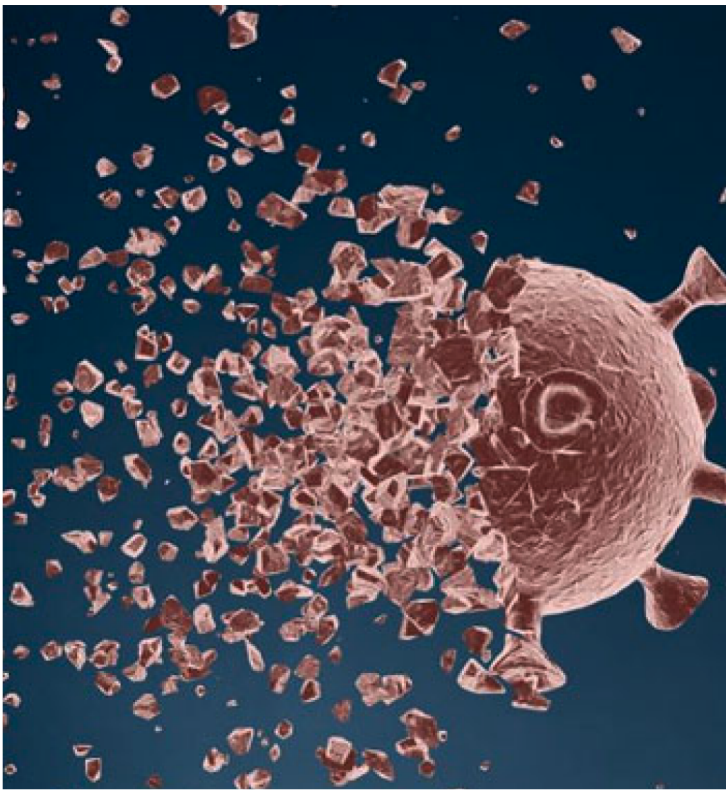
- ✔ Medical History
- ✔ Current Medication List
- ✔ Valid Healthcard
- ✔ Drug Benefits (If Applicable)
- ✔ Toothbrush/Toothpaste
- ✔ Shampoo/Conditioner Bodywash
- ✔ Deodorant
- ✔ Other Toiletries
- ✔ Towel
- ✔ Seasonally Appropriate Clothing
- ✔ Active Wear For The Gym
- ✔ Casual Footwear/Slippers
- ✔ Cigarettes (If Applicable)
- ✔ Please Only Sealed Cartons, Not Open Or Bagged Cigarettes

## Please Do NOT Bring

- ✗ Cellphones Or Any Electronic Device That Can Access Wi-Fi, Bluetooth Or Has A Camera
- ✗ Clothing With Alcohol/Drug-Related Advertising Or That Is Sexually Suggestive
- ✗ Short Skirts, Shorts, Or Dresses (Must Be Mid-Thigh)
- ✗ Expensive/Valuable Jewellery
- ✗ Anything Opened That Is Not Sealed
- ✗ Medications – Unless They Are In Blister Packs
- ✗ Deck Of Cards Or Dice



**\*Please Limit Baggage To ONE Suitcase\***



# COVID-19 PROTOCOLS

Freedom from Addiction Inc. has been taking all precautionary measures to ensure the safety of both its staff and clients. The following protocols have been put into place at the facility:

- ✔ Prior To Admission, A Pre-Intake Is Required.  
This Is Done Over The Phone And Takes About 15-20 Minutes.
- ✔ A Rapid Test Is Required Within 24 Hours Of The Intake Date.
- ✔ Rapid Testing Is Conducted On Site Prior To Client Entering The Facility For Intake.
- ✔ Clients Are To Isolate For The First 72 Hours At The Facility Prior To Receiving Their Second Rapid Test. Once The Second Rapid Test Is Clear- They Are No Longer In Isolation. All Staff Are Rapid Tested And Screened Before Entering The Building For Their Shift.
- ✔ Freedom From Addiction Inc. Has Implemented Hourly Cleaning And Sanitization Of The Facility – Paying Particular Attention To High Traffic Areas And High Touch Areas.
- ✔ Due To The High Number Of Cases And The Vulnerability Of Our Clients Entering The Facility, All Visitations Are Suspended Until Further Notice.
- ✔ Our Medical Detox Program Is Only Available If A Client Is Choosing To Complete Residential Programming (Minimum 30 Days Or Longer).

# SUCCESS STORIES



**REZA**



"IT'S JUST BEEN A BLESSING OF A PLACE AND IT'S LIKE MY FIRST HOME, I WAS REBORN HERE PRETTY MUCH AND THEY SENT ME OUT AFTER 70 DAYS WITH A SET OF TOOLS BEHIND ME... I'M REALLY GRATEFUL FOR THEM"

**KRYSTAL**



"THIS PLACE DID SAVE MY LIFE...THEY GAVE ME A CHANCE AND THEY OBVIOUSLY SAW SOMETHING IN ME... I FINALLY GOT ID, I GOT A JOB FOR THE FIRST TIME IN YEARS, SO I'M DOING REALLY GOOD. MY FAMILY IS TALKING TO ME..."



**SILVIA**



"MY HUSBAND HAD BEEN TO 16 OTHER TREATMENT CENTERS AND WHAT MADE FREEDOM DIFFERENT FROM THE REST OF THEM IS THAT IT JUST WASN'T 30-60-90 DAY PROGRAM THAT ENDED THERE. IT BECAME A LIFESTYLE CHANGE"





# THANK YOU



**Freedom From Addiction**

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**\*Please Note That All Visitations Are Currently Suspended Due To Our COVID-19 Protocols\***