



*Your full recovery is
our sole purpose..*

Cedars at Cobble Hill is a full service treatment centre offering a comprehensive continuum of addiction recovery programs providing the foundation for sustainable recovery for both men and women. At Cedars we recognize that addiction is a treatable illness with psychological, spiritual, and social implications. With precise care properly applied, abstinence and long-term recovery from addiction can be expected. Our individualized, abstinence based and holistic approach to addiction treatment and recovery includes the body, mind and spirit. We evaluate the biological, psychological and social factors that will influence one's road to addiction recovery.

Our centre is spiritual but not religious, offering personalized, holistic, and comprehensive care including 12 step philosophy. Due to the individualized aspect to our residential treatment program the length of stay is open-ended with an average stay between 6- 8 weeks. We are a private facility and as such have no government funding available.

The treatment deposit includes: 50 days of inpatient treatment, medically supervised detoxification and 6 months of continuing care consisting of weekly counselling appointments. The program is all inclusive and is calculated at a daily rate (please call for program rates). Equine Therapy is available at an additional cost of \$350.



Our inpatient program is highly structured and a copy of our weekly schedule, pre-admission checklist and FAQ's can be found at <https://www.cedarscobblehill.com/why-cedars/forms-and-resources/>

Upon discharge, all patients receive a courtesy invoice and can submit for reimbursement from insurance and for tax purposes.

Our multi-disciplinary treatment program includes:

- A comprehensive medical, psychological, emotional and spiritual assessment process.
- Separate residences for men and women
- Individualized plans to ensure each client is matched to the right treatment. *Treatment may include separate treatment streams for clients with co-occurring disorders in order to effectively treat both illnesses.*
- A length of stay that is determined by measured progress toward patient and staff identified goals
- High staff to patient ratio
- Individual Therapy
- Psychodynamic Group Therapy
- Cognitive Behavioural Therapy/ Motivational Enhancement Therapy/ Dialectic Behavioural Therapy
- Educational Seminars



- Daily exercise with our physical trainer, yoga sessions and walks on our 65 acres of forested trails
- 12 step facilitated therapy supported by on site meetings
- An individualized continuing care plan upon completion of inpatient treatment
- Visiting on Sundays from 1:30 to 4:00 pm with clinical approval
- An approach to recovery that emphasizes balance. Good nutrition, exercise and mindfulness practices are an essential part of a full recovery.

Addiction affects entire families, not just the addicted individual. At Cedars, we also take a holistic approach to family recovery by offering a **6 day, residential family program** for anyone whose life has been negatively impacted by a loved ones addiction.

With admission to the inpatient program, a loved one is invited to attend the 6 day residential Family Discovery Program. The cost for the Family Program is \$1500 for shared accommodation or \$1900 for a private room. This fee is all inclusive (materials, meals and accommodations). If you do not have someone currently attending residential treatment the cost is \$2500 for shared accommodation and \$2900 for a private room. The program begins on (every second) Sunday at 4:15 pm and ends the following Friday at 2:00 pm. For complete program schedule and reservation information please visit

<https://www.cedarscobblehill.com/about-us/cedars-discovery-program/>



Cedars' comprehensive programs facilitate a personalized treatment process that promotes continuous progress and growth. Situated on a spectacular, 60 acre West Coast property in Cobble Hill, BC, our facilities provide a picturesque landscape and a tranquil treatment setting for those recovering from addiction.

You may visit our website at <https://www.cedarscobblehill.com/> for more detailed information.

Our admissions department is available by phone Toll Free at: 1-866-716-2006, Local: 250-733-2006 and via email at info@cedarscobblehill.com from 8:00am – 8:00pm 7 days per week and would be happy to assist you further in the admissions process.



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ADDICTION TREATMENT PROGRAMS

P.O. BOX 250, 3741 HOLLAND AVE. COBBLE HILL, BC

www.cedarscobblehill.com

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