



Homewood Health

Homewood Health opens the only group-based, full-year intensive outpatient clinic dedicated to PTSD treatment and recovery in Canada.

> Mississauga, ON –November, 14 2016

Homewood Health is pleased to announce the official opening of its new out-patient clinic in Mississauga. As part of its national treatment network, the new clinic will offer immediate access to customized, intensive outpatient treatment for persons struggling with Post Traumatic Stress Disorder (PTSD). The clinic will also provide treatment programs for those living with other mental health and addiction conditions.

“The recent passing of Bill 163 - Supporting Ontario’s First Responders Act – has resulted in a significant increase in the need for high quality treatment,” said Jagoda Pike, President and CEO of Homewood Health. “We’ve been treating Canada’s military and uniformed first responders at the Homewood Health Centre for decades, so an intensive outpatient program that focuses on trauma and PTSD is a very natural extension of our services to a population with very unique needs.”

The Homewood Clinic’s PTSD and trauma programs are derived from 134 years of experience at the Homewood Health Centre in Guelph, Ontario, a pioneer in group-based therapies. Homewood’s national medical, clinical and research experts collaborated to design programs that bring together best-practice PTSD treatment approaches delivered in a group environment that is unavailable outside the inpatient trauma program at the Homewood Health Centre.

“The treatment I received at Homewood saved my life,” said Natalie Harris, an Ontario advanced care paramedic. “After multiple traumatic experiences on the job including a highly publicized double murder at a hotel in Barrie, Ontario, it became increasingly difficult to leave work at work. My days became very dark and my addiction continued to get worse. The people at Homewood really understood what I was dealing with.”

Through evidence-based research and return-to-work-focused treatment plans, individuals will benefit from extensive clinical expertise delivered by a multi-disciplinary Homewood Health team that includes Psychiatrists, Psychologists, Trauma and Addiction Specialists, Occupational Therapists, Social Workers, Treatment Managers, and Return to Work Specialists.

Programs at The Homewood Clinic in Mississauga include:

- Immediate start with a comprehensive assessment
- Group and individual treatment lasting from 6-12 weeks, depending on the condition
- Recovery and relapse management through a 52-week aftercare program

- Friends and family support program
- State of the art therapy techniques including Dream Sequencing, Art therapy, Horticulture therapy and Yoga therapy

Homewood Health's intensive outpatient programs allow individuals to continue with daily living, while focusing on recovery. The Mississauga Clinic will be open during regular business hours but also during evenings and weekends to allow for greater flexibility for clients. In the coming months, Homewood Health will make this unique trauma and PTSD program available across its national network of outpatient clinics.

View Natalie's full story here: <https://www.youtube.com/watch?v=XcmPOpdLsjo>

**Click here for a look inside the complex world of PTSD and treatment options:
<http://www.homewoodhealth.com/mississauga>**

To book a tour, or for more information on the Homewood Clinic in Mississauga or Homewood Health in general, please contact:

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About Homewood Health:

Homewood Health is Canada's leader in mental health and addiction services. With over 130 years of experience, we achieve outstanding outcomes every day through our national network of over 4,500 local employees and clinical experts, The Homewood Clinics, 360°dtx, and through the Homewood Health Centre—one of Canada's largest and leading facilities for medical treatment of mental health and addiction disorders. Offering Canada's only complete continuum of mental health and addiction treatment services, we support individuals and their families, employers and organizations, insurers, and medical professionals with a full suite of outcome-focused services for prevention, assessment, treatment, return-to-work, and ongoing recovery management.