

AN INNOVATIVE SPACE DESIGNED FOR  
ADDICTION AND MENTAL HEALTH RECOVERY



**BELLWOOD**  
EHN CANADA

# This is Bellwood







## 1946

Glenmaple opens as a treatment centre run out of Dr. Gordon Bell's home.



## 1948

Shadowbrook Clinic opens



## 1954

Shadowbrook combines with another clinic to create The Bell Clinic



## 1967

The Donwood Institute is established



## 1982

Bellwood Health Services is founded



## 2014

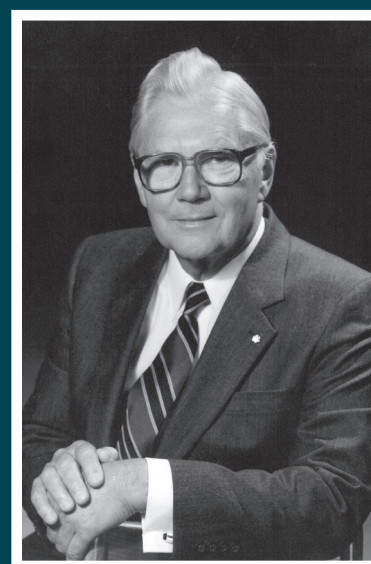
Bellwood Health Services becomes part of the EHN Canada family of facilities

# A tradition of recovery

Bellwood's name and treatments are both inspired by the pioneering work of Dr. Gordon Bell. Throughout the 1950s, he worked to learn about and from people struggling with alcoholism and drug addiction.

At the time, it was a topic rarely discussed publicly, or even within the medical field. In 1967, he opened the Donwood, the first facility of its kind in Canada. In 1982, he founded Bellwood Health Services, which championed mental health and addiction services.

Today, we honour Dr. Bell's legacy and strive to continue his groundbreaking work and successful treatment.



Dr. R. Gordon Bell  
1911 - 2005

# New approaches for new beginnings

Welcome to Bellwood, our one-of-a-kind facility rooted in a history of innovation and medical excellence.

Here, patients are treated with a comprehensive approach to mental health and addiction recovery. With a focus on wellbeing, our clinical and medical staff is passionate about their work and your success.

Our space, both therapeutic and recreational, was created to provide surroundings that are both serene and motivating. Set amidst a residential green space near uptown Toronto, our focus is on addiction treatment, mood and anxiety, and trauma treatment.

This calm, restorative setting provides the time and spaces needed to plan and practice skills essential to recovery.

## TREATMENTS OUR PATIENTS BELIEVE IN

# 83%

of past substance use patients who participated in treatment and aftercare are successful in their recovery.

# 97%

of patients who completed a Bellwood program say they would recommend us to others.

## A COMPREHENSIVE APPROACH TO TREATMENT

Overcoming addiction and mental health disorders can improve a patient's life in so many ways. You or your patients have already experienced the toll it can take on family and marital relationships, careers and finances, physical health, and spiritual wellbeing.

## OUR GOAL IS TO RESTORE A SENSE OF HOPE AND TO REBUILD LIVES.

Together our team of doctors, psychiatrists, psychologists, social workers, nurses, psychotherapists, and support counsellors work collaboratively to deliver exceptional patient care.

## OUR TREATMENTS AND SERVICES INCLUDE:

- ✓ Detox and withdrawal management
- ✓ 24/7 medical care and nursing support
- ✓ On-site psychiatrists and a team of highly qualified mental health professionals
- ✓ Science-based therapies, including CBT and DBT
- ✓ Integrated care (yoga, meditation, fitness, nutrition, sleep hygiene, art therapy)
- ✓ Family therapy
- ✓ Relapse prevention strategies that work
- ✓ Comprehensive discharge planning, involving community care providers
- ✓ Online recovery tools via our Wagon app
- ✓ Lifelong alumni network



# Signature programs to give you the best chance at success

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## CORE ADDICTION & MENTAL HEALTH PROGRAM

- ✓ Treatment for all substance use disorders with or without concurrent mental illness
- ✓ Includes detox, stabilization, psychoeducation, skill-building and relapse prevention

## COMEBACK PROGRAM

- ✓ Specifically designed to help you get back to recovery after a relapse
- ✓ Focused on learning from setbacks to transform self-criticism into an opportunity for growth

## MOOD AND ANXIETY PROGRAM

- ✓ Offered primarily for treatment of depression, bipolar disorder or any of the anxiety disorders

## MILITARY, VETERANS AND FIRST RESPONDERS PROGRAM

- ✓ Residential treatment led by clinicians trained specifically in trauma
- ✓ Designed to treat post-traumatic stress disorder (PTSD), operational stress injuries (OSI), and mood and anxiety disorders with or without concurrent addiction

## OBSESSIVE COMPULSIVE DISORDER PROGRAM (IN PARTNERSHIP WITH SUNNYBROOK)

- ✓ Exclusively from Bellwood
- ✓ A comprehensive approach to care for people with severe and impairing OCD, integrating psychological and psychopharmacological interventions
- ✓ Intensive treatment focused on cognitive-behavioural therapy
- ✓ Four hours of exposure and response prevention daily
- ✓ Residential and day treatment options are available

## CONCUSSION AND ACQUIRED BRAIN INJURY SUPPORT (CABIS)

- ✓ Exclusively from Bellwood
- ✓ For patients participating in our primary residential programs for mental health and addiction
- ✓ Evidence-based and individualized concussion and acquired brain injury (ABI) support
- ✓ Weekly sessions with an occupational therapist and a primary clinician with experience and expertise in concussion and ABI treatment





### PROBLEM GAMBLING SUPPORT

- ✓ For individuals enrolled in one of our residential programs for addiction and/or mental health disorders
- ✓ Individual and small peer group format focusing on gambling addiction work, money management, and addressing debt and compulsive spending

### EATING DISORDERS PROGRAM (COMING SOON)

- ✓ Exclusively from Bellwood
- ✓ Residential treatment led by psychiatrists, registered dietitians, and nurses with specialized training and expertise in eating disorders treatment
- ✓ Evidence-based approach to help patients recover from anorexia nervosa, bulimia nervosa, and other eating disorders
- ✓ Comprehensive treatment of concurrent addiction or mood and anxiety disorders

### FAMILY PROGRAM

- ✓ Included in all of our treatments
- ✓ Helps family members understand the disorders that their loved ones are dealing with while engaging in their own recovery work and learning to set healthy boundaries
- ✓ Combination of presentations, workshops, and counselling sessions

### HEALTHCARE PROFESSIONALS SUPPORT

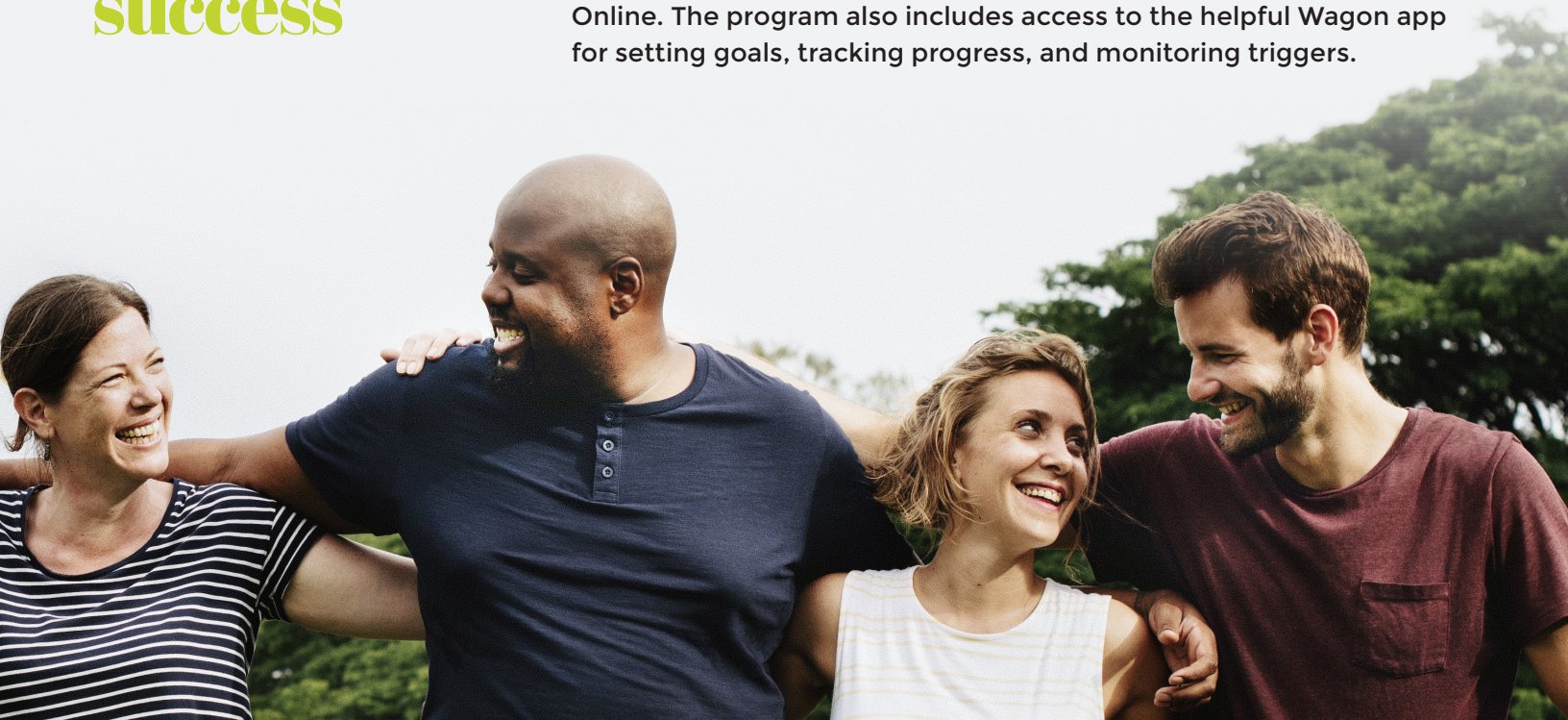
- ✓ Open to medical doctors, pharmacists, registered nurses, dentists, veterinarians, and other professionals who have access to controlled substances as part of their job
- ✓ Work closely with an individual therapist to discuss the personal challenges that led to addiction and plan for a smooth transition back to work after completing treatment

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## Continuing support for ongoing success

Support from Bellwood does not end once you step out the door. We believe that ongoing recovery requires ongoing care. That's why up to one year of Aftercare, an important part of relapse prevention, is included for all eligible patients who complete treatment.

To reinforce the change of continued recovery, Aftercare is available in-person at a clinic location across Canada, or virtually through EHN Online. The program also includes access to the helpful Wagon app for setting goals, tracking progress, and monitoring triggers.



**Questions about Bellwood's facility or  
treatment programs? We're here to talk.**

**CALL OUR REFERRAL RELATIONS TEAM**

**1-866-203-1782**

**BELLWOOD HEALTH SERVICES**

**175 Brentcliffe Road, Toronto, Ontario M4G 0C5**



EHN Canada is home to the country's largest network of industry-leading mental health and addiction treatment facilities. We all have one thing in common: a passion for providing quality treatment for Canadians.

We are committed to both caring for our patients and supporting their loved ones. Our inpatient and outpatient programs are offered across the country, with facilities in Montreal, Toronto, Calgary and Nanaimo (Vancouver Island), as well as virtual options through EHN Online.

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