

## **CONSTRUCTION INDUSTRY**

**REHAB PLAN** has helped hundreds of people to overcome their addictions. Helping them to understand and resolve underlying issues.

### **Here are a few client testimonials.**

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"For the very first time in my 41 yrs of using CIRP has given me hope, genuine support and understanding which has made me want to engage in serious recovery with direction and care from CIRP, Thank you for all you have done for me" - CSW member

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"Every single one of my therapy sessions improves my day and equips me with tools for tomorrow." - IBEW member


.....

"My recovery has both good and bad days. Whatever the baseline, therapy improves my day and equips me with tools for tomorrow." - IBEW member

## **Evidence Based Gold Standard Services**

## **CLR - BCBT** **Construction Industry Rehabilitation Plan**

#210 - 6400 Roberts Street  
Burnaby, BC  
V5G 4C9  
T:604-521-8611  
[info@constructionrehabplan.com](mailto:info@constructionrehabplan.com)



Imagine being able to live free of addiction

A **FREE SERVICE** to members of the **BCBT and CLR.**

**Let us help you.**  
**Call today**  
**604-521-8611**  
**Toll Free: 1-888-521-8611**

## INDUSTRY SERVICES

CIRP is committed to providing training and education to the organized industry not only for those who are struggling with mental health and addiction issues but to the contractors, the unions, health and welfare plans too.

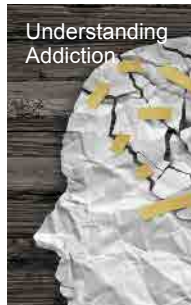
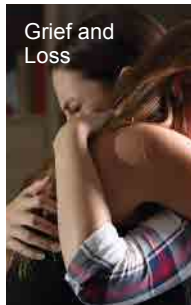
**Naloxone Training** – We offer free opioid overdose response training and free Take Home Naloxone kits (THN) to EVERYONE. We are committed to getting as many kits



out into the construction industry as possible, so order one for your job site, office or trucks today!

**Primary Prevention** – We provide free education and training wherever there is an identified need. Examples of the types of workshops and training we have delivered:

- *Managing Stress and Anxiety*
- *Physiology of Mental Health & Addiction*
- *Grief and Loss*
- *Suicidality training to staff*
- *Mindfulness training*
- *Understanding Addiction*



## BIOPSYCHOSOCIAL TREATMENT

CIRP recognizes that addiction is an incredibly complex disease. One that includes a person's biology, their psychology and their sociology. It is only when we look at all these areas can we begin to understand and treat addiction.



## PROFESSIONAL STAFF

We only employ professionally qualified, clinical staff. All our counsellors have at least a Masters in psychology, and all other staff have mental health qualifications and often a psychology background too. ALL our staff have a mental health and addictions working background.

## GOALS OF TREATMENT

- *Behaviour Change*
- *Enhance Coping Skills*
- *Improve Quality of Life*
- *Motivation to Achieve*
- *Interpersonal Effectiveness*

## INDIVIDUALISED TREATMENT

We don't do 'cookie-cutter' treatment. All of our clients are given a personalized treatment plan, and have access to services up to 12 months.

## CLIENT SERVICES

**Mental Health Screening** – over 80% of clients that come to see us will have co-occurring, often times undiagnosed, underlying mental health issues. Our staff are qualified to assess for these.

**Trauma counselling** – We offer specialized trauma counselling. Typically counselling can last anywhere from 6-12 months tailored specifically for your needs.

**Telehealth counselling** – we offer all of our services via Skype for those clients who are not local to our offices. Telehealth programs have been shown to be as effective as in-office treatments.

**Groups** – We offer group support and group counselling in a number of different areas. Groups can be a great alternative to residential treatment where appropriate.

**Residential Treatment** – ...We are able to send our clients to our partner programs at no cost to you (conditions apply, and all referrals must be through CIRP)

**Family Program** – We provide free training, groups and 1:1 counselling to families struggling to cope with a loved one's addictions.

