

Choosing The Right Treatment Program

Choosing the right treatment program for yourself or a loved can be overwhelming. With so many options to choose from, it is important to make an informed decision when selecting the right treatment center for your needs. That's why we have created this list of questions that we think are important factors to consider when talking to intake specialists at each place you are considering.

Please give us a call at [1-866-233-2299](tel:1-866-233-2299) or [604-947-0420](tel:604-947-0420) in the Vancouver area if you have any more questions about what we have to offer.

Are you a CARF accredited treatment centre?

Yes, Orchard Recovery Center is CARF (Commission on Accreditation of Rehabilitation Facilities) accredited. CARF is internationally recognized as the gold standard for treatment centre accreditation. CARF accredited treatment centres must adhere to the highest standards of care.



Are your counsellors qualified?

Orchard Recovery Center employs qualified counsellors who specialize in treating substance use disorder. Each client is assigned a counsellor who provides individual and group therapy. Head over to our staff page to see each counsellor's credentials.

How many clients do you accept at a time?

The Orchard typically accepts a maximum of 33 clients at a time in our Primary Care program. In the interest of mitigating potential risk associated with COVID-19, the Orchard has elected to reduce **our maximum capacity to only 25 clients**. (Please visit our [COVID-19 page](#) for further details on how we are keeping our facility and clients safe during the pandemic).

This is a relatively small number when compared with other treatment centers. We believe it is much easier to foster connections within small, intimate groups.



Are components of your program led by peers, or is all of your programming facilitated by trained and qualified staff?

All of our programming is facilitated by staff. While we certainly value many aspects of the peer-to-peer model of recovery, at the Orchard we strongly believe while clients are in treatment, mentorship should be provided by trained and qualified staff.

At the Orchard, every client is assigned a Recovery Coach (in addition to a personal counsellor), who they will meet with to complete recovery related assignments. All of our Recovery Coaches are staff members with experience and training, many of whom are also certified addiction counsellors. All Recovery Coaches at the Orchard also have a minimum of 2 years in recovery (some have 30+ years).

Is your program a 12-Step program?

Our daily psycho-educational seminars and skills-based learning modules are grounded in contemporary research on neuroscience and its practical applications. Our clinicians are trained in a variety of evidence-based therapeutic modalities including Cognitive Behavioural Therapy (CBT), Dialectical Behavioural Therapy (DBT) and Mindfulness-Based Relapse Prevention (MBRP).

Most private treatment centers, including Orchard Recovery Center, use some form of 12-Step facilitation which is based on the philosophy of **Alcoholics Anonymous** and **Narcotics Anonymous**. While 12-Step Facilitation is a component of our program, Orchard Recovery Center combines this model with the most effective, evidence-based models for the treatment of substance use disorder.

Is your program religious?

No. While there is a spiritual component to our program, it is not a religious program and is entirely suitable for agnostics and atheists; it is also compatible with any worldview or philosophy.

Do you have a program for families? Can you please describe what it entails? Is it included in the price?

Yes. Every Saturday, Orchard Recovery Center offers a complete day of programming (psycho-educational seminar, lunch, and process group) for family and clients. Every 6 weeks we offer an Extended Family Weekend, a two-day intensive workshop for families and clients. *(Please note: During the COVID-19 pandemic, our Family Programming continues, however clients and their families are participating via password-protected Zoom sessions).*

Healing from addiction is a process that takes time for both the addicted person and their family. Our integrated Saturday family program is designed to give clients and their families time to heal, together, over the weeks while their loved one is in treatment. While family programming attendance is encouraged, we understand some families may not feel they are ready to participate. Our family program is included in the price of treatment and is available for the duration of their stay.

Do you have an on-site psychiatrist?

Yes. Dr. Adam Chodkiewicz (MD, FRCP (C), DABAM – [Diplomate of the American Board of Addiction Medicine](#)), or “Dr. C”, is unique in that he is both a psychiatrist and an addiction medicine specialist. He has over 20 years of experience working in the field of addiction medicine. *During the COVID-19 pandemic, Dr. Chodkiewicz is seeing our clients at the Orchard via Telehealth video-conferencing.*

In addition to his work at the Orchard, he recently held the position of Physician Program Director and Assistant Head of Psychiatry at St. Paul’s hospital in downtown Vancouver, and is currently working at Vancouver General Hospital. Please see [our staff page](#) for more details about Dr. C and other members of our highly qualified medical team.



Will I be assessed and followed by physicians with specific training and credentials in addiction medicine?

Yes. Our world-class team of physicians are ASAM (American Society of Addiction Medicine) or ISAM (International Society of Addiction Medicine) certified, and/or have equivalently recognized experience in addiction medicine. In addition to our highly qualified medical team, you will also have access to our dynamic and multidisciplinary allied health team of addiction specialists, including nurses, clinical counsellors, and social workers.

Do you offer publicly/government funded beds?

Orchard Recovery Center is a private pay treatment center, as we do not currently have any government funded beds. Your private insurance provider, employee benefits package, union or guild may fully or partially cover the cost of treatment at the Orchard.

Please call 811 for information on government funded supportive recovery houses/centers.

Do you have an outpatient aftercare program?

The Orchard believes having a strong recovery community is a key factor in success. For this reason we have fostered and maintained a thriving alumni community where people find sponsors, friends and meaningful connections with fellow Orchard alumni. We offer a variety of online outpatient options, most of which are included in the cost of your primary care treatment program, such as a daily morning check-in (Monday-Friday). Additionally, we facilitate a number of weekly meetings for our alumni (currently via Zoom), which are included in the cost of our treatment program.

These complimentary post-treatment options are available to clients who have attended the Orchard for any length of stay. You may access these meetings at any time after your departure for as long as you like.

Do you offer medically assisted detox and withdrawal management?

Yes. Our medical team are experts in alleviating the discomfort of withdrawal symptoms. We use evidence-based medication-assisted therapies for detox and stabilization. Ongoing medically assisted treatment for longer term stabilization and managing cravings are decided based on consultations with our medical team and based on each client's unique circumstances.



Do you have a set number of days in your program?

Yes. Our recommended full primary care program is 42 days, however, if someone is unable to commit to 42 days, we do offer a 28 day program. For clients who may be unsure of their readiness to commit to a full program, we offer a 12 day introduction to treatment (this 12 day option is not suitable for opiate withdrawal or severe alcohol withdrawal).

Some treatment centers do not offer definite completion dates, and completion of their program is based on measures of readiness which are determined by staff.

At the Orchard, we understand leave from work and/or family life requires planning. For this reason, we offer clearly defined treatment stays (42, 28, 12 days). Many people decide to extend their stay once they begin to experience the benefits of the Orchard program and we will work with you and/or your employer/EAP to facilitate this.

Do you provide mental health services?

Our clinicians are experienced working with concurrent disorders such as anxiety, trauma, depression as well as disordered eating. While the focus of our treatment program is on substance use disorder, our comprehensive, trauma-informed treatment approach provides skills for coping with issues such as complex grief, PTSD and other concurrent mental health issues which often underlie and/or coexist with substance use disorder.

Do you have access to nature and other holistic wellness?

Yes. Orchard Recovery Center is located on beautiful Bowen Island, a 20 minute ferry ride from Horseshoe bay in West Vancouver. Both our residence and administration buildings are nestled in the serene Pacific Northwest rainforest.

Some other features include:

- Seasonal swimming pool
- State of the art fitness center/private gym located onsite.
- Daily yoga and wellness practices
- Access to acupuncture, physiotherapy, chiropractor, massage and other wellness options
- Our facilities and residence are surrounded by nature and we enjoy regular visits from eagles, deer and other wildlife
- Incredible meals and plentiful food options. Our meals are not pre-plated; we provide a variety of healthy options to choose from which includes seasonal home-grown organic produce from our onsite garden
- Our newest addition includes access to our therapy animals, two Nigerian Dwarf goats, who clients can interact with during breaks from their sessions. See our staff page for more information on Billy and Jimmy



Are there any hidden costs?

When calling treatment centers, it is important to double check what is included in the cost. The following are included in the price of the Orchard's Primary Care program:

- GST
- Meals as well as specialty coffees, juice, snacks
- Onsite fitness facility
- Individual and group counselling
- Family programming
- Daily (Monday-Friday), Zoom alumni/aftercare meetings facilitated by Orchard staff
- Weekly staff facilitated Orchard alumni fellowship meetings
- Weekly (Thursday), on-site Roast Beef dinners for Orchard Alumni (*temporarily suspended due to COVID-19*)
- Monthly Alumni Day events which include onsite workshops, lunch, dinner, and other staff facilitated alumni activities (*temporarily suspended due to COVID-19*)
- **Please note** that prescribed medications are an additional cost and you will be charged a weekly flat fee for drug tests (Approximately \$15 per week).

Will my insurance provider cover the cost of treatment?

As Orchard Recovery Center is a licensed and accredited treatment center, your treatment costs may be covered or partially covered depending on your Employee Assistance Plan or comprehensive Extended Health Plan.

How do your prices compare to other treatment centers?

Our prices are very much in line with, or less expensive than other private pay treatment centres in British Columbia.

We typically like to talk through our prices over the phone, because we pride ourselves on being able to offer support, resources and referrals. Over the phone we have the opportunity to discuss what goes into our costs, how we work with insurance providers, and what financial options are available. Please call for more information.

What makes your treatment center stand apart from the others?

The Orchard is unique in that it is a small, intimate, boutique environment which feels warm and inviting rather than clinically institutional or corporate. Because we have remained small (33 beds, *reduced to 25 during the COVID-19 pandemic*), as well as independently owned and operated, we are able to offer a high staff-to-client ratio and highly personalized care. Some of the things we hear time and again from our clients are:

- We provide a warm and personalized feeling for all clients
- We have exceptional staff
- We offer incredible food
- We offer a beautiful environment in which to heal
- We provide emotional safety
- We have access to great amenities
- And maybe most importantly, we offer opportunities to stay connected with staff and our thriving alumni community for years to come.

For more about what our alumni have to say about their Orchard experience, [visit our testimonials page](#).

