

An oasis for recovery

With 24-hour access to addiction experts, nurses, and support counsellors, Sandstone is an oasis for patients in need of mental health and addiction treatment. This facility is a discrete, comfortable option offering personalized programming and a high level of one-on-one care.

We understand that relapse prevention is an important part of treatment, which is why one year of aftercare is included for eligible program participants. This touchpoint is provided both in-person and virtually through EHN Online (Powered by Wagon), making it an easy and convenient way for patients to stay connected with groups and counsellors. Sandstone is the boutique facility of choice for those who need an individualized setting and expert support to facilitate recovery.



Customized treatment from caring experts

Members of our multidisciplinary team include doctors, psychiatrists, nurses, psychotherapists, support counsellors, and coaches. Together, they are dedicated to helping patients learn and implement the skills needed to continue recovery and stay committed to long-term success.

We believe in giving patients the tools and confidence for lasting recovery. Skills-based learning includes:

MINDFULNESS

EMOTION REGULATION

INTERPERSONAL EFFECTIVENESS

DISTRESS TOLERANCE

COMMUNICATION

CONFLICT RESOLUTION

STRUCTURED RELAPSE PREVENTION

WE PROVIDE STRONG SUPPORT FOR TOUGH ADDICTIONS:

- ✓ Around-the-clock medical care
- ✓ Doctors and psychiatrists on-site
- ✓ Detox and withdrawal management
- ✓ Evidence-based treatment: CBT and DBT
- ✓ Individual and group therapy
- ✓ Peer support groups (AA, NA, SMART)
- ✓ Integrated care (yoga, meditation, fitness, nutrition, sleep hygiene, art therapy)
- ✓ Family programs to take care of loved ones
- ✓ Progress updates throughout treatment
- ✓ Comprehensive discharge planning, involving community care providers
- ✓ Relapse-prevention planning
- ✓ Online and in-person aftercare options to maintain recovery
- ✓ Lifelong alumni network



Sandstone provides patients with industry-leading treatment for addiction and mental health. Our programs are flexible and individualized, running between four and eight weeks in duration. Using evidence-based approaches, we work with patients to tailor programs and treatments to their specific circumstances.

Programs designed for lasting success

CORE ADDICTION AND MENTAL HEALTH PROGRAM

Treatment for all substance use disorders with or without concurrent mental illness. This inpatient program includes detox, stabilization, psychoeducation, skill-building and relapse prevention.

FAMILY PROGRAM

A combination of presentations, workshops, and counselling sessions to help family members understand the disorders that their loved ones are dealing with while engaging in their own recovery work. Participants learn to regain balance and to establish boundaries within the family dynamic.

EXTENDED CARE PROGRAM*

Supportive programming designed to help patients who have completed treatment reintegrate more gradually into the external community. Therapy is reinforced through part-time employment, education, training, recreation, or volunteering.

*Please note that extended care is available in partnership with EHN Canada's Edgewood facility (Nanaimo, BC).