



Virtual Intensive Treatment Program (VITP)

META:PHI – Counsellors and Case Managers

Presented: December 10, 2021



Renascent[®]

The road to recovery starts here.



About Renascent



Provincial Resource

- One of Ontario's largest residential treatment providers
- 90 treatment beds, 40 MOH funded
- Outpatient and Virtual Services
- Manage over 28,000 calls from the public/year



Accreditation

- Accredited by Canadian Centre for Accreditation
- Certified and/or licensed professional staff



Non-Profit Community Organization

- 51 Years of Experience
- Extensive system and community networks



Renascent®

The road to recovery starts here.



Virtual Intensive Outpatient Program

- In response to capacity restrictions of residential treatment program and growing waitlist.
- Funded as a pilot through Renascent Foundation and provided Ministry of Health Funding in 2021.
- Renascent has served over 300 individuals through this new program who would most likely not have otherwise received intensive treatment due to long waitlist for residential treatment.



Virtual Intensive Treatment Program Overview

- Six-week treatment program that allows clients to address their substance use disorder with support, safety, and structure.
- Upon completion, clients transition into Renascent's 20-week Continuing Care aftercare and Alumni Care Programs.
- Family members and supports are invited to participate in Renascent's family care programming including a four-week introduction to family care workshop. This program is funded through the generosity of Renascent Foundation donors.
- Renascent incorporates several therapeutic approaches to support clients with mental health and addiction issues. Cognitive and dialectic behavioral interventions, relapse prevention training, motivational interviewing, enhancement therapy, the use of incentives, and modern case management approaches have been integrated.

This 26-week program is publicly funded by the Ontario Ministry of Health and delivered at no charge to the individual.



Renascent[®]
The road to recovery starts here.

Virtual Platforms Can Help Fill the Gaps

Residential/Inpatient Treatment

Virtual – Intensive Outpatient Treatment



Virtual Care for Substance Use Disorder Learn more

Solutions that assist with early intervention, prevention using electronic behavior management.

BREAKING FREE™ **FeelingBetterNow™**

[Learn More](#)

For Youth 16+ and Adults – English and French

Clinical MH&A Consults

OTN

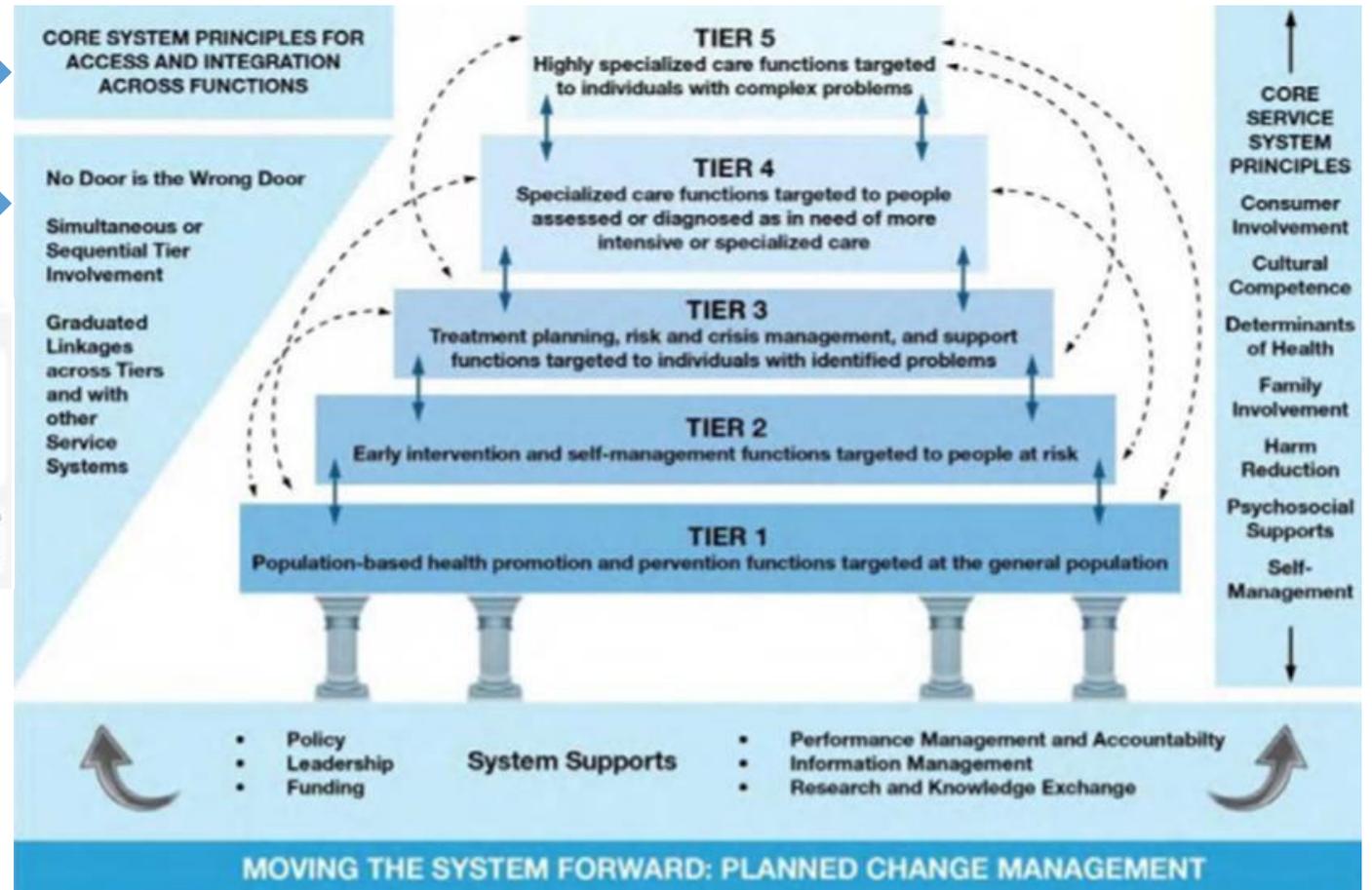
Providers registered on the OTNhub can offer virtual MH&A services directly to patients or refer them to someone who can help.

Health Care Organization Registration

[Sign-Up Link](#)

Can be Used by English and French Organizations

Individuals can be stepped up or down through the Tiers.





Moderate to More Severe Levels of Complexity

- Approximately 50% of individuals accessing the program have a concurrent mental health issue, in addition to substance use disorder.
- Approximately 30% of individuals are unemployed, and approximately 25% are receiving OW or ODSP benefits.

Mental Health Conditions		Physical Health Conditions	
ADD/ADHD/Disruptive	3%	Head Injuries	6%
Anxiety	22%	Blood Pressure	13%
Bipolar Affective	4%	Chronic Pain	12%
Borderline Personality	5%	Seizures/Epilepsy	6%
Eating Disorder	6%	Stomach / GI	9%
Major Depressive	36%	Respiratory	12%
Post-Traumatic Stress	10%	Liver	3%
		Diabetes	8%



Renascent[®]
The road to recovery starts here.



Evidence-Based Program

The Program was developed based on evidence-based therapies used in Renascent's residential addiction treatment program. Fundamental underpinnings of the program include:

- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Facilitation of Peer Support through engagement of community peer support groups
- Group-based counselling
- Individual treatment planning, counselling and case management
- Access to ongoing continuing care after 6 weeks of intensive treatment



Group Exercises and Worksheets

- Mindful meditation and breaking frame
- DBT distress tolerance skills
- Building and engaging in recovery networks
- ACT Mindfulness
- CBT Reframing
- Introduction to family systems and roles
- Progression of use and impact on fulfillment
- Self Care routine as relapse prevention
- Neurobiology of recovery
- DBT Reasonable, Emotional and Wise Mind
- CBT Cognitive Distortions and Thinking Errors

- Post Acute Withdrawal
- Stages of change
- Positive Journaling Practice
- ACT Matrix
- Stages of relapse
- Biology of addiction
- Grief and Loss
- ACT Values and Committed Action
- NARRATIVE THERAPY “re-membering”
- SMART Goals
- NARRATIVE THERAPY
Personification of addiction



Renascent®
The road to recovery starts here.

Client Feedback - Extremely Positive

Today I am happy and living a fulfilling life.

I completed the virtual outpatient program this past summer, after trying two other residential programs in the last year. The virtual outpatient program allowed me to build a community-based recovery program (AA) while receiving expert individual and group counselling.

Some of the counsellors were in recovery and all understood the unique nature of this disease. They were skilled in their role as counsellors as well as compassionate. They were adept in navigating online video group sessions and made full use of the benefits of this technology. I felt that my privacy was completely protected and secure. Because it was a virtual program I could bring new or ongoing life issues to the program in real time and receive on the spot advice to help me resolve them.

Today I am happy and live a fulfilling life. My family and I thank you for the life-altering treatment you have provided.

– Raj,
Virtual Outpatient Alumni, 2020



Incredibly helpful

An incredibly helpful and incredible team of counsellors. When I was in crisis and not wanting to reach out they reached to me and brought me back where I needed to be

- Kara
Virtual Outpatient Alumni, 2020



Remarkable experience

Remarkable experience. What a privilege to have access to this world-class service run by very knowledgeable enthusiastic counsellors.

- Alumni

Virtual Outpatient Alumni, 2020



Initial Outpatient Program Metrics

- **Completion of program**

- 79.6% of all clients admitted to program completed the six week program
- 90.7% of all clients retained in program through one week transition into program went on to successfully complete the six week program

- **Attendance Rate**

- 88.2% attendance rate of group sessions as scheduled
- 78.8% attendance rate of individual sessions as scheduled
- 92.6% completion rate of individual sessions with rescheduled appointments included

- **Referrals**

- 73.6% of clients accepted referral to the six month Renascent Continuing Care Program on completion of Intensive Outpatient



Renascent[®]
The road to recovery starts here.

Post Treatment Follow Up

30 Day Follow Up

- 76.2% response rate
- 73.3% reported meeting their substance use goals
- 68.8% reported abstinence from all substances
- 84.4% report active engagement with community and/or professional supports included in Transitional Care plan



90 Day Follow Up

- 56.2% response rate
- 70% reported meeting their substance use goals
- 62.9% reported abstinence from all substances
- 70% report active engagement with community and/or professional supports included in Transitional Care Plan

Follow up outcomes have been taken from clinical notes resulting from scheduled but unstructured check in calls with clients. The main purpose of these calls has been to support clients with the ancillary benefit of some limited outcome data. Sample size was n=60 and most calls were single attempts at contact. Planned program evaluation with Ontario Shores will replace these preliminary numbers with rigidly collected, robust metrics.





Formal Program Evaluation

- Ontario Shores Hospital Research Department in partnership with Renascent has launched a formal program evaluation in order to measure health outcomes and client satisfaction.
- Logic Model completed.
- SAMHSA standards for Intensive Outpatient Programs with addition of virtual care delivery best practices.
- Fidelity Assessment completed.
- 6 month longitudinal client outcome stage in process.



Renascent®

The road to recovery starts here. 12



Referrals

Contact our Client Care and Access Centre:
Monday to Saturday, from 8:30am to 4:30pm



1-866-232-1212 x 1



Renascent®
The road to recovery starts here.



Renascent[®]

The road to recovery starts here.