

# THE Newly INSTITUTE

**We are in the middle of a mental health crisis in Canada and the system is not prepared. Currently 1 in 2 Canadians, by the age of 40, will have or have suffered from a mental health disorder. More than 50% of Canadians have reported worsening mental health conditions since the beginning of the Covid-19 pandemic.**

Nearly 8 million Canadians suffer from addiction and 10 Canadians die in hospital every day from substance use. About 75% of which is from alcohol addiction. More people die from alcohol than all illicit drug use combined, while more than 10 people in Canada die every day from a drug overdose.

*At The Newly Institute, we believe that mental health treatment is in drastic need of a paradigm shift. Our practice was founded to provide long-lasting change within this industry, our community and with our patients.*

## **OUR MISSION**

The Newly Institute aims to be Canada's largest operator of mental health, addiction, trauma, and chronic pain clinics and Canada's only medically-managed intensive outpatient program (IOP).

## **OUR VISION**

The Newly Institute will provide rapid access to innovative medically-managed intensive outpatient programs that alleviate suffering and help our patients build meaningful and fulfilling lives.

Our philosophy and approach is based upon three principles:

✦ Rapid access   ✦ Rapid resolution of symptoms   ✦ Rapid return to work and life

*By fusing a bio-psycho-social-spiritual treatment model with medical-assisted therapies, patients can overcome deeply embedded traumas, addiction, and pain that prevent them from living fully in their everyday lives. Our programs are based on evidence and data. Our approach is personal. We know it's vital that people feel safe so they can fully engage and be vulnerable during this process.*



We are relentless in our pursuit of providing the best treatment for all Canadians struggling with mental health, addiction, trauma and chronic pain. We are consistently analyzing, researching and improving treatments based on results. We are firmly rooted in our collective commitment to excellence.

## **THE NEWLY CURRICULUM**

Our focus is on Rapid Resolution of Symptoms and Rapid Return to Work and Life - we are dedicated to facilitating the fastest possible return to work. Our programming is scientifically designed to rapidly resolve the mental and physical health symptoms that led to a leave from work.

Our world-class medical professionals have carefully developed our curriculum based on the best available evidence to help clients maximize benefits and enjoy getting back to a healthy and productive life.

*We offer the following treatment options for clients:*

### **✦ PREMIUM IOP**

Designed for those who require maximum treatment benefit in a short time-frame with rapid resolution of depression, anxiety, trauma, chronic pain and more. This program requires substantial time commitment over the 4-week treatment period. The premium IOP includes approximately 140 hours of therapy.

### **✦ PREMIUM ADDICTION IOP**

Designed for those who require addiction treatment providing rapid resolution of mental health issues which are often the root of addiction. The program is a 4-week IOP (approximately 150 hours) which includes everything in the Premium IOP with an increased focus on addiction and relapse prevention.

### **✦ FLEXIBLE OUTPATIENT PROGRAM**

Designed for those who must balance work and other life commitments. The flexible program includes evidence-based therapy tailored to the client's individual needs.

### **✦ PHASE 3 ADDICTION AFTERCARE**

The Newly Institute has developed the most inclusive aftercare program that continues for 1 year after completing inpatient treatment or The Newly Addiction IOP program. Recovery requires support, skills and therapy, all included in the program.



### + **DROP-IN SESSIONS**

These sessions are ideal for those who have attended a program with The Newly Institute and require ongoing supportive care to treat or prevent symptom recurrence.

### + **MENTAL HEALTH AND WELLBEING CHECK-UP**

#### *ANNUAL MENTAL HEALTH CHECK*

Clients can return for an annual mental health check-up to review their long-term progress and sign up for additional treatment as needed.

### **THE NEWLY APP**

The Newly app supports clients during and after treatment. Features include:

- + Clients set and continuously refine their intention/goals for the treatment
- + Daily self-report (check-in) across the bio-psycho-social-spiritual dimensions of well-being
- + Clients receive simple and manageable daily tasks that help the client become more balanced across the 4 dimensions of well-being, based on the last check-in
- + Journaling, including pointed prompts to journal on specific therapeutic aspects

### **THE NEWLY TEAM**

We have assembled leaders from the following disciplines:

- + Psychiatry
- + Nursing
- + Addiction Medicine
- + Physiotherapy
- + Social Work
- + Nurse Practitioners
- + Psychology
- + Kinesiology
- + Occupational Therapy
- + Pain Medicine

Our team is supported by members of The Newly Institute Medical Advisory Board. Please visit our website for information on each of our nationally and internationally recognized physicians.

### **THE NEWLY CLINICS**

Our Calgary Clinic and Head Office launched operations in September 2021. The Newly Institute will be opening clinics across Canada, from coast to coast, starting in Q1 2022. Please refer to our website for current information on our clinics.

### **CONTACT US**

For additional information, visit our website at [www.thenewly.ca](http://www.thenewly.ca) or send us an email at [info@thenewly.ca](mailto:info@thenewly.ca).