



THE
HEALING
INSTITUTE
AT FORBIDDEN PLATEAU

About Us

The Healing Institute is a small, individualized mental health and wellness retreat style program to support Canadians struggling with a variety of mental health conditions as well as the general public dealing with issues such as stress, burnout, fatigue and those looking to rejuvenate their purpose in life.

THI@FP will have 20-25 staff

Our interdisciplinary care team consists of:

- 24/7 Support Workers
- Certified Holistic Nutritionist
- Eating Disorder specialists
- Certified Yoga Therapist
- Certified Personal Trainers
- Spiritual Advisors
- Healing specialists (Somatic, Equine facilitated therapy)
- Adjunct Therapies (Registered massage therapy, Physiotherapy, Chiropractic)



Our People



Robert De Clark, Executive Director

Rob has been passionately working in the inpatient mental health and addiction field since 1999. Starting in Kamloops, BC at the Kiwanis House, Robert worked his way up the ranks as a support worker, admissions coordinator, and finally as a counsellor before leaving to complete his Masters in Social Work at Carleton University in Ottawa.

In 2006, Robert came to Vancouver Island to embark on a successful career with Cedars at Cobble Hill, developing and leading the implementation of life changing programs at the centre. For the next 11 years, Robert would lead Cedars as the Clinical Director and eventually as the Vice President of Clinical Services.

In 2017, Robert joined Homewood Health in the development and operation of Homewood Ravensview, where he spent his time focused on program and business development. Robert places a strong emphasis on the importance of healthy workplace environments and is focused on creating programs where employees feel supported and inspired. Robert recognizes the importance of work life balance, especially in the helping fields where burnout and staff turnover are an ongoing barrier to seamless models of care.

Robert has never forgotten his pathway to leadership, which began as a young man in the sport of hockey. In 2013 Robert became the assistant coach of the Cowichan Valley Capitals in the BCHL. While coaching, Robert co-founded a pioneering mental health program for junior hockey athletes - BCHL's Talk Today program.

Delivered by nationally
recognized professionals
with a track record of
successful patient and
organizational outcomes



Dr. Carson McPherson, Chairman of the Board

Carson is an accomplished leader in the design, implementation, and delivery of addiction treatment programs across Canada. He was the CEO for Cedars Cobble Hill where he oversaw a 75-bed residential addiction treatment centre, designed and implemented a large-scale hospital-based program in Saskatchewan and operated numerous supportive recovery houses in British Columbia. Formerly a Senior Advisor at the British Columbia Centre on Substance Use and a National Policy Committee member for the Canadian Society of Addiction Medicine, as well as sitting on various provincial and national expert advisory committees, Carson has been an influential leader in creating provincial policies related to addiction and recovery. Most recently, Carson developed and implemented the clinical programs used throughout every residential facility operated by the Government of Alberta and is currently finalizing the implementation of a novel program implemented throughout all of Alberta's correctional facilities.

As a researcher and thought leader, Carson has presented at numerous national conferences and has published a variety of peer-reviewed research on recovery, recovery capital, recovery-oriented workplaces, chronic pain, health systems, and the family system impacts of addiction.

Currently he is an adjunct professor at Simon Fraser University, a researcher at the Centre for Applied Research in Mental Health and Addiction, a faculty member at Vancouver Island University and a board member of the British Columbia Addiction Recovery Association. He holds a doctorate in social sciences as well as master's degrees in science and business administration.

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Our Environment





Environment is important and
THI offers a unique private and
serene location designed for
healing

- Multiple structures on 14 acres of private forested land overlooking the Georgia Strait.
- 20 private residences, all private rooms with mountain and ocean view.
- Fitness & Yoga Centre
- Multiple indoor & outdoor areas for quiet reflection
- TV & Entertainment Lounge
- Forested Walking Trails



Mental health and wellness programs are experiencing a necessary transformation. There are numerous factors to take into consideration with varying degrees of potential impact on the development and implication of new and improved systems of care. Our intent is not only to operationalize a roadmap to which we can measure success, but also a signal to our staff, stakeholders, and shareholders that we are reimagining what is possible and building upon the critical role that we all play in improving the lives of those suffering from addictions and their loved ones; our ultimate social contract.

Our goal is to build on the momentum and implement improvements that challenge traditional notions of treatment and health leadership, deepening the breadth and reach our offerings. All with one very critical objective in mind; treatment with positive outcomes, as indicated by our clients and their support networks. This is the single most critical indicator of our success.

The location is easily accessible, with major commercial airlines flying into Comox International Airport multiple times per day. It is also a few hours drive from Victoria and a short ferry ride from the Lower Mainland.



Our Programs



The resident experience is designed to remove one from the stressors of day to day life and become immersed in a healing environment. Residents can expect

- Evidence based & best practices. These will focus on Cognitive Behavioral Therapy, Cognitive Processing Therapy for PTSD, Dialectical Behavioral Skill building, Somatic Therapy, Equine Therapy , Trauma Yoga, Recreational Therapy, Expressive therapies (Art, Music & Poetry)
- Programs designed to treat support the cognitive and somatic experiences of each resident utilizing all the amenities the Comox Valley has to offer including Mt. Washington, hiking, kayaking, biking, and more.
- Family involvement and supports
- Facility on beautiful grounds surrounded by nature

It is the entirety of that experience where someone is able to heal.



THI Program Phases

PHASE 1

PHASE 2

PHASE 3



P1 Assessment & Goal Planning:

1. Psychosocial assessment
2. Developing an initial plan
3. Engaging with family
4. Initiation of individualized care plan

P2 Program:

1. Breaking through denial
2. Recognizing need to accept help
3. Increased awareness of the impact of condition
4. Developing coping skills

P3 Returning Home:

1. Developing Recovery Capital
2. Re-assessing level of care
3. Engage care team in the development of a Continuing Care plan
4. Integrating recovery plan with family and work
5. Connection with peer support networks

THI Client Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8AM-845AM	Breakfast						
9AM -10:15AM	Psycho-educational Group					½ Group to town	½ Group to town
1045AM-Noon	Group Therapy					½ Group on site Group Activity	½ Group on site Group Activity
Noon to 1pm	Lunch						
1PM – 2PM	Recreational Therapy						
2:15PM-330PM	Cognitive Therapy (i.e. CPT or CBT) [Friday = discharge planning or welcome group]					Healthy Leisure	
4PM-5PM	Expressive Therapies						
530PM-630PM	Dinner						
630PM-730PM	Free Time						
730PM-830PM	Community Support Meetings, Mindfulness						
830PM-11PM	Free Time						

THI Multimodal Approach

- Mindfulness Based experiential activities
- Eye Movement Desensitization and Reprocessing
- Somatic Therapy
- Daily Restorative Trauma Informed Yoga
- Personal Fitness Training
- Nutrition Support
- Nature-based therapy
- Seasonal Recreation therapy
- Expressive Therapies (Horticultural, Art, Music & Poetry Therapy)
- Equine Therapy

All clients will have access to these services in addition to their diagnostic specific programming



CVRD Questions

1. How many workers?

A. THI employes 20-25 workers from a variety of disciplines. Physicians, Nurses, Social Workers, Counsellors, Chefs, Recreational Therapists and Facilities staff.

2. How many clients?

A. Maximum of 20 clients.



CVRD Questions

3. What will be the uses?

A. Inpatient mental health and addiction treatment to address Anxiety, Depression, PTSD, Addiction, burnout and other stress related disorders. The average length of stay is 6 weeks per client.



CVRD Questions

4. Will you need to change any existing buildings? (Don't forget the existing single detached dwelling that is on the property.)

A. No structural changes will be made to existing buildings

5. Will you need any new buildings?

A. No new buildings are in any development plans



CVRD Questions

6. Will there be any signage? If so, where? What are the dimensions and total height? Fascia and/or free standing?

**A. Signage will only be at our gate, on our property.
16X16 sign, free standing.**

7. What will be the hours of operation? (if 24 hours, what about hours of intake?)

A. 24/7 Intake will be 8AM to 3PM Monday to Thursdays.



CVRD Questions

8. Will you have any new or make changes to fences and/or screening?

A. No



Post Stay Follow Up



Continuing Support

26 weeks of weekly continuing care sessions keep client's connected to your healing team during the first 6 months post program. This group is designed to assist in consolidating gains while maintaining and applying the skills learned in treatment.

- Half year – once a week, 1.5-2 hours per session
- Group based
- Consolidate gains made in inpatient
- Transitional support in early stages & throughout recovery



Continuing Care

Individualized Continuing Care

Each patient is unique, and so are their needs for a successful long term recovery. Individualized continuing care means developing adjustable plans in collaboration with the patient, their family, and their workplace, providing them with support that will benefit them most.



Weekly Groups and Recovery Coaching

Continuing Care is built around a core of weekly group therapy with a focus on relapse prevention and skill building. For those with specialized needs or who need additional support, recovery coaching and counselling is available via telehealth and accountability through text check-ins



Sustainable Long Term Recovery

Our goal is to sustain ongoing personal growth and development through alumni engagement, education, and personal skill building. To do this we seek to attend to all areas of personal wellness with the ultimate goal of improved quality of life, enhanced personal relationships, positive citizenry.



Family Support



Family Freedom Program

Within the containment of a safe and supportive environment, the Family Freedom Program offers healing and practical tools that align the individual in the restoration of health. Like all of our programs, our approach aims to offer a complete healing experience that nurtures the mind, body, spirit and emotion in the healing process through a holistic and therapeutic practices. The six-week virtual program includes a number of multidisciplinary care options designed to suit diverse needs, including group therapy, educational lectures, somatic therapy, and experiential exercises.

Incorporating the family into treatment is a mandatory aspect of an individual's treatment.

The family will be connected with throughout the inpatient stay with a focus on assessment of inpatients condition and family therapy.

- Initial Consult Meeting prior to treatment
- Assessment Consult in Phase 1 of treatment
- Family therapy designed to reconnect families in Phase 2 of treatment
- Discharge Planning Consult in Phase 3 of treatment



Family Freedom Program

A sampling of topics you'll explore in this program include:

- Learning more about the generational impact of family relationships, and ways that these relationships may be impacting you
- Gaining awareness of any current blocks to reaching your personal fulfillment
- Building on your communication skills to foster positive relationships
- Exploring ways of enriching your emotional intimacy and connection
- Establishing practical skills to build your personal relationships
- Enhancing your relationship with yourself, as you explore your individual spirituality, self-care and support
- Combating isolation by establishing supportive networks
- Discovering tools for healing trauma through somatic therapy
- Building resilience to cope with difficult situations
- Restoring your self-worth and finding confidence to work towards restoring your personal health and happiness
- Creating a plan and strategies to help you lead a healthier, more balanced lifestyle
- Learning about the latest research on addiction and recovery
- Understanding family dynamics
- Gaining awareness about how enabling impacts both the family member and the chemically dependent person, and exploring alternative behaviours that preserve the dignity of all family members
- Discovering ways to live in the present moment, and the importance of personal support
- Gaining awareness of individual ways to incorporate self care, boundaries, spirituality and support into our daily lives.