

New Women's Addiction Treatment Centre of Excellence Now Open

Ottawa, Ontario—Monday November 26th, 2007—Faced with rapid increase in demand for women's treatment service, Newgate 180 is opening a Women's Treatment Centre this month in Ottawa, Ontario, that introduces a contemporary program of care for women addicted to alcohol and other drugs. "The centre will provide timely access to enhanced programs and services to address the unique recovery challenges women face in today's society and workplace" says Lorraine Weeks, Board Member of Newgate 180. "We're very proud to assert our leadership by delivering an innovative tailored program within a safe and private environment of care that is second to none."

Adding to the difficulty of treatment for women is the fact that women seeking treatment often struggle with stigma and concurrent disorders such as anxiety, depression, eating disorders and trauma. Some women also have unique caretaking roles within their families, relationships and communities, all of which need to be addressed in an addiction treatment program. "We are proud to have created a centre specifically for women. Moreover we are committed to serving women and to help overcome barriers to care such as stigma and shame" says Deborah Brooks, Women's Program Manager. "The campus provides a safe, healing, respectful and inviting venue of care. The private and rural location south of Ottawa is intended to enhance the therapeutic experience. Our new centre underscores a comprehension that women require separate and unique resources to be successful in their recovery and we've accomplished that."

Environmental enhancements include:

- 2.6 acres of garden beauty with spring fed ponds providing retreat-like setting
- Renovated turn of century country farm home with old school house and barn
- Spacious and cozy private bedrooms with facilities including Jacuzzi and hot tub
- Open concept with semi-private sitting, recreational and dining areas

In addition to the new physical space, Newgate has retooled its clinical services to provide women the most effective care possible. Newgate 180 conducted a thorough analysis and integrated its core holistic addiction treatment and relapse prevention philosophy with enhancements such as:

- Lecture series focusing on empowerment, assertiveness training and parenting
- Concurrent disorder treatment approach including trauma addiction
- Augmented integrated family services and activity curriculum
- One-year continuing care relapse prevention post treatment
- Massage Therapy, Aromatherapy, Reiki and Cranial Sacral Therapy

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Newgate 180 has assembled a team of leading addiction, family and mental health experts to assist in the design and implementation of Newgate 180's education and treatment programs. Newgate 180 provides clients and client companies one of the most experienced, contemporary and acclaimed addiction education and treatment centres in Canada. For information call 613-269-2672 or visit newgate180.com