



ONE TEAM RECOVERY

We want you to

GROW

as an individual through self-empowerment
and strengths-based training to

RECOVER

from substance abuse, so you can

LIVE

your life to the fullest
and highest potential.

ONE TEAM RECOVERY PROGRAM STRUCTURE

- Providing solution focused, strength-based education and support
- Self-Management and recovery training
- Group and individualized counselling
- Programming delivered by Canadian Certified Addiction Counsellors
- Evidence-based modalities such as Cognitive Behavioural Techniques (CBT) Rational Emotive Behavioural Therapy (REBT), Dialectical Behavioural Therapy (DBT) and Motivational Interviewing (MI)
- SMART Recovery Informed
- Relapse education
- Follow up and aftercare



OTR REGISTRATION INFORMATION:

IN-PERSON SCREENING & INTAKE REQUIRED
CONTACT WINDSOR TEAM CARE CENTRE
@ 519.250.5524



ONE TEAM RECOVERY



OUTPATIENT SUBSTANCE ABUSE PROGRAM

**PROMOTING PERSONAL WELLNESS THROUGH
SELF-MANAGEMENT & RECOVERY TRAINING**



WHAT IS ONE TEAM RECOVERY (OTR)?

OTR is a co-ed five-week community outpatient harm reduction program offered throughout Windsor and Essex County 2 days/week, four hours/day. OTR program will be offered 7 times a year at *no cost*. This is a preferred option for individuals who are motivated to moderate or abstain from their substance of choice, but require the flexibility of a program that will work around their schedules.

BENEFITS OF OUTPATIENT TREATMENT

Outpatient treatment allows for Individuals to create and maintain stability in-regards to their mental health; while preserving their employment, education and their family obligations.

WHAT MAKES US DIFFERENT?

ONE Team Recovery is a multi-disciplinary psycho-educational program that promotes personal wellness through self-management & recovery training. We encourage individuals to take responsibility for their own recovery as they shift to enjoying activities of a healthy, fulfilling and productive life. Strategies obtained in OTR will help you achieve this by teaching you self-empowerment skills and resilience.

ONE TEAM RECOVERY AFTERCARE GROUP

OTR Aftercare is a FREE voluntary six-week group that meets one evening a week for an hour and a half. Our group provides individuals continued recovery support and is open to anyone who has completed any Addiction Treatment Programming.

ONE TEAM RECOVERY FAMILY AND FRIENDS SUPPORT GROUP

ONE Team Recovery Family and Friends is a no-cost support group that meets one night a week for three weeks. This group provides education and resources to family and friends who are looking for ways to support themselves and their loved ones who are dealing with addiction.

IS ONE TEAM RECOVERY RIGHT FOR YOU?

- 16 and up
- Mild to moderate mental health
- OHIP number required
- You **DO NOT** require 24 hour a day supervision
- You are still able to function in your daily life
- You require flexibility in your treatment scheduling and options
- You can abstain from substance during programming
- You would benefit from specialized individual counselling
- Are able to maintain most responsibilities outside of treatment
- Supports individuals currently on Methadone, Suboxone, Naltrexone and other medically assisted supports are welcomed

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