



DIMENSIONS

DIMENSIONS FIRST RESPONDERS

I.D.C.PROVIDER ID: IDC030

ELEVATE for First Responders is a four-month program conducted by Dimensions, an Ontario based interdisciplinary clinic provider.

The program, designated and approved by Veterans Affairs Canada, is aimed at restoring self-regulation, and resolving the symptoms of PTSD, anxiety disorders, depression and substance use. Each First Responder's program begins with individual and group therapy, followed by a 10-day inpatient stay held in nature at Dimensions Algonquin Highland's 40-acre lakeside property, and is supported by twelve weeks of group therapy (aftercare).

Dimensions Background

- Dimensions Health (Dimensions Retreats) was founded in late 2020 by a group of professionals with extensive experience in mental health and addiction, in Canada and around the world. These professionals share an understanding of the limits of traditional treatment and the potential to produce superior and sustained outcomes.
- We are committed to integrating the latest developments in neuroscience and neurobiology, particularly relating to indications such as PTSD, anxiety disorders, depression and substance use.
- We have created a 'cannabis-tolerant' residential centre for First Responders, supporting a more inclusive approach to meeting their mental health needs. Residential centre open to all First Responders, including those who have been prescribed medical cannabis.
- Dimensions offers a **holistic suite of treatments, informed by cutting-edge neuroscience** and hosted in natural settings, to elevate mental health and well-being.
- Dimensions' model **combines therapeutic modalities** in an elevated retreat setting, with rigorous safety protocols.
- Our management team's **clinical background, hospitality expertise and dynamic partnerships** with a major university, industry leaders and key affinity groups ensure the integrity of our operations.
- Dimensions has **collaborated with Queen's University Health Sciences** by providing funding to the Dimensions Health Research Collaborative for mental health research and innovation.



Program Highlights

Our holistic suite of treatments, informed by cutting-edge neuroscience, is oriented towards elevating mental health and well-being.

- Seventeen cabin suites with private decks have been custom-designed to provide First Responders with a calming sanctuary to prepare or reflect, during their healing retreat.
- Five preparation sessions, a 10-Day Retreat (nine nights, eight full days and two half days) and twelve weeks of aftercare.
- The goal of the program is to improve outcomes by 20% for psychological function and wellbeing (utilizing the BASIS-24® scale) for all participants, as well as eliciting improvements in pain experience (utilizing the Defense and Veterans Pain Rating Scale).
- For those with pain history and mobility issues, we will utilize the Community Balance and Mobility Scale.
- Our approach includes Group Somatic Psychotherapy to provide a 'reset' within a supportive, guided, safe and informed therapeutic environment oriented towards calming, restoring self-regulation, and resolving the symptoms of PTSD, anxiety disorders, depression and substance use.
- Both individual and Group Somatic Psychotherapy are deployed to treat the root causes of symptoms.
- We understand that many First Responders have service or companion dogs. All dogs are welcome.

Key Differentiators

- Dimensions employs an interdisciplinary approach to the delivery of care by integrating psychological and physical services in a comprehensive assessment, to characterize baseline function.
- Chef-prepared, plant-and-protein-forward menus are tailored to enhance gut health and each guest's mind-body connection.
- Best-in-class programming has been developed in conjunction with an array of independent health-science professionals.
- We provide massage, acupuncture, osteopathic and kinesiology services to address physical impairments and injuries.
- We are approved by Veterans Affairs Canada (VAC) **as an Interdisciplinary Clinic provider.**
- Overseen by Dimensions' Chief Medical Officer, D.J. Cook MD, PhD, FRCS(C), Division Head and Chair of Neurosurgery at Queen's University and Donald Currie, RP Clinical Director. **All retreats and programs are facilitated by experienced and licensed psychotherapists and clinicians.**

For Further Information:

[DIMENSIONSRETREATS.COM](https://www.dimensionsretreats.com)

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**JOIN WAITLIST FOR PROGRAMS
BEGINNING SEPTEMBER, 2024**

