



D I M E N S I O N S

INDIGENOUS-ONLY

VETERANS' PROGRAM + RETREAT

I.D.C.PROVIDER ID: IDC030

ELEVATE for Indigenous-only Veterans is a one-year 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 misuse. Each Veteran's rehabilitation 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 45 weeks of group therapy (aftercare).

Dimensions leverages the healing power of nature and the transformational properties of a private, supportive and safe therapeutic environment.

Dimensions offers a restorative program and Retreat designed exclusively for Indigenous Veterans who have experienced trauma during their service. Individuals receive specialized therapeutic interventions that take into consideration the unique challenges faced by Indigenous Veterans.



DIMENSIONS X ELEVATE+

Indigenous-only Program Highlights

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

- **10-day Retreat:** 9 nights, 8 full days and 2 half days.
- **Program goals:** Improve outcomes by 20 percent 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).
- **Trauma-informed therapy:** Licensed therapists with expertise in trauma provide individual and group therapy sessions tailored to address the specific needs of Indigenous Veterans.
- **Peer support and connection:** Veterans who have undergone similar experiences provide a sense of camaraderie and understanding that is crucial for healing. Group discussions and activities are led by peer mentors.
- **Education and coping strategies:** Workshops on trauma coping strategies, emotional regulation and self-care techniques to empower participants.
- **Wellness sessions:** To promote physical and emotional well-being, the Retreat offers wellness sessions such as massage therapy, meditation, breath-work and sound baths. All modalities can provide relaxation, stress relief and enhance the overall healing process.
- **Recreational activities:** Engage in recreational activities such as nature walks and lake-side activities. Physical exercise alleviates stress and promotes overall well-being.



Key Program Differentiators

- We are approved by Veterans Affairs Canada (VAC) as an interdisciplinary clinic provider for Veterans-only Retreats.
- Dimensions employs an interdisciplinary approach to the delivery of care by integrating psychological and physical services in a comprehensive assessment, to characterize baseline function.
- 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.
- 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 toward 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.
- Overseen by Dimensions' Chief Medical Officer, D.J. Cook MD, PhD, FRCS(C), Division Head and Chair of neurosurgery at Queen's University. All Retreats and programs are facilitated by experienced and licensed psychotherapists and clinicians.

Key Accommodation Differentiators

- On-site Sweat Lodge + Ceremony, built and conducted by First Nations Elder, Martin Millen.
- Seventeen cabin suites with private decks have been custom-designed to provide Indigenous Veterans with a calming sanctuary to prepare or reflect during their healing Retreat.
- Chef-prepared, plant and protein forward menus are tailored to enhance each guest's mind-body connection.
- We understand that many Veterans have service or companion dogs. All dogs are welcome.

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 Veterans, supporting a more inclusive approach to meeting their mental health and addiction treatment needs. Residential centre open to all Veterans, 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 upscale 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.

For Further Information:

Tammy Wagner

Manager of Veteran Relations

1 888 884 4222 Ext. 1306

veterans@dimensionsretreats.com

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