



DIMENSIONS VETERANS

I.D.C PROVIDER ID: IDC030

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

ELEVATE for 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 Background

- Dimensions Health 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 misuse.
- We recognize the extent to which Veterans use cannabis in their daily lives, particularly with the support of VAC funded prescription cannabis. Unfortunately, Veterans receive little to no counselling or education around cannabis use. Accordingly, Dimensions have adapted our treatment program to include education and use of cannabis in an intentional and medically appropriate fashion. Most Veterans who have been through our program report a significant reduction in cannabis use post-treatment.
- 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 collaborates with **Queen's University Health Sciences** to oversee the rigorous collection, management, and reporting of clinical outcome data for all Veterans participating in our program. The Queen's research team evaluates key mental and physical health markers at intake and post-treatment to measure program efficacy and ensure data integrity.



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Program Highlights

Our treatments are informed by cutting-edge neuroscience, and are oriented towards elevating mental health and well-being.

- Seventeen cabin suites with private decks have been custom designed to provide Veterans with a calming sanctuary to prepare or reflect, during their healing retreat.
- Five preparation sessions, a 10-Day Retreat (9 nights, 8 full days and 2 half days) and 45 weeks of post-retreat integration.
- Dimensions has established a formal commitment with Veterans Affairs Canada (VAC) to improve clinical outcomes by a minimum of 20% across psychological functioning, overall well-being, and pain management. Empirically, the majority of participating Veterans report improvements that significantly exceed this threshold, with several demonstrating clinically significant reductions in symptoms to the extent that they no longer meet the diagnostic criteria for PTSD.
- 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 misuse.
- Both individual and Group Somatic Psychotherapy are deployed to treat the root causes of symptoms.
- Trauma-informed therapy: Licensed therapists with expertise in trauma provide individual and group therapy sessions tailored to address the specific needs of each Veteran.
- 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.
- We understand that many Veterans 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, movement practices, osteopathic and kinesiology services to address physical impairments and injuries.
- We are approved by Veterans Affairs Canada (VAC) as an **Interdisciplinary Clinic provider for Veterans-only retreats (I.D.C. PROVIDER ID: IDC030)**
- 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:

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