



Brick House Recovery Centre

New Beginnings Start Here



Our Mission

At Brick House Recovery Centre, our mission is to provide comprehensive and compassionate care to individuals struggling with substance use and mental health. We offer evidence-based treatments and personalized support services that empower clients to reclaim their lives and achieve lasting recovery.

We focus on holistic healing—treating the mind, body and spirit—while fostering a safe, welcoming and trauma-sensitive environment where each person can thrive physically, emotionally and mentally. Our commitment to helping individuals reintegrate into society strongly emphasizes assisting them in returning to work and achieving meaningful employment, a crucial element of long-term recovery.



Our Vision

Our vision at Brick House Recovery Centre is to become a leading provider of comprehensive addiction treatment and mental health services, known for our commitment to excellence, innovation and client-centered care. We aim to empower individuals to reclaim their goals, restore their well-being and build fulfilling lives in recovery.

Through continuous improvement and cutting-edge treatment approaches, we strive to create an inclusive, healing environment that serves as a beacon of hope and support for those seeking to overcome addiction.



Our Team

Psychiatrists

Addiction Medicine Physicians

Psychologists

Addiction Counselor/Mental Health Therapist

Nursing

Pharmacy

Peer Support

What we help with

Substance Use Disorders

Process Addiction

Mental Health



Five Streams of Care

- Daytox/Virtual Detox
- Intensive Outpatient Program (IOP)
- Aftercare
- Individual Counseling
- Psychiatric Assessment



Daytox & Virtual Home Based Detox

- **Home-based withdrawal is safe and effective for most patients, provided they have a stable and supportive environment, frequent monitoring is possible, and they do not have serious medical conditions or a history of complicated withdrawal. If the current withdrawal symptoms are not severe, home-based detox can be appropriate ¹**
- **community-based detoxification for alcohol use disorder found it to be both acceptable and safe, with high completion rates Some studies in the review even showed better outcomes in terms of drinking frequency, quantity and alcohol-related issues compared to facility-based detoxification ²**
- **A systematic review found that most patients prefer outpatient treatment for substance abuse, and that shared decision-making and aligning treatments with patient preferences can lead to better outcomes ³**

Daytox & Virtual Home Based Detox

- **An RCT⁴ compared the detoxification completion rate, the mean quantity of medication (lofexidine or diazepam) needed per day, the mean medicated period, patient satisfaction and abstinence at 1- and 6-months follow-up between inpatient and home-based detoxification in 68 opioid-dependent patients in the United Kingdom**
Outpatients had a significantly longer mean medicated period (17.9 vs. 11.2 days) but were more satisfied with their treatment process. There were no statistically significant differences in completed detoxification rate
- **In the same RCT, the outpatients rated their satisfaction with the treatment process significantly higher than inpatients**
- **A 2024 Systematic Review⁵ looking at Home Based Detox found no serious adverse events such as seizures, overdoses or death were reported in any of the publications.**



Daytox

- Patients spend the day at our centre receiving comprehensive medical care from our physicians and nurses
- They return home each evening allowing them to maintain their connection to their home life
- Offered therapeutic supports via psychoeducational and psychological groups

Virtual Home Based Detox

- Virtual Assessment completed by addiction physician
- Our nursing staff go to the patient's home each day (as many times as needed) to administer medications and complete medical assessments as indicated
- Virtual monitoring from nursing staff over the course of the day





Brick House Recovery Centre's IOPs in the Continuum of Care

for Addiction & Mental Health

Psychoeducation:
combining
education and
support



Brief Supportive
Counseling: such
as Employee
Assistance
Programs (EAP)



Evidence-Based
Individual Therapy:
using proven,
research-backed
methods



Brick House
Recovery Centre
Flex-Intensive
Outpatient
Program



Brick House
Recovery Centre
High Intensity
Outpatient
Program



Inpatient / Bed-
Based Treatment:
hospital or
residential
program



Least
Intensive



Most
Intensive

IOP Streams

Addiction Stream

- Flex-Intensive Outpatient Program (IOP)
- High Intensity Outpatient Program (H-IOP)

Mental Health

- Flex-Intensive Outpatient Program (IOP)
- High Intensity Outpatient Program (H-IOP)

The Fortress Program for Veterans & First Responders

Treatment Modalities

EMDR

ACT

CBT

MBRP

DBT

SSP (Safe and Sound Protocol)

Relapse Prevention

Psychoeducation

	Mon	Tues	Wed	Thurs	Fri
8:00	Free time	Free time	Free time	Free time	Free time
8:30	Meditation	Meditation	Meditation	Meditation	Meditation
8:45-9:45	Morning Group	Morning Group:	Morning Group	Morning Group	Morning Group
9:45-10:00	Break	Break	Break	Break	Break
10:00-11:30	Recovery Topic (weeks 1 to 4)	Unified Protocol (weeks 1 to 4)	Unified Protocol (weeks 1 to 4)	Recovery Topic (weeks 1 to 4)	Recovery Topic (weeks 1 to 4)
	Recovery Topic (weeks 5-12)	DBT/ CBT/UP (weeks 5-12)	DBT/CBT/UP (weeks 5-12)	DBT/CBT/UP (weeks 5-12)	Recovery Topic (weeks 5-12)
11:45-12:30	Outside Movement Break (Peer mentor-led)/ or YOGA	Outside Movement Break (Peer mentor-led)	Outside Movement Break (Peer mentor-led)/ or YOGA	Outside Movement Break (Peer mentor-led)	Outside Movement Break (Peer mentor-led)/ or YOGA
12:30-1:30	Lunch & Free time/ SSP	Lunch & Free time/ SSP	Lunch & Free time/ SSP	Lunch & Free time/ SSP	Lunch & Peer-led 12-step meeting (in time)
1:30-3:00	Mindfulness-Based Sobriety/ Relapse Prevention	Alternative Experiential	Alternative Experiential or Mindfulness-Based Sobriety/ Relapse Prevention (if needed for time)	Alternative Experiential	Mindfulness-Based Sobriety/ Relapse Prevention
	Break	Break	Break	Break	Break



3:15-3:30	Journal Writing	Journal Writing –	Journal Writing –	Journal Writing –	Journal Writing –
3:30 to 4:00/4:30 Depending on the length of the program day (need about 30 minutes for a closing group)	Check out Homework Assign Safety Plan & Evening Plan & Commitment	Check out Homework Assign Safety Plan & Evening Plan & Commitment	Check out Homework Assign Safety Plan & Evening Plan & Commitment	Check out Homework Assign Safety Plan & Evening Plan & Commitment	Check out Homework Assign Safety Plan & Evening Plan & Commitment

Intensive Outpatient Program

- IOPs are **evidence-based** and have been shown to significantly reduce substance use and improve mental health outcomes, including depression, anxiety, PTSD, and burnout. Research demonstrates that IOPs can offer clinical outcomes comparable to inpatient care, while supporting faster reintegration into work, family, and community life.

Individual Treatment for
Personalized Challenges

Comprehensive Mental Health &
Substance Use Assessments

Psychiatric Consultations to Address
Co-Occurring Conditions

Access to Biological Monitoring

Hybrid Virtual/In Person Model

Aftercare

- Individual Therapy (4x/month): One-on-one sessions with therapists to address challenges, reinforce coping strategies, and ensure continued recovery progress.
- 12-Step Facilitation Support Group (1 session/week): Weekly group sessions to provide peer support, enhance accountability, and maintain a positive recovery network. Option of Foundations Maintenance Program which includes only group attendance.
- Access to mental health/substance use Resource Navigators: experienced in connecting you with recovery resources and supports.
- Safe & Sound Protocol: Access to this novel therapeutic intervention focused on nervous system regulation to promote emotional stability and resilience.
- Add on: Monitoring, Urine Drug Screen/Breathalyzer: Urine toxicology and alcohol breath testing to provide objective, private substance use monitoring.

Individual Therapy

Individual treatment supports clients in addressing both co-occurring mental health and substance use conditions. Therapies include:

- **Cognitive Behavioral Therapy (CBT):** Addresses unhelpful thought patterns and behaviors contributing to addiction.
- **Dialectical Behavior Therapy (DBT):** Helps clients develop emotional regulation and mindfulness skills.
- **Acceptance and Commitment Therapy (ACT):** Encourages psychological flexibility and value-driven behavior to address life challenges and distress.
- **Eye Movement Desensitization and Reprocessing (EMDR):** A trauma-focused therapy designed to resolve underlying trauma that may perpetuate addiction.
- **Process Addictions:** Specialized treatment for gambling, sex/porn addiction, shopping addiction, gaming/internet addiction, Eating

Other Treatment Options

Ketamine Treatment for Medication Resistant Depression

- Ketamine and its derivative esketamine are current treatments for treatment-resistant depression (TRD), offering rapid relief of symptoms and significant effectiveness in many patients.
 - Esketamine (Spravato)
 - Oral
 - IV

Deep TMS

- In partnership with BrainStim Health, Brick House Edmonton is offering Deep TMS (a non-invasive brain stimulation therapy that uses magnetic pulses to reach deeper and broader brain regions, effectively treating depression, OCD, PTSD, and smoking addiction).



Psychiatric Assessment

Our Contact/ Referral Info



Website: www.brickhouserecovery.ca



Contact Number: 780-244-2472



Email: info@brickhouserecovery.ca



Address: 9904 106 Street Edmonton, Alberta



Facility Hours: 8AM-5PM Monday-Friday

Health Hub by 

**Brick House
Recovery Centre
Calgary**

201 38 Ave NE Unit 203C/D Calgary, A

Ketamine Treatment

Inpatient Residential Treatment Centre

A NEW
BEGINNING
AWAITS

COMING SOON

Loading...

At Brick House, you'll find
compassion, support, and the tools
you need to rebuild and thrive.



References

1. Fleeman ND. Alcohol home detoxification: a literature review. *Alcohol*. 1997; 32: 649–656.
2. Nadkarni A, Endsley P, Bhatia U, Fuhr DC, Noorani A, Naik A, et al. Community detoxification for alcohol dependence: a systematic review. *Drug Alcohol Rev*. 2017; 36: 389–399.
3. Friedrichs A, Spies M, Härter M, Buchholz A. Patient preferences and shared decision making in the treatment of substance use disorders: a systematic review of the literature. *PLoS One*. 2016; 11:e0145817.
4. Day E, Strang J. Outpatient versus inpatient opioid detoxification: a randomized controlled trial. *J Subst Abus Treat*. 2011; 40: 56–66.
5. Rens E, Ceelen A, Martens N, Van Camp L, Destoop M. Home-based detoxification for individuals with alcohol or drug dependence: A systematic review of the recent literature. *Drug Alcohol Rev*. 2025; 44(2): 649–666. <https://doi.org/10.1111/dar.13986>

Questions?



**Personalized Care.
Recovery for All.**

