

Admission Criteria

Prospective participants will:

- Be experiencing PTSD or depression (mild to severe)
- Have sufficient psychological stability to engage in group programs
- Have no current substance use problems
- Be on a stable medication regime
- Be medically stable

Program

The 4-week residential program includes five phases:

- Intake assessment
- Group and individual treatment
- Discharge / Evaluation
- Community Reintegration
- Aftercare support as required

Treatment Team

- Counsellors
- Psychiatrist / Registered Psychologists
- Registered Nurse/Occupational Therapist
- Vocational Specialist
- Registered Bio Feedback Therapist
- HeartMath® Certified Trainer

Contact us

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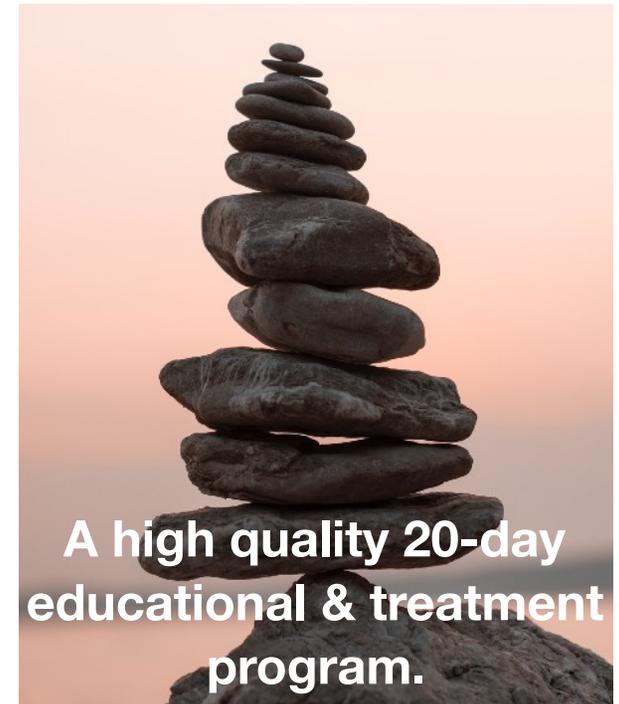
OperationalStressRecovery.com

Address

114 - 3105 31 St.

Vernon, BC V1T 5H9

Dr. Gordon Davidson Operational Stress Recovery Program



Includes specialized
women's program

Veterans Affairs Canada
Health Identification Cards
accepted.

What is an Operational Stress Injury?

An operational stress injury (OSI) is any psychological difficulty resulting from duties during police or military operations.

It can include psychological conditions ranging from depression, anxiety, Post Traumatic Stress Disorder (PTSD), substance use issues, to stress related medical issues.

Operational stress is generated by single or multiple exposures to situations involving trauma to others or to oneself. These can lead to problems in personal, family, or work functioning.

Symptoms of PTSD

May occur immediately, or months after a trauma. Symptoms may include:

- Flashbacks
- Nightmares
- Emotional numbing
- Feeling detached from others
- Avoiding activities, places, thoughts, or feelings that serve as reminders of trauma
- Hypervigilance (on constant “red alert”)
- Increased irritability
- Difficulty sleeping
- Difficulty concentrating

Participate Outcomes

- Increased understanding of OS symptoms
- Learn new abilities to effectively manage and reduce symptoms
- Accelerate recovery and increase in quality of life

Program Effectiveness

Data from the program indicate very significant decreases in PTSD and depression.

Participants’ Feedback

“This program stands out from others I have been involved in over the years... this is a fantastic program.”

“I am finding laughter once again, something I faked for years to make people think I was OK. I finally realize that there is joy in me, my partner, my kids, and in my life.”

“I have come a really long way and it was a big way, thanks to you guys!”

“Things are going well, using lots of tools. Future is looking brighter everyday. Thank you so much for your hard work and encouragement.”

“With so many veterans in need of treatment, I consider myself a lucky man to have had the opportunity to attend this OSR program.”

Symptoms of Depression

Depression can be present with or without PTSD. Depression can be caused by accumulated stress over time, compassion fatigue, sustaining a physical injury, losses such as the death of a colleague, or secondary to losses associated with PTSD, such as decreased vocational personal, and social functioning.

Symptoms of depression can overlap with PTSD, but generally include sadness and tearfulness, loss of interest, low motivation, cognitive problems, and insomnia or excessive sleeping.

PTSD and Depression Can Be Treated Successfully

Our comprehensive, multidisciplinary residential program is one of the few such programs in Canada. It provides treatment tailored to the individual and includes:

- Individual therapy (cognitive behaviour therapy, exposure, EMDR, bio- and neuro feedback, equine therapy)
- Group therapy / Education
- A follow-up program, and a dedicated couples program (if applicable)