



"An Opportunity For A New Beginning"
Since 1974

Situated where the Rockies meet the Foothills, the Lander Treatment Centre is a 48-bed, co-ed residential facility specifically designed for addiction treatment for adults.

An opportunity for individuals to reflect, make positive changes, and begin to rebuild their lives.

Lander Treatment Centre

Main Telephone 403-625-1395

Fax 403-625-1300

To call or fax toll-free in Alberta, dial 310-0000, followed by one of the above numbers.

Address: mailing P.O. Box 1330
physical 221 Fairway Drive
Claresholm, AB
T0L 0T0 Canada

Email: admissions.lander@ahs.ca

For further information:

- www.albertahealthservices.ca
- Addiction Services Help Line
1-866-332-2322



Lander Treatment Centre

Addiction Services
Residential

Alberta Health Services
Addiction and Mental Health

Residential Treatment Program

Lander Treatment Centre offers a short-term intensive, residential addiction treatment program for adults who are experiencing problems as a result of their alcohol use, other drug use, or gambling.

The standard program length is 4 weeks, with some flexibility to extend the stay based on individual needs and recovery goals. The program is not able to accommodate long-term stays.

The program focuses on increased understanding of addiction, self-awareness, learning and practicing healthier coping skills, developing a healthy and balanced lifestyle and action plans for meeting recovery goals. Based on best practices for the treatment of addiction and mental health, treatment includes: cognitive behavioral therapy, motivational interviewing, and trauma-informed care.

Components include:

- Group counselling skill development
- Experiential learning
- Individual counselling
- Exposure to self-help meetings
- Recreation therapy

Tobacco-Free Program

Lander Treatment Centre is a tobacco-free environment.

Tobacco-dependent adults attending the Centre for alcohol/drug/gambling addiction treatment are also provided with tobacco-dependence support, including Nicotine Replacement Therapy.

Admission criteria for those who use tobacco include a commitment to abstain from tobacco use for the duration of the residential program.

Visitors to the site are required to follow the tobacco-free guidelines in place.

Recreation and Leisure

A variety of activities are available, both scheduled and self-directed. The Centre has a gymnasium, stationary fitness equipment, a games room, and a craft room.



Admission Requirements

- Apply for admission by submitting a completed application.

The application may be obtained from the Lander Treatment Centre, other Alberta Health Services addiction service area offices, or the Alberta Health Services website.

- Completed applications are reviewed by treatment staff, who contact the applicant to conduct an assessment by telephone.
- Abstinence from all alcohol and other drugs is required prior to the scheduled admission date. Required length of detox time is determined during the telephone assessment interview. Individuals requiring detoxification will be referred to a detox facility.
- Must be at least 18 years of age.
- There is no fee for Alberta residents with valid Alberta Health Care. Inquiries from out-of-province residents will be referred to sites with fee-for-service treatment beds.

Accommodation is semi-private. Each shared room has a full bath.