



"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 310-000, 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 adult men and women who are experiencing problems as a result of their alcohol use, other drug use, or gambling.

The program length varies from 18 to 24 days, with the exact length for each individual being determined during the application approval process. The core program is 18 days. There is opportunity to extend the stay through early admission; this allows time to adjust to the residential treatment environment prior to transitioning into the core program.

The program focuses on abstinence, increased understanding of addiction, self-awareness, coping skills, relapse prevention skills, action plans for living in recovery, and the development of a healthy lifestyle. Based on best practices for the treatment of addiction and mental health, treatment includes: cognitive behavioral therapy, motivational interviewing, psychodynamic therapy, and trauma-informed care. Components include:

- Psycho-educational presentations
- Group therapy sessions
- 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.

Admission criteria for those who use tobacco include a willingness to participate in tobacco-dependence programming, and 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 billiards table, and a craft room.



Admission Requirements

- Apply for admission by submitting a completed application. A medical assessment is required as part of the application and must be completed in full by a medical doctor or nurse practitioner.

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 will 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.

Room and Board Fees

- \$40 per day for Alberta residents.
- \$125 per day for residents of all other provinces.
- Fees are payable on admission by cash, debit, Visa, MasterCard, American Express, money order or certified cheque. Online credit card payment is also available.
- Accommodations are semi-private.