

## FACTS AT YOUR FINGER TIPS

### Construction Industry Rehabilitation Plan (C.I.R.P)

In 1989 Fred Prouton and a board of trustees opened the 'CIRP House' with much hope and promise. Over the next 25 years the House, under Fred's guidance and compassion, helped the men and women of the construction industry with addiction issues. Today CIRP is building on the work started by Fred, by implementing into the program the latest research that now exists in the field of addiction treatment. The program has expanded from a solely sociological AA based model to a bio-psycho-social model. A biopsychosocial model includes not only the 'sociology' but 'biology' and 'psychology' too, recognizing that addiction is an incredibly complex disease requiring complex treatment.

### CIRP Philosophy

The new program works within a 'Harm Reduction' framework. Harm reduction is a model that is perhaps the single most misunderstood model within addiction treatment. People often believe harm reduction is 'pro' drugs, in fact Harm Reduction is neither pro drugs or against drugs. At its very essence Harm Reduction is about treating people who have mental health and addiction issues with the same dignity and respect as anyone else. It is about policies and practices that reduce the harm associated with drug use. Abstinence is NOT a requirement for seeking treatment but can most definitely be a goal of treatment and often is.

### What's New?

The new program is an evidenced based scientifically grounded program. Today there is an ocean of research around addiction, perhaps some of the most compelling research is that which provides us with an understanding of the underlying issues. Approximately 25% of the world's population has an addiction, of which approximately 80% will have a co-occurring mental health issue, and approximately 40% a trauma history. This tells us is that if we are to tackle addictions, we cannot ignore the underlying issues.

We have highly qualified Master level staff trained in mental health & co-occurring addiction ('concurrent disorders counsellors') we provide specialized services in:

- Trauma counselling
- Mental health assessments
- Skype counselling for those 'out of area'
- Family counselling
- Referrals to residential treatment programs
- Training for staff within the industry
- Recovery coaches (coming soon)
- Mental health screening
- Mental health coaching
- Relapse prevention
- Psychoeducational workshops
- Specialized women's program (coming soon)
- Recovery group work (coming soon)
- Group counselling (coming soon)

In addition to the services above the program hopes to become a 'Centre of Excellence' for the industry. Providing information and training, so we can all become empowered in tackling addiction.

Title: Construction Industry Rehabilitation Plan

*There is a clearly perceived and rapidly growing need to do something that addresses the problem of the effects of substance abuse in our workplace...*



### Will the House Re-open?

We hope to bring residential treatment back in-house, we face a number of challenges in doing so, but recognize the need to provide our own residential treatment facility.

### How to Contact CIRP

Anyone with questions, queries or indeed requests for help can contact us either via email: [info@constructionrehabplan.com](mailto:info@constructionrehabplan.com); telephone: 1-888-521-8611, 1-604-521-8611 or via the website [www.constructionrehabplan.com](http://www.constructionrehabplan.com)

All and any calls/contact we receive remain as always entirely confidential, we know that client rights to confidential treatment and query are a cornerstone of successful treatment and engagement.

## CONSTRUCTION INDUSTRY REHABILITATION PLAN

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