

PRESS RELEASE:

An Innovative Approach to Mental Health Recovery:

10 year old Treatment Centre relocating to Kelowna, BC

18th April'2017, Kelowna, British Columbia, Canada: [Alive for Wellness](#) is a group of clinical professionals and researchers focused at treating people who wish to overcome their mental health struggles. The Alive team uses advanced behavioral sciences treatment modalities to accomplish their goals. Clinical Director Vic LeBouthillier says: "Our approach in dealing with a mental health struggle is based on [10 modalities of treatment](#) that include:

Mentoring - Therapy – Cardio – Studying – Fun/Play - Nature – Nutrition - After Care Support - Healing Circles – Spirituality



A great need exists for people who are ready to step up to the plate and do the work to overcome a mental health struggle , says [Vic LeBouthillier](#). To date, his team has treated over 1200 clients through:

- a 3-5-week Inpatient Treatment at Alive Wellness Centre, located in Kelowna, BC,Canada (previously Mable Lake)
- 2-4 months of After Care, when the client returns home - which includes of a smart phone app providing support and encouraging engagement, as well as telephone contact with counselors and the community of coparticipants.

Vic LeBouthillier says that the longitudinal ACEs ([Adverse Childhood Experiences](#)) study conducted by the US Centre for Disease Control reveals that North Americans are experiencing a mental health crisis. Furthermore, 1 in 5 people are experiencing a mental health struggle at any time, according to a recent study published by the Canadian Mental Health Commission. But, LeBouthillier adds, knowing this puts us in the strong position of addressing it.

The ACE study gives us empirically-based insights leading to understanding and unraveling much of the mental health epidemic plaguing Western society. The study shows that there are 10 adverse experiences a child can encounter. If the child experiences two or more of these, then during adulthood they will have increased susceptibility to the negative consequences of chronic stress. If ignored, this

can eventually lead to a mental health struggles. These mental health struggles can, in turn, lead to substance addiction or suicide.

Since evidence began appearing over a half century ago that there are areas of the brain that are not hard-wired, but rather are characterized by neuroplasticity, the idea that the brain is capable of reorganizing itself has spread from neuroscientists to health care practitioners. Dr Norman Doidge's research published in his book *The Brain That Changes Itself* summarizes these findings that the brain is not hard-wired, but capable of change. [Vic LeBouthillier](#) believes that this significant breakthrough in medical sciences gives hope to those who believe that their mental health issues are without the possibility of recovery. In essence, this belief that [mental illness is a life sentence](#) can be tossed into the waste bins of ideas that were found to be wrong. He further argues that we are now able to treat mental illness with the highest levels of success; that is, as long as people receive proper treatment –and are willing to stay engaged in the healing process which works to create healthier psychological functions. According to LeBouthillier, this involves a comprehensive, multi-strategy approach over a sufficient period of time.

Alive for Wellness ([aliveforwellness.com](http://www.aliveforwellness.com)) and its sister company, MyOutcomes (<http://www.myoutcomes.com/>), which is a clinical tool that enables counselors and therapists to improve their effectiveness and increase client success, have earned a wide range of accolades in the work they do to advance mental health treatment. They have been internationally-recognized for their mental health products and are used in over 23 countries by both private and government clinics, insurance companies, and universities for training students. LeBouthillier and his team have received the following recognition and awards:

- ✍ The United Kingdom's Medipex NHS Innovation Award for the field of mental health and well-being in 2016.
- ✍ Placed on the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP).
- ✍ Benjamin Franklin publishing awards for three publications.
- ✍ Approved as a supplier of mental health products to the US military and is used on more than seven military bases.
- ✍ Selected as a partner with the Mental Health Commission of Canada to promote guidelines for mental health in the workplace.

To learn more about the Alive for Wellness Health Centre and MyOutcomes visit: www.aliveforwellness.com or www.myoutcomes.com