



Greetings!

I am excited to introduce you to Breaking Free Online. Breaking Free Online is an evidence-based digital treatment and recovery program that allows clients to recognize and actively address the psychological and lifestyle issues that are driving their use of alcohol and/or drugs.

The program equips clients with a comprehensive toolkit of psychoeducation, practical resources, positive coping strategies and proven behaviour change techniques to support their long-term recovery. Clients can access the program 24/7 on any internet-enabled device.

Designed to be interactive, engaging and personalized to each client, Breaking Free Online has voiceover on every screen (in English and French) to cater to different learning styles. It combines cognitive behavioural therapy with mindfulness, relapse prevention, motivational enhancement, harm reduction and other proven approaches.

The program is fully funded by the Ontario Ministry of Health and there is no cost involved for clients. The Breaking Free Online program, which is accessed at www.breakingfreeonline.ca is free for all clients accessing organizations where Breaking Free Online has been commissioned. If requested, your agency will be allocated a specific service code that you may give to any client who wishes to use Breaking Free Online.

To use Breaking Free Online as a self-help program or in combination with other supports, clients should be at least 16 years of age, motivated to change and experiencing a current or previous substance use disorder.

As the Lead for the West Region, I assist organizations with adoption, implementation, maintenance and ongoing support with Breaking Free Online. To learn more about the program, I welcome you to contact me directly. I would be happy to meet with you and your service teams to offer a direct demonstration of the program, answer your questions and share some of the successes and lessons learned from other agencies who have implemented the program.

Thanks very much and I look forward to hearing from you.

Kind Regards,

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