



OUTCOMES AT EHN BELLWOOD NOVA SCOTIA



EHN BELLWOOD
NOVA SCOTIA

Patients choose EHN Bellwood Nova Scotia because our results reflect what matters most: clinically validated treatment, structured programs, and measurable improvements.

Measurement-based care (MBC) helps our team ensure treatment is having a positive impact. By using standardized, validated clinical assessment tools throughout treatment, we can better understand patient needs and track progress. Responses are reviewed by counsellors, allowing them to examine the characteristics that may predict patient success and decide on the best approaches to treatment and Aftercare.

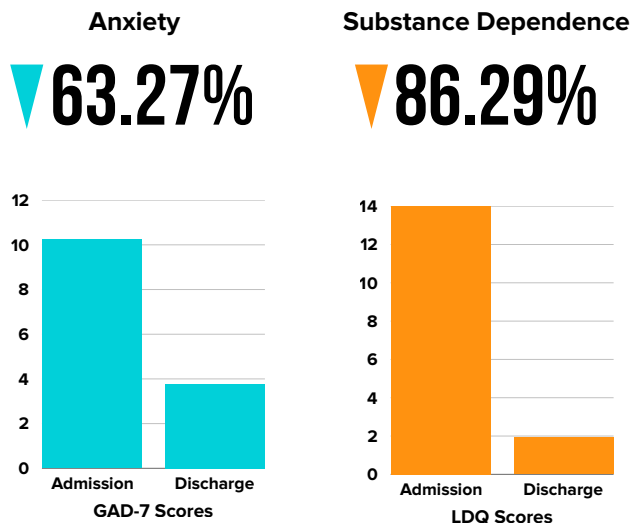
MORE ABOUT THIS FACILITY

EHN Bellwood Nova Scotia is located in picturesque Lawrencetown, in Nova Scotia's Annapolis Valley. Our comfortable facility offers EHN Canada's world-class, evidence-based treatment for mental health, substance use, and concurrent disorders.

Our multidisciplinary team takes a holistic approach to recovery while ensuring that clients are able to heal in a safe and welcoming space.

ADDICTION AND MENTAL HEALTH SYMPTOMS

After treatment, anxiety improved by 63.3% and dependence on substances improved by 86.3%.



On average, patients started treatment with moderate depression. Following treatment, 67% of patients had no/minimal or mild symptoms of depression. Anxiety followed a similar trend, with symptoms averaging moderate at admission and decreasing to minimal at discharge.

PTSD symptoms also improved. Upon admission, the average score exceeded the cutoff for possible PTSD. Following a 52% improvement, the average score at discharge no longer met the cutoff for possible PTSD.

These improvements were greater than 75% of similar programs in Canada and the U.S.

These are clinically meaningful changes, meaning that they are genuine, not due to randomness or error.

95% of patients reported a positive experience.



67% of patients had no to mild depression symptoms

