



# Chemical Dependency Education & Rehabilitation Program

SUPPORT FOR SUBSTANCE USE DISORDERS



**Are you struggling with a Substance Use Disorder?  
Are you worried about how your chemical dependency is affecting your work life and personal relationships?**

**Our Chemical Dependency Education and Rehabilitation Program (CDERP) can help you get the treatment you need to overcome a Substance Use Disorder.**

CDERP's team of professionals and peers are ready to act as a support system on your road to recovery. Once you reach out for support, you will be assessed by a physician. In addition to the doctor, you will be assigned a team consisting of NAV CANADA peers and the NAVCOH in your region.

Your CDERP team will work with you to determine the treatment path that best suits your situation and needs. Treatment options may include in-patient care in a rehabilitation centre, individual counselling, group therapy and education, substance use monitoring, or a 12-step or equivalent program. Once your program requirements have been agreed upon, all treatment costs are covered by NAV CANADA.

Throughout the CDERP process, you can also count on the confidential support of a team of peers to help keep your recovery on track. These peers often include employees who have successfully completed CDERP, or those who have been affected by the chemical dependency of a loved one.

## Accessing help

CDERP is a voluntary, self-referral program. If you are looking for support, reach out to a CDERP peer, your manager, a Disability Management Specialist or the Assistant Vice President, Talent Management. A list of CDERP peers is available on Central under 'Support Programs'.

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## WHAT IS CHEMICAL DEPENDENCY?

Chemical dependency – also known as Substance Use Disorder – is a disease brought on by the misuse of alcohol and/or drugs. It causes changes to a person's mind, body and behaviour. These effects can include:

- Malnutrition or severe weight loss
- Liver disease and other medical complications
- Brain dysfunction
- Diminished performance in the workplace
- Social consequences

## CONTACTS

**Assistant Vice President,  
Talent Management**  
613-563-7270

**Employee Wellness Specialist**  
613-563-3957

**Employee Health Specialist**  
613-563-4757

**Disability Management Specialist**  
613-563-5617

**NAVCOHs  
NAV CANADA Occupational  
Health Consultants**

Vancouver FIR  
604-598-4872 or 604-916-0797

Edmonton FIR  
780-890-8359 or 780-446-8528

Winnipeg FIR  
204-983-8564 or 204-791-5613

Toronto FIR  
905-676-3152 or 416-931-9974

Montreal FIR  
514-633-3395 or 514-247-0705

Moncton FIR  
506-867-7168 or 506-866-2811

Gander FIR  
709-651-5204 or 709-424-4097

National Capital Region  
and NAV CENTRE  
613-563-3957

**For confidential professional counselling,  
contact our Employee and Family Assistance  
Program at 1-800-387-4765**

[livewell@navcanada.ca](mailto:livewell@navcanada.ca)  
[wellness-bienetre.navcanada.ca](http://wellness-bienetre.navcanada.ca)