

Vancouver Island Inpatient Holistic Recovery

Rehabilitation for Problematic Substance Use Disorders
& Co-Occurring Mental Health Diagnosis for Men



SACRED
:REBELS

Who We Are

Sacred Rebels Recovery is a small, peer-led residential program for men on Vancouver Island. Our team is made up of people with lived experience who have come through long-term struggles with substance use, mental health challenges, and trauma. This experience shapes the care and connection we offer.

Our approach brings together holistic Western therapies and Indigenous healing modalities, including Shipibo and other South American cultural traditions, alongside local land-based teachings and practices respectfully offered by Indigenous partners.

The team includes physicians, nurses, and nurse practitioners, alongside practitioners with training in psychotherapy, somatic therapies, and acupuncture, and peer mentors with lived experience.

We support men navigating substance use, trauma, depression, anxiety, and disconnection from identity or community. Families, referral teams, and First Nations partners across Vancouver Island come to us for a grounded, culturally informed, relationship-based pathway



Licensed by Island Health as a community care facility for mental health & substance use.



What We Offer

- ◆ Residential programs for up to four adult men (19+)
- ◆ Medically supported detox and withdrawal management
- ◆ Peer-led support grounded in lived experience
- ◆ Holistic Western therapy approaches
- ◆ Indigenous healing modalities and land-based practices
- ◆ Somatic and nervous system work
- ◆ Outdoor activities, movement, and creative expression
- ◆ Holistic nutrition and educational support

Why Sacred Rebels Recovery Exists

Many men on Vancouver Island and beyond live with trauma, anxiety, depression, and substance use, yet often feel unseen in conventional treatment settings. Sacred Rebels Recovery was created to respond to this gap with a relational, culturally respectful, and land-connected approach that supports the whole person.

Sacred Rebels was founded by people whose own histories shaped the heart of the program. Mark, from the Blackfoot Nation, is a residential school survivor who grew up disconnected from his culture and spent years navigating trauma, addiction, and street-involved life. His return to culture, land, and community became a central part of his healing and now guides the way he supports others.

Founder Sapha Habibi also carries lived experience with long-term substance use and turned to Indigenous healing traditions after finding that conventional systems did not meet his needs. His time learning with Shipibo healers in the Peruvian Amazon, along with his work as a family interventionist, helped shape the integrated, culturally respectful model Sacred Rebels uses today.

Together with a small team of peers and practitioners, they bring therapy, somatic and nervous-system work, movement, and Indigenous healing perspectives into a calm, safe, and supportive environment where men can reconnect to self, land, and community.

Sacred Rebels exists to help men rebuild their lives in ways that strengthen families, communities, and Nations across the Island.

More about our founders and team is available at sacredrebelsrecovery.com.





Our Unique Approach

Sacred Rebels Recovery blends lived experience, holistic therapies, cultural grounding, and land connection in a small, safe residential setting. The program stays intentionally small so each man receives focused, individualized support.



Peer-led and relationship-centered

Staff with lived experience guide the program, creating a culture of honesty, connection and accountability.

Land-based and activity-oriented



Daily rhythm includes nature walks, gardening, hikes and movement sessions, with partners in fitness, boxing and yoga.



Indigenous-led cultural teachings

Shaped by Indigenous healing modalities, including land-based practices, traditional songs, healing circles, and other teachings offered with Indigenous facilitators.

Small cohort, high support



With space for up to four residents, participants receive steady, personalized guidance in a safe, home-like environment with consistent staff presence.



Integrated mental health support

Men navigating anxiety, depression, PTSD, emotional dysregulation and trauma receive counselling, skill-building and group support.

Holistic and trauma-informed



Care focuses on root causes through somatic work, counselling, mindfulness and skills that strengthen nervous system health.

Together, these elements form a recovery model rooted in connection, land, culture, collective strength, and personalized support.



Inpatient Program Overview

Sacred Rebels Recovery offers a relational, culturally grounded 90-day residential program for men healing from substance use and co-occurring mental health challenges. The setting is small and home-like, with space for up to four residents and steady support from a peer-led team. Shared living areas support group connection and meals, while bedrooms and outdoor spaces offer privacy, reflection, and land-based activities.

Body and Wellness

- ◆ Weekly massage
- ◆ Weekly acupuncture
- ◆ On-site fitness area
- ◆ Sauna and cold plunge
- ◆ Sessions with local fitness, boxing, and yoga partners

Therapeutic Supports

- ◆ 1:1 counselling
- ◆ Somatic and trauma-informed work
- ◆ CBT/DBT emotional regulation
- ◆ Mindfulness + meditation
- ◆ Recovery Dharma

Daily Living and Culture

- ◆ Nature walks, gardening, foraging
- ◆ Indigenous-led circles and cultural sessions
- ◆ Sweat lodge invites (community-led)
- ◆ Holistic nutrition (meal prep and healthy eating education)
- ◆ Peer support circles
- ◆ Family communication and involvement
- ◆ Transition planning and aftercare support

A multidisciplinary team delivers care that addresses substance use, trauma, mental health and lifestyle habits in a grounded, safe environment.

Program Spaces



Yoga and Ceremony Room

Used for yoga, meditation, acupuncture, somatic work, and cultural sessions.



Fitness and Movement Area

Used for strength training, boxing, and guided movement sessions.



Sauna Space

Used for staff-supported wellness sessions and nervous system regulation.

Phases

Phase 1: Beginning the Program

- ◆ Medical detox, withdrawal management, medication management, clinical supervision
- ◆ Orientation, safety, and wellness planning
- ◆ Stabilization through routine, nutrition, movement, and supportive community

Phase 2: Core Healing Program

- ◆ Individual counselling, somatic work, and emotional regulation
- ◆ Group circles, mindfulness, and Recovery Dharma
- ◆ Land-based activities, outdoor movement, and shared meals
- ◆ Indigenous-led cultural sessions and peer mentorship

Phase 3: Transition & Reconnection

- ◆ Family engagement and communication
- ◆ Reintegration planning and connections to community supports
- ◆ Continued therapy options and relapse-prevention circles

Daily Rhythm Snapshot

Morning	Midday	Afternoon	Evening
Movement or fitness	Individual counselling or group work	Outdoor activity or creative skills block	Recovery Dharma or reflection
Breakfast + community meeting	Shared meal	Land-based or cultural session	Quiet hours + optional meditation



Who We Serve

Sacred Rebels Recovery supports adult men from diverse backgrounds who are seeking a new path in their relationship with substances, mental health, identity, and community. Our program is best suited for those looking for a structured, personalized, and culturally grounded healing environment connected to land and daily life.

We work with:

- ◆ Adult men (19+) seeking support for substance use and co-occurring mental health conditions such as anxiety, PTSD, depression, or emotional dysregulation
- ◆ Men navigating trauma, burnout, complex stress, or life transitions
- ◆ Indigenous men, and community members looking for culturally grounded and land-connected healing outside mainstream models
- ◆ Veterans, first responders, and men who have not found success with traditional clinical programs
- ◆ Those living with co-occurring mental health conditions who value creative, nature-based, and group process approaches
- ◆ Individuals referred by families, bands, counsellors, or health partners who are ready for a safe, small-scale environment

Cultural Connection & First Nations Collaboration

Healing at Sacred Rebels Recovery is shaped by relationships with land, culture, and community. We partner with Indigenous facilitators who guide cultural and land-based programming in ways that reflect authentic lived traditions. These offerings can include cultural teachings, story-based learning, harm reduction perspectives, healing circles, and time on the land.

The purpose of this work is to:

- ◆ support cultural identity and belonging
- ◆ strengthen connection to land, self and community
- ◆ encourage emotional regulation, responsibility and resilience
- ◆ create meaningful pathways for rebuilding confidence and trust

We welcome opportunities to build relationships with local First Nations as guided by their interest and direction. Our role is to hold a safe, respectful environment and create space for cultural guidance as invited, not to teach or adopt practices that do not belong to us.

We invite feedback from Nations on how our programming can continue to align with community values and cultural safety.



Sacred Rebels Recovery is honored to live and work on Vancouver Island within the traditional territories of the Li̍gwiłdaxʷ people (We Wai Kai, Wei Wai Kum, and Kwiakah First Nations). We offer our respect and gratitude to the traditional keepers of this land.



Outcomes & Success Stories

Sacred Rebels Recovery has been tracking outcomes over the past four years through program completion data, participant follow-up, and ongoing alumni engagement. Early findings show strong results for men who complete the 90-day program and continue connecting with community-based aftercare. We track these outcomes through program completion records and follow-up contact with graduates and families.

High completion rates

Across recorded cohorts, men who begin the 90-day program consistently complete it. The small group size, steady staff presence, and relationship-based structure support stability.

Safe residential environment

From all recorded cohorts, there were no medical or psychiatric emergencies. This reflects careful screening, a small-cohort model, and the steadiness of the daily rhythm.

Consistent follow-up engagement

Graduates regularly participate in Sacred Rebels' virtual community check-ins, with average follow-up extending over many months.

Long-term recovery and stability

Among men who completed the 90-day program and stayed engaged in aftercare, the majority maintained sobriety at 12 months or longer. The broader four-year dataset shows strong long-term stability for most program completers.

Participant & Community Impact

What Participants Report

- ◆ feeling seen and supported by peers and staff
- ◆ stronger emotional regulation and coping abilities
- ◆ reconnection to identity, purpose, and land
- ◆ increased confidence in maintaining sobriety
- ◆ more stability in daily routines, sleep, nutrition, and stress

Community Outcomes

- ◆ reducing repeated cycles through detox or emergency services
- ◆ offering culturally grounded support close to home
- ◆ strengthening relationships between participants, families, and Nations
- ◆ supporting men to return to work, education, or community service

These outcomes highlight the value of small-scale, land-connected recovery models and the strength of community-rooted care.





How to Get Involved or Refer

Referrals and inquiries are welcome from families, health professionals, First Nations partners, counsellors, and individuals seeking a relationship-focused, land-connected healing environment. Our team is available to answer questions and discuss fit.

Who We Support

We work with adult men (19+) who are navigating substance use and co-occurring mental health challenges and who can participate in counselling, group sessions, daily rhythms, and land-based activities in a small residential setting.

Safety and Readiness

Sacred Rebels provides medically supported residential care and can accommodate detox for appropriate participants. It is not a hospital or psychiatric crisis facility, and participants must be medically stable and able to engage safely in a small residential setting.

For Health Centres and Referral Partners

With consent, we collaborate with First Nations health teams, clinicians, counsellors, and community agencies on referrals, coordinated care, and aftercare planning.

Start the Conversation

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