



CORNER CANYON RECOVERY

Lou Schwartz
CEO Heal the Hero Foundation

Lou:

I wanted to reach out to share my experience with the Heal the Hero Foundation from a clinical, as well as personal perspective.

My name is Cheryl Kehl, and I am the co-owner of Corner Canyon Recovery Center in Draper, Utah. With a long history of experience at all levels within the substance abuse community, I am well versed in the industry's shortcomings in regard to relapse prevention.

In early 2018, the Heal the Hero Foundation offered a pilot program to Corner Canyon. I welcomed the opportunity to provide the center's clients with advanced technology which would address, from a neurological perspective, the underlying trauma and the resultant negative neuroplasticity, often found in recovery center clients. I saw the program as an important addition to the client's protocol, while assisting the therapy process.

The results have been fascinating and impactful for the clients and therapists. A client who is an Army Medic veteran said after 5 weeks of treatment *"As far as day to day, I've noticed a reduction in nightmares, and better sleep; also, overall, loud noises or sudden movements that would normally get my attention or startle me have been reduced, to a noticeable degree"*. A program client has begun sleeping through the night after waking from 2-3 times a night and has had a significant reduction in hay fever symptoms.

My personal experience going through the pilot program has been nothing short of amazing, I have been able to reduce two medications, one for anxiety and depression and one for sleep and I feel better than I have in many years, including feeling happy for no reason occasionally, something I haven't experienced in many years. I've been so impressed that I have my four grandchildren doing Vitanya, two have anxiety and two have learning disabilities and I am interested to see how school goes for them this upcoming school year.

As a result of the combined positive impact, I have made Vitanya's Brain Performance program a permanent component of Corner Canyon's comprehensive recovery program.

Sincerely,

Cheryl Kehl, LCSW, CEO