

Recovery Capital

Residential Services-

Intensive Inpatient treatment- has medically managed treatment with 24-hour medical staff and daily counseling and physician care for patients suffering from severe instability or in immediate danger. High intensity treatment

Low to High Inpatient treatment- clinically managed treatment that provides 24 hour living support and a program structured with available trained personnel. Has clinical and co-occurring services, with stabilization for patient that are in immediate danger. Inpatient treatments last anywhere from 30 to 90 days depending on the program.

Intensive Out Patient and Partial Hospitalization- IOP- A treatment that provides daily to weekly attendance at a facility or clinic. Requires anywhere from 9 to over 20 hours of attendance weekly, which allows patients to return home during non-treatment hours.

Medication Treatment Assistance- Vivitrol – Suboxone- Methadone

Counseling- Mental Health Treatment and therapy

Holistic-based Recovery Services- Holistic healing methods refer to healing the overall physical, mental, spiritual and emotional wellbeing of a person to promote optimal health. Believed to improve quality of life for people.

Acupuncture- A form of Chinese medicine where they use hair-thin needles to stimulate specific points on the body to further progress the body's own healing system and restore it to its natural state.

Aromatherapy- Usually used with other holistic methods, it's the use of Essential Oils on a person to balance, harmonize and promote the healing and health of the mind, body and spirit through sent.

Massage Therapy- A variety of techniques used by the practitioner while pressing and rubbing the muscles and soft tissue of a person.

Meditation and Mindfulness- A technique for resting the mind to get it to a state of non-judgmental consciousness and mindfulness of thoughts, feelings and sensations.

Reiki- Is an alternative medicine also known as energy healing. Often described as hands-on-body healing. Where a practitioner lightly places their palms over a person's body to promote the patients process of healing with energy.

Yoga- is a mind and body practice. It combines physical postures, stretches, breathing techniques and meditation to achieve over-all health and wellness.

Creative Therapies-

Art therapy- A form of therapy that involves the encouragement of free self-expression that is done through painting, drawing or modeling. Used as a remedy to express emotion or aid in diagnoses.

Music Therapy- Where music is used as a tool that is prescribed in a skilled manner to overcome physical, mental, emotional and social challenges.

Animal Assisted Therapy-

Equine Therapy- Also known as horse therapy; its where Horses are used in interactions with patients to promote emotional health. Often used to treat those who suffer with addiction.

Canine Therapy- Also known as dog therapy; its where dogs are used in interactions with patients to provide affection, comfort and love. Therapy dogs are not Service dogs.

Recovery Support Groups-

12 Step Programs- Are mutual support organizations or a fellowship of people helping other people with addiction issues and compulsive behaviors to obtain abstinence from mood altering substances and behaviors.

Alcoholics Anonymous and *Narcotics Anonymous* are the two largest 12-step programs available worldwide.

Al Anon is a 12-step program for the families of people with substance use disorders. It's a mutual support organization of people helping other people that are affected by addiction.

Non-12 Step Support Groups-

SMART recovery- Self Management And Recovery Training (SMART) based on the latest scientific research. It's a scientific approach to recovery

All Recovery- A support group where all pathways of recovery are welcome. They do not concentrate on any certain approach to recovery.

Refuse Recovery- Is the Buddhist based approach to recovery; the only one that incorporates meditation into the support groups. Uses the principles of Buddhism, including the Four Noble Truths and the Eightfold path.

3 Principles- Support groups that use the 3 Principles, Mind, Consciousness and Thought to abstain recovery.

Celebrate Recovery- Faith Based support groups for addiction.

Sober Living and Transitional Living Programs- programs that support sober living with some restrictions and rules to help individuals transition back into their community.

Recovery Community Centers- Non-Profit organizations or centers that offer Peer to Peer support, support groups and listings of community events. Recovery Community Centers are an excellent resource to build your recovery capital.