



The Homewood Clinics

# Recovery Management Programs



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# Homewood Health

## Recovery Management Programs

Homewood Health is here for you every step of the way. We believe an effective treatment program includes professionally managed recovery management focusing on recovery, reintegration into the community and relapse prevention.

Studies show there is an increase in successful recovery outcomes when one is willing and able to participate in some form of recovery management treatment. The Homewood Health Recovery Management Program enables you to gain stability and manage your life again through education, support and skills building.

### **All Recovery Management Programs include:**

- 52 weeks of group based program
- Sessions are 2 hours in length, once per week in the evening
- Structured recovery management customized for each client's treatment plan
- Facilitated by qualified, experienced and trained clinicians





## **Addiction Recovery Management**

### **Program | 52 weeks**

Our Addiction Recovery Management Program is recommended for patients graduating from either an inpatient or intensive outpatient addiction program and is a structured process group focusing on relapse prevention.

Clients will be provided with therapeutic homework and are encouraged to use the skills learned in treatment in their daily life.

In addition to group sessions, clients within the Recovery Management Program will have individual check-ins with the clinician as needed.

## **Mental Health Recovery Management**

### **Program | 52 weeks**

This full year program is intended to help you return to daily life by expanding your problem solving and coping skills in order to assist with re-entry into community, family and work.

The Mental Health Recovery Management Program is a structured group program focusing on mood management and on-going recovery from conditions such as severe anxiety, depression and other mood disorders.



## Trauma Recovery Management Program | 52 weeks

The Trauma Recovery Management Program provides the professional support and guidance required to manage challenges and triggers that lead to relapse or regression.

The program also helps develop problem-solving and coping skills for re-entry into daily life and provides ongoing connection to the therapeutic approach, skills, and tools gained during initial treatment.

## Contact Us

Please speak to your clinical team regarding further information on any of the Homewood Health Recovery Management Programs.

OR

Call us toll-free at 1.866.399.1378

Visit us at [HomewoodHealth.com/clinics](https://HomewoodHealth.com/clinics)

or email us at [clinic-intake@homewoodhealth.com](mailto:clinic-intake@homewoodhealth.com)



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