

STRATEGY FOR SOBRIETY

DUAL DIAGNOSIS

CONTINUUM OF CARE

FAMILY SUPPORT

GENDER SPECIFIC TREATMENT

90 DAY CURRICULUM

EQUINE THERAPY

TRAUMA THERAPY



The Arbor
Behavioral Healthcare

thearbor.com

The Arbor

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SOBRIETY

DUAL DIAGNOSIS

It is common for people suffering from addiction to also have other mental health concerns. Being diagnosed with substance use disorder and co-occurring mental health issues is known as a dual diagnosis. In many cases, individuals have been overusing combinations of sedatives and stimulants in order to medicate the symptoms of co-occurring disorders.

COMMON CO-OCCURRING ISSUES

- Bipolar Disorder
- Depression
- Anxiety
- PTSD
- Schizophrenia
- Personality & Mood Disorders

TREATMENT STRATEGIES

- Pharmacotherapies
- Mindfulness Meditation
- Nutrition Therapy
- Physical Wellness Coaching
- Yoga
- Equine Therapy
- EMDR & other therapy modalities.

The Arbor, being a true dual diagnosis treatment center, employs psychiatrists to assess and treat our guests. A major effort during participation in The Arbor system is to differentiate between the effects of substance abuse vs. a legitimate dual diagnosis. Providing respectful, thorough, honest, and compassionate care helps people break through emotional walls that have been preventing growth.

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CONTINUUM OF CARE

Long-term sobriety is best achieved when the whole person is healthy. At The Arbor, we offer a Continuum of Care starting with residential addiction treatment followed by intensive outpatient and sober living. Our medical, clinical, and therapeutic staff work simultaneously with individuals to create sustainable healing and growth. The purpose of our Continuum of Care is to gradually transition our clients from a

highly structured level of care to lower levels until they can safely achieve independent living. Historically, many people relapse during transition periods. Research has shown that a longer course of structured care yields much higher recovery rates. Our treatment programs allow for the ideal combination of structure, accountability, and support while increasing the individual's level of independence.

THE ARBOR CONTINUUM OF CARE

- Medically Supervised Detoxification
- Inpatient, Residential treatment
- Intensive Outpatient treatment
- Extended Care Sober Living

- Traditional Sober Living
- Advocacy / Sober Coaching
- Alumni Support and Services

Many people are involved in helping clients return to a healthy and productive life after they decide to treat their addiction. Without proper support throughout their journey, relapse becomes a high likelihood. Our Continuum of Care provides the best chance to sustain a lifetime of sobriety.

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FAMILY SUPPORT PROGRAM

One of the most important components of the Arbor's curriculum is our Family Support program. The Arbor provides support, guidance and training for families looking to heal relationships affected by the harmful force of addiction. Repairing the fractured connections of our clients and their families is a central goal.

The Arbor offers a 3-day in-person family program for the family members of

the clients at our residential facility. It is designed to address the needs of the alcoholic/drug addict's family as they navigate the path to sobriety and healthy living. It is not uncommon for there to be a complete breakdown of communication between the suffering addict and their family. Our family program helps bridge this gap and get the entire family moving in a healthy direction.

FAMILY SUPPORT PROGRAM GOALS

Education about the disease of addiction

Improve communication skills

Set healthy boundaries

Rebuild trust

Enhance importance of self-care

Provide a fellowship and support system

No matter how much guilt, resentment, anger, or hopelessness has built up in your family, there is hope. Our family program provides a chance for healing for the entire family.

THE ARBOR: RESIDENTIAL FACILITY



THE ARBOR: SOBER LIVING



The Arbor

ITEMS TO BRING

RECOMMENDED ITEMS

- A driver's license, passport or government issued photo ID
- Insurance Card
- Visa gift card for nicotine products, no cash
- Stationary, stamps, envelopes
- A supply of any medications you are currently taking
- Names, addresses and phone numbers of health care professionals, referents, family members and anyone else that you would like to be involved in your treatment.
- Casual attire
- Clothing for fitness and yoga
- Sleepwear
- Undergarments
- Bathing suit
- Shower Shoes / Flip-Flops for the Shower
- Casual and athletic shoes. A comfortable pair of hiking boots is recommended as well.
- Personal toiletries including shampoo and conditioner, hair products and mouthwash, body lotion and sunscreen, deodorant, shaving cream, toothpaste.
- Electronics: MP3 Player (with no games, videos, camera or photos) or CD player.
- If you smoke cigarettes or vape, you must bring sealed packages and/or cartons. We do not supply cigarettes, nor do we take responsibility for the acquisition of cigarettes while you are in treatment.

PROHIBITED ITEMS

- Cameras
- Cash
- Cell phones will be kept in the safe
- Computers are prohibited and will be shipped home if brought on property
- Weapons of any kind
- Drugs, alcohol or paraphernalia
- Bedding/Blankets/Pillows are provided. If you decide to bring them, they need to be brand new and sealed in packaging
- Metal fingernail files or scissors
- Energy drinks
- Food of any kind.
- Open liquids. i.e. vape juice, contact solution, makeup remover, soaps/ shampoos.
- Open packs of tobacco or vape juice.
- Inappropriate clothing
- Items of excessive value. Expensive watches, jewelry or important documents that could become damaged or lost while in treatment are recommended to be left at home.
- Cosmetics or personal hygiene products that contain alcohol.
- Fingernail polish remover or nail glue.
- All medications must be pre-approved by the Director of Admissions. Any unauthorized prescription medication will be stored or released to family.

DAY TO DAY SCHEDULE

WAKE UP

MORNING MEDITATION

MEAL: BREAKFAST

INDIVIDUAL THERAPY SESSION

FITNESS:

GYM - M, W & F • Yoga - T & TH

GROUP: PROCESS

MEAL: LUNCH

12 STEP EDUCATION

GROUP: COMMUNITY

FREE TIME

MEAL: DINNER

FREE TIME

90 DAY PROGRAM SCHEDULE

4 Individual Sessions weekly

- **Addictionologist Dr. Carter**
- **Individual Therapist**
- **12 Step Recovery Manager**
- **Equine Psychotherapy**

Meditation, Yoga & Fitness Plan daily

Meals by Nutritionist daily

12 Step Completion

Comprehensive Aftercare Planning

Gender Specific Treatment

Family Program

Sober Coaching

Experiential Therapy



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(844) 560-7269