

THE ARBOR PROGRAMS BROCHURE

BEGIN YOUR JOURNEY TO WELLNESS

The Arbor Behavioral Healthcare offers a full continuum of care for addiction & mental health needs. Our goal is to empower individuals and families to live a life of recovery, emotional freedom, and positive growth.



The Arbor
Behavioral Healthcare

thearbor.com



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RESIDENTIAL TREATMENT

*Located on 80 acres of Texas farmland,
our residential facility offers clinically
developed, individualized treatment.*

PROGRAM HIGHLIGHTS

- *Dual Diagnosis Treatment*
- *Gender Specific*
- *Individualized Treatment Plans*
- *Equine Assisted Psychotherapy*
- *Daily Meditation, Yoga & Personalized Fitness Plan with Certified Trainers*
- *Weekly 12 Step Meetings*
- *Comprehensive Aftercare Planning*
- *Nutritionist Approved Menu & Professionally Prepared Meals.*
- *12 Step Completion Curriculum*
- *Family Program & Support Services*





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INTENSIVE OUTPATIENT

Our Intensive Outpatient program offers supportive, part-time care for those completing inpatient treatment or needing continued therapeutic support.

PROGRAM HIGHLIGHTS

- *Group Therapy with Individual Counseling*
- *Comprehensive Clinical Approach*
- *Blend of Addiction Treatment Modalities*
- *Experiential Workshops*
- *12 Step Education*
- *Spiritual Development*
- *Weekly Family Support Group*
- *Vocational & Educational Support*

Mon-Thurs 6:00pm to 8:15pm





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SOBER LIVING

Our Sober Living homes are designed to provide clients with a structured and safe bridge between inpatient treatment and independent living.

PROGRAM HIGHLIGHTS

- *Clinically Supervised*
- *Adult (18+) Program*
- *12 Step Immersion*
- *Random Toxicology Testing*
- *Daily Prayer & Meditation*
- *Nightly Evening Review*
- *Transportation Included*
- *Live-in House Manager*
- *Monthly Equine Therapy**
- *Recovery Advocacy Services**
- *Breakfast & Weekly Family Meal Provided**

*Hyde Park Sober Livings

