

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





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FAMILY PROGRAM

The Arbor offers a 2-day in person Family Program once a month, designed to address the needs of the family of the alcoholic/drug addict as they navigate the path to sobriety and healthy living. Our addiction counselors provide education, support, and strategies to aid in realigning and healing the family. Participants are empowered with knowledge and hope to engage in lectures and discussions, private counseling opportunities and experiential activities on The Arbor ranch property.

FAMILY SUPPORT GROUP

Every Tuesday at 6:00pm

Join us for The Arbor's free support group for families of addicts that meets every Tuesday at 6:00 pm on Zoom. The support group is open to anyone in the recovery community who is struggling with addiction's effects on a loved one. The most remarkable part of attending family support meetings is learning that the pain you are experiencing has been felt by so many others.

<https://us06web.zoom.us/j/96373160186>



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