

Program Description

NuLife Treatment Center's Intensive Outpatient Program is an alcohol and drug-free environment for adults (18 and over). Held daily, each group consists of 50-minute thought provoking, psycho-educational experiences & solutions led by licensed clinicians and group facilitators. Group types include: cognitive-behavioral, psychodynamic, motivational interviewing, and somatic experiencing – a form of therapy aimed at relieving and resolving the symptoms of post-traumatic stress disorder (PTSD) and other mental and physical trauma-related health problems by focusing on the client's perceived body sensations.

Upon admission into the program, each participant meets with licensed clinicians, therapists and any other specialists that may be required in addressing special needs and/or circumstances. Our online program affords a fantastic array of staff and services that are able to address various matters such as:

- Addressing Grief & Trauma Issues
- MFT Sessions for Marriage, Couples & Family Issues
- Psychiatric Services for Dual-Diagnosis Matters
- Court and/or Legal Liaison Services for Pending Legal Matters
- Private Therapy Services on Evenings/Weekends

An initial treatment plan will be designed for each participant to fit his or her individual needs. Care managers will assist clients in achieving their objectives for each week, each month and so on. Completion of goals will be a mandatory requirement to complete our program. Additionally, weekly drug and alcohol screening may be required to ensure the client's ongoing sobriety, as well as the overall environment integrity and safety.

Components Of The Program

Medication Assisted Treatment (MAT) - As Needed

NuLife provides opioid use disorder treatment for opioid dependence and addiction. Patients are first treated by physicians using buprenorphine or other detox medication methods and therapists through group therapy and individual counseling sessions.

NuLife's MAT program provides patients access to life-saving treatment for dependence and addiction to heroin and prescription pain killers. NuLife adheres strictly to federal HIPAA regulations and holds the highest ethical and technological standards regarding client privacy. All NuLife physicians and clinicians experienced in treating addiction, and extremely dedicated to the treatment of opioid abuse.

NuLife provides medication therapy combined with behavioral therapy. Individuals participate in a structured buprenorphine medication program and a structure therapy program consisting of group and individual counseling.

Individual Sessions

Individual sessions are face to face with a Doctor, Psychiatrist, Psychologist, Therapist or Counselor once a week for 60 minutes in duration. Your needs will be discussed along with new issues as they arise throughout the treatment process. We will focus on problem solving and effectiveness of the program.

Treatment Planning

Treatment planning will take place once a month with your dedicated care manager. Discussion will include; changes in treatment, attendance, participation, behaviors, health, emotions, new issues and changes that are necessary for successful completion of program to prevent relapse.

Groups

Groups sessions are 50 minutes in duration. The ratio will be 1 group leader / Therapist with no more than 10 patients per group to ensure the maximum effectiveness. Groups will focus on topics which are educational, interactive and pertaining to Alcohol and Drug Addictions along with other co-occurring mental disorders while teaching independent living skills.

Discharge Planning

Discharge Planning will begin one month prior to discharge unless circumstances change and you are exited from the program prior to completion. You will discuss the following; plans for placement, living arrangements, job status, legal status, support systems, future appointments, community programs and 12 step groups and family involvement.

Roadmap To Recovery Stages

STAGE 1

1. Detox & Stabilization
2. Medication Assisted Treatment
3. Treatment Planning
4. Medication Education
5. Educational Groups
6. Process Groups
7. Self-Image Group

STAGE 2

1. Treatment Planning
2. Medication Assisted Treatment
3. Medication Education

4. Educational Group
5. Relapse Prevention Group
6. 12 Step Group
7. Process Group
8. Recovery Group
9. Stress Management Group
10. Anger Management Group
11. Family Group
12. Self-Image Group
13. Health and Addiction Group
14. Mindfulness Group
15. Spirituality Group
16. Wellness Group
17. Nutrition Group
18. Breath Work Group

STAGE 3

1. Medication Assisted Treatment
2. Discharge Planning
3. Goals Group
4. Social Skills Group
5. 12 Step Group
6. Process Group
7. Recovery Group
8. Stress Management Group
9. Family Group
10. Self-Image Group
11. Communications Group

1. **Educational Group**

- a. These groups will focus on health issues and related topics which deal with Alcohol and Drug addictions and the effects addiction has physically, emotionally and spiritually. The groups will include speakers, videos, workbooks and will be an interactive participation and discussion time. You will learn pain management without the use of narcotics and other mind altering chemicals not prescribed by a Licensed Professional.

2. **Relapse Prevention Group**

- a. The group will teach you how to identify triggers which lead to relapse and the use of support systems in the community when faced with crisis. We will teach you how to access services and identify appropriate needs for intervention prior to a relapse. This will be an intense group focused on helping you to be successful with jobs, home, relationships, life and coping skills.

3. **Goals Group**

- a. The purpose of this group is to understand how to set realistic short and long term goals within a time frame to meet their needs, time management to include the balance of work, healthy exercise and activities that are enjoyable to reduce stress.

4. **Social Skills Group**

- a. The group will assist you to in learning how to be supportive with each other, bonding with other individuals and trusting. How to work as a team with others, appropriate interactions, improving confidence and self-esteem. Breaking old habits and replacing them with actions which give you a positive response from others.

5. **12 Step Group**

- a. The basis of this group is to understand the 12 step programs, working the steps, sponsorship in the program, life changes and staying focused on recovery.

6. **Process Group**

- a. This group is focused on helping discuss daily program groups and activities. Conflicts with others, openness and honesty and how to constructively change areas in which you have difficulty.

7. **Recovery Group**

- a. This group will focus on issues that arise in recovery, family problems, codependency and mending relationships from addiction. Teaching how to deal with the disease of addiction and recovery with the 12 step programs.

8. **Stress Management Group**

- a. This group is to assists you in dealing with everyday stress and anxiety. Learning relaxation techniques and practicing them on a daily basis. Dealing with depression which often comes with abstinence of drugs and alcohol and other means of coping.

9. **Anger Management Group**

- a. Identifying behaviors such as passive, passive aggressive and aggressive behavior. Learning assertiveness and practicing changes on a daily basis appropriate for society. Learning effective communication skills to meet their needs without the use of violence or verbal abuse.

10. **Family Group**

- a. This group assist the family and significant others in participating in the recovery process. What to expect from the recovering addict, relapse behavior, enabling and codependent behavior within the family. Resources available to the families in the community and support of each other.

11. Vocational Rehabilitation Group

- a. This groups focus is on identifying skills to help you gain employment. Alternative solutions for those who need to change professions or returning to education to complete GED or a program to be gainfully employed. How to use referrals and resources that offer information in jobs, financial assistance, training, disabilities and training programs.

12. Job Preparation Group

- a. This group will assist in resume writing, dressing for interviews, mock interview process, applications and follow up. Preparing and actively applying for jobs weekly and will be mandatory to document all contact with businesses and companies they went to. The purpose of the group is to get a job, transfer to sober living home if applicable and save money for independent living.

13. Self Image Group

- a. This group is a necessary part of recovery and assists you in being comfortable with yourself and dealing with character defects, isolation, loneliness, messages that they were given early in life which led to low self-image, lack of confidence and eventually addiction to fit in with others and gave them a false sense of acceptance. The effects on personal appearance from addiction and positive changes you can make.

14. Spirituality Group

- a. This group focuses on how spirituality can play a significant role in one's ability to cope with adverse events in life. Spirituality and health are connected. Just as physical wellness describes health in the body, spiritual wellness describes health in the spirit.
 - i. Spiritual practices can:
 1. Provide social and emotional support
 2. Help people find meaning and purpose in life
 3. Offer comfort in times of [grief](#)
 4. Provide ethical and moral guidelines by which some choose to live

15. Nutrition Group

- a. This group provides patients with a comprehensive outlook on the biological responses to nutrients during the various stages of illness and recovery. Cognitive and behavioral techniques for combating common distortions about

nutritional information will be reviewed. The information is presented in an interactive environment that encourages and enriches the learning.

16. Meditation / Breath Work Group

- a. **This group** utilizes breathing exercises to improve mental, physical, and spiritual health. It draws from Eastern practices like yoga and Tai Chi while incorporating Western psychotherapy techniques. To bring about self-awareness, breathwork includes elements of talk therapy, breathing exercises, [art](#), [music](#), and bodywork.

17. Medication Education Group

- a. This group is an educational group that focuses on medication through addressing the major drug classifications: their effects, side effects, drug interactions, necessity of compliance and follow-up care

18. Communications Group

- a. This group supports increasing verbal and non-verbal communication skills. It addresses communication styles and their effectiveness or lack of effectiveness within various contexts. Role playing and handouts are used to support new learning.

19. Wellness Group

- a. This is an educational and skills-based group focused on various themes addressing the concept of wellness. Themes include self-esteem, identity, symptom management, goal setting and coping skills.

20. Mindfulness Group

- a. This group utilizes a mind/body approach to help increase overall functioning and to build skills for future use. Yoga postures are demonstrated for supporting mind/body/spirit integration and practice.