



# therecoveryvillage

*an advanced approach to patient care*

acute medical detox | eating disorders | substance abuse | alcoholism

# A DAY AT THE RECOVERY VILLAGE

## Sample Schedule

7:30 am	Breakfast
8:15 am	Morning Medication & Chores
9:20 am	Goals Group/Daily Intention
10:00 am	Primary Caseload Group
12:00 pm	Lunch with Therapist
1:15 pm	Nutrition & Wellness Group
2:45 pm	Back to Basics
4:00 pm	Gym & Structured Recreation Time
5:00 pm	Dinner
6:00 pm	Reflection Time
7:00 pm	AA/NA Meeting
10:00 pm	End of Day



# Levels of Care

## How The Recovery Village Can Help



### Acute Medical Detox

Patients requiring acute medical detox for drug or alcohol abuse are treated at our on-site inpatient detox center. We are experienced in managing patients with complex detox issues, including high doses and concurrent multidrug use. Individuals in our inpatient detox receive 24-hour nursing care, and are seen daily by a medical provider.

When patients are physically stabilized, they continue managed detox while beginning the active portion of therapy. Depending on the individual needs of the patient, they will transition into either our residential rehab or partial hospitalization program. Patients requiring ongoing managed medical detox will have those services integrated into their care plan.

### Intensive Inpatient

Our eating disorder intensive inpatient medical stabilization unit treats complex medical issues that are often seen in patients with eating disorders, including dehydration, severe malnutrition, and electrolyte imbalances. Daily rounding by a physician is provided during the acute treatment phase, with 24-hour nursing supervision.

Patients with eating disorders may also present with dual diagnoses that require drug or alcohol detox. This can be facilitated concurrently during medical stabilization. Once patients are safely able to begin active treatment, they will transition into the appropriate level of care that meets their individual needs for monitoring and structure.

### Residential Treatment

Our residential treatment program provides 24-hour a day nursing care and therapeutic monitoring for patients with addictions and/or eating disorders. Patients often enter this initial level of care after detoxification or medical stabilization. Residential treatment is structured and highly individualized, submersing patients in the therapy and support they need to recover.

Each patient works closely with a multidisciplinary team that includes a psychiatrist, primary therapist and, for patients with an eating disorder, a registered dietitian. Referring physicians are an important part of our collaborative team. Individual and group therapy are utilized, with life skills development and relapse prevention planning.

### Partial Hospitalization Program (PHP)

Our Partial Hospitalization Program (PHP) provides a structured treatment program, but with a decreased level of monitoring. Patients may continue to live on-site and have access to staff 24 hours a day. As in our residential care, a multidisciplinary team collaborates to ensure that treatment goals and measurable outcomes are achieved.

Patients with both eating disorders and addictions are appropriate for PHP. All co-occurring disorders are concurrently treated. Autonomy and accountability are essential components of this level of care, and individual and group therapy are utilized. Preparation for discharge and relapse prevention are important elements of PHP.

## Intensive Outpatient Program (IOP)

Our Intensive Outpatient Program (IOP) allows patients to live in our sober housing, or at home with a positive support system present. Most patients in IOP have successfully completed higher levels of care. They have the coping skills and relapse prevention plan in place to successfully increase autonomy and reduce structured treatment.

IOP includes group therapy multiple days each week, implemented according to a patient-specific care plan. IOP is effective for those in recovery from eating disorders, addiction, and any associated mental health issues. Patients are able to reestablish normalized activities, and these transitional experiences are processed in IOP.

## Sober Housing

Sober housing is available for patients who have completed treatment, and are not returning home or to prior living accommodations immediately after treatment. Sober living is an effective support for those in IOP, outpatient treatment, and those who have completed treatment but prefer the daily support of others who are in active recovery.

Sober living accommodations are shared housing that have a zero-tolerance policy for drug and alcohol use or eating disorder behaviors. Each person shares in the housekeeping, cooking, and other chores. Recovery experiences and peer support are at the core of sober living. Accountability to others and cooperative socialization are underlying benefits.

# Treatment Program Therapies



### Multidisciplinary Approach

We utilize a multidisciplinary treatment approach that addresses the biological, psychological, and social needs of every patient. Evidence-based modalities include cognitive behavioral therapy (CBT) and Dialectical Behavioral Therapy (DBT). Multidisciplinary treatment teams collaborate to assess each patient, and implement an individualized treatment plan.

Our philosophy is based on the core values of compassion and therapeutic best practices in the treatment of addictions, eating disorders, and mental health issues.



### Nutrition Services

Our registered and licensed dietitians have specialized education and experience in working with patients with eating disorders and addiction. Careful assessment of each patient allows specific, nutritional meal plans to be designed and implemented. In addition, our dietitians provide education, skills development, and experiential support to patients with a wide variety of eating disorders and behaviors. Meals are highly nutritious, and prepared fresh daily. Relearning to enjoy meals and relatable social situations is essential to the recovery process.



### Integrative Therapies

Creative expression therapies, such as music and art, provide patients with alternative ways to process emotions, traumas or fears that are difficult to express verbally.

Integrated into each customized care plan, music and art therapy provide avenues for emotional expression and encourage patients to explore pleasurable pursuits that can be carried into the long-term recovery process. Yoga, meditation, and wellness programs are part of the integrated treatment process, with each therapy adapted to the patient's unique needs and abilities.



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# Substance Abuse Treatment



## Medical Detox

The Recovery Village is a full continuum of care treatment facility in Florida that is able to facilitate both acute detox and medication managed detox. This allows referring healthcare professionals to obtain treatment for their patients without delay, regardless of complexity.

Our inpatient detox unit has 24-hour nursing staff and is overseen by a physician. We offer escorted transportation services at any time, day or night within the state of Florida. Our medical detox unit provides safe management of patients with alcoholism and drug addictions.

The symptom management and medical stabilization of our detox program allow patients to begin treatment physically ready and mentally alert. Some clients require medical detox throughout residential treatment.

## Residential Treatment

The Recovery Village provides both residential and partial hospitalization programs. Each level of care provides monitoring and support.

Therapy in each level is highly structured and provided in a respectful and compassionate manner. Our use of evidence-based therapy assures that each patient receives the most effective combination of treatment approaches for their unique history and needs. Individualized treatment plans are developed and implemented by a multidisciplinary treatment team of experts. Cognitive Behavioral Therapy and Dialectical Behavioral Therapy are core approaches included in all patient care plans; including life-skills development, emotional regulation and distress tolerance.

## Introduction to 12 Steps

Patients of The Recovery Village are introduced to the 12 steps as a framework for recovery. Specific 12-step work is included throughout treatment in the form of individual assignments, personal reflection and peer-supported group sessions.

An introduction to 12-step recovery provides a way for patients to live a life of sobriety after discharge, and gives them an opportunity to develop a sober support system to help during times of crisis and doubt.

Our introduction to the 12 steps is a non-denominational program that provides an additional therapeutic approach for our patients' individualized care plans. This program continues to provide supportive services long after formal treatment.

## Aftercare Plan

Discharge planning and preparation at The Recovery Village begins on the day of admission.

All aspects of the aftercare period are anticipated and addressed according to each patient's unique history. Relapse prevention planning and integrated family support are a key part of this process. Referring professionals are an important part of our collaborative treatment team.

We understand that patients' home clinicians have busy practices, and we are happy to provide updates as often as desired. Our goal is to ensure that our patients have the tools they need to continue their recovery long after treatment.



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# Eating Disorder Treatment



## Medical Stabilization

Our intensive inpatient, medical stabilization unit is located within our treatment center, and is monitored by licensed nursing staff 24 hours a day.

Intravenous therapy, refeeding, cardiac monitoring, and ongoing diagnostic lab tests help safely manage each patient, and correct serious metabolic and nutritional deficiencies. Active treatment begins when the patient is physically ready.

Transition into residential care begins during medical stabilization, as the patient's primary therapist and dietitian develop a comprehensive treatment plan. Weights and vital signs are recorded regularly and periodic lab studies assess the ongoing stabilization of the patient's nutritional status.

## Inpatient Treatment

The Recovery Village provides multidisciplinary inpatient treatment for many types of eating disorders; including anorexia, bulimia and FECD. Our inpatient program provides 24-hour monitoring by nursing and behavioral health technicians. Our multidisciplinary team develops measurable patient-specific outcomes, so that treatment is meaningful, individualized and meticulously coordinated. Therapy includes both cognitive behavioral therapy (CBT) and dialectical behavioral therapy (DBT).

Primary dietitians evaluate labs and patient progress for plating individualized meals. Our licensed dietitians have advanced training in eating disorders, and integrate processing, skills development, and experiential treatment in both individual and group therapy sessions. Movement therapy is integrated into the treatment plan to support a healthy relationship with physical activity.

## Outpatient Treatment

The Recovery Village offers an intensive outpatient and outpatient programs for eating disorder patients. Following treatment at The Recovery Village, patients are transitioned back into the care of their referring therapist and treatment team.

Patients without a primary therapist will be assisted in locating an appropriate treatment team. Local patients have the option of receiving outpatient services at our Umatilla location.

Collaborating with referring physicians, therapists, and other health care providers is an important part of our treatment process. We are happy to communicate with each referring provider in the amount and depth that is desired.

## Aftercare Plan

Discharge planning for each patient starts as soon as patients begin treatment and is a part of the individualized treatment plan created for each patient. We provide multiple aftercare services individualized to each patient's needs.

Services include making follow-up appointments, interfacing with work and school, and identifying resources for both peer and professional support. Family education is essential and sober recovery group contacts are established for patients with dual diagnoses.

To help patients transition through the continuum of care seamlessly and effectively, we minimize stress as patients return home. As part of our aftercare services, our alumni coordinator contacts patients for follow up supportive services.



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# Yoga Therapy



## The Many Forms of Yoga

Yoga is recognized as an effective evidence-based treatment for many types of physical and mental disorders, and provides numerous benefits. For this reason, we integrate yoga into all individualized care plans. Yoga is an adaptive practice, and appropriate for clients of all ages and physical abilities.

Three primary forms of yoga are utilized during the treatment process: Restorative, Relaxation, and Yin. Each form utilizes slightly different physical and mental approaches, but each are empowering. Specific poses, breathwork, stretching, meditation and focused reflection are important elements of yoga therapy. Even patients initially resistant to yoga therapy recognize the positive physical and emotional changes achieved through the therapeutic practice of yoga.

## Encouraging Health & Wellness

Physical and emotional stress negatively affect a healthy mind-body connection. Through guided yoga practice, this connection is strengthened in a slow and subtle manner. Yoga helps individuals reconnect with their minds and bodies, using all of their senses.

Yoga helps the patient to connect with their true self in mental stillness, and experience being fully present. Fears, worries, and anxiety are reduced through regular yoga practice. Cognitive and behavioral responses are improved as patients become more present and aware, and step away from negative automatic responses. Breathing techniques help control uncomfortable physical reactions to these emotions. Yoga therapy is not strenuous, and the resultant increased circulation, flexibility and muscle tone improve overall physical health. The patient feels better and stronger.

## For Eating Disorder Recovery

Patients in recovery from eating disorders struggle with body image, self-esteem and a wide range of unfamiliar and uncomfortable emotions. Yoga therapy addresses these issues with specific and focused intent. Body image is improved as the patient learns to appreciate their physical strength, and take pride in what they are able to physically achieve. They see what their bodies can accomplish, not just what they perceive they look like. Some postures utilized in therapeutic yoga help release negative emotions and anger, creating space for positive growth.

Longer poses allow time to reflect on feelings, emotions, fears, or thoughts. This is an effective neurolinguistic tool, since patients with eating disorders tend to be all-or-nothing thinkers, and need guidance to move beyond polarized thinking and negative self-talk.

## For Long-Term Sobriety

Yoga provides skills and techniques that a patient with drug and alcohol addictions can utilize in times of stress, and when confronted with situations that trigger cravings. Reconnection and emotional release are important beneficial aspects of yoga.

During the therapeutic yoga process, current specific themes can be addressed for the group therapy participants. If they are working on self-esteem, the clinician purposefully integrates self-affirmations into the yoga session. A 12-step themed, yoga-therapy group session includes reflective thought on specific steps being worked. Our professional yoga therapists use the comprehensive power of yoga to enhance the recovery process, and give clients concrete relapse prevention tools they need to support long-term recovery.



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# For Referring Professionals



## Referral Friendly

We make the referral process easy for busy physicians and mental health professionals. Admission is expedited, and we accept patients 7 days week/24 hours a day. Discreet pick-up services are available 24 hours a day within the state of Florida.

Referring professionals are considered part of our collaborative treatment team. Ongoing communications and progress reports are provided to the degree and depth that each referring professional prefers.

We will contact you within 24 hours of admission to let you know that your patient has arrived. Prior to discharge, we will provide a detailed aftercare plan, to assure a seamless transition of care back into your service.

## Comprehensive Services

The Recovery Village is a comprehensive substance abuse and eating disorder treatment facility. In addition to medical detox and medical stabilization, we offer inpatient, residential, partial hospitalization, intensive outpatient, outpatient and sober housing accommodations. We utilize a collaborative multidisciplinary treatment approach with meticulous case management. Our expert medical and clinical staff is educated and experienced in the wide-variety of treatment specialties that are necessary to provide individualized, coordinated care.

Patients with associated mental health issues receive concurrent care as part of their individualized treatment plan. We utilize evidence-based treatment, with measurable outcomes.

## Effective Treatment

Your patient receives a comprehensive medical, psychiatric, and social assessment on arrival. All of our patients also receive a nutritional assessment to help achieve total wellness. Our collaborative team develops a customized care plan, including specific patient outcomes. Daily team meetings assure that the patient's care plan is fluid and effective. Our philosophy is to provide results that can be quantified. Patients receive the balance and intensity of individual and group therapy that best meets their needs.

Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT) are integrated approaches for each patient. Each level of care emphasizes life-skills practice and relapse prevention planning. Family education and support is also provided during the treatment process.

## Our Facility

The Recovery Village's private, rural campus is just minutes to Orlando and the Ocala National Forest. We provide all levels of care under one roof to ensure fluid and effective, transitional care with a minimal risk of relapse between levels of care. Additional accommodations are available at our sober living facility for patients in recovery from substance abuse who do not require 24-hour monitoring. Personal accountability and peer support are effective aspects of our sober living apartments.

Our facilities are modern, serene and comfortable. We treat all patients with compassion and respect at all times. In addition to therapeutic individual and group areas, we have creative art studios, a gym, and expansive outdoor facilities to enhance your patient's recovery.





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# Impaired Practitioners Program & Impaired Nursing Program



## Services for Practitioners & Nurses

We offer exceptional, confidential and respectful services for practitioners and nurses with substance abuse addictions. Our experienced clinical and medical staff work one-on-one to address the needs of our professional patients.

Utilizing the vast knowledge acquired by years of treating professionals, instrumental members of each patient's treatment team offer expertise in licensure and employment issues. Many of our team members share their experience in the program as well as assist with answering any questions they might have while helping to facilitate our patient's involvement in the program.

Self-referrals are accepted directly from impaired practitioners, as well as provider referrals and via employee assistance programs.

## Multidisciplinary Treatment

Cognitive behavioral therapy and dialectical behavioral therapy are at the core of our treatment approach. These are highly effective for professionals since they integrate positive changes in perceptions and behaviors in a progressive and personalized manner.

Coping skills, emotion regulation, anger management, communication, and relationship improvement are some of the many other specific components that are utilized as needed. Often years of near-total focus on work responsibilities have left no time for family or self.

Our integrated treatment approach helps practitioners regain a healthy work-life balance and perspective. Patients are assisted in finding or reestablishing the joy of a holistic way of living that supports sustained recovery.

## Program Offerings

In Florida, our full continuum of services is available through the IPN/PRN program. We utilize evidence-based treatment with measurable outcomes, with a strong emphasis on relapse prevention planning. Our services include:

- Forensic evaluations
- Confidential consultation
- Detoxification and treatment
- Development of a rehabilitation plan
- Consultation with employers
- Referrals to local support services
- Encouragement, support, and guidance after treatment

It is our hope that our patients experience a smooth transition back to the workplace upon completion of their treatment episode.

## Executive Services

In addition to impaired healthcare professionals, we provide treatment services to executives in a variety of fields. Based on a complete assessment of the individual's bio-psycho-social history, a custom care plan is created.

When appropriate, outpatient services are provided to allow the patient to continue to meet work obligations. In many cases, initial treatment is more effective in a residential setting, providing the time and attention necessary for long-term recovery.

Stressful executive level positions can create situations where unhealthy behaviors are used as a way to handle the pressures and responsibilities inherent at this professional level. We focus each part of therapy on an individualized patient-centric manner.



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# Outpatient Programs



## Outpatient Services

Outpatient substance abuse and eating disorder treatment supports a patient's particular social situation. This allows an individual to receive the ongoing therapy needed to maintain recovery, while returning to school or work.

- Individual counseling
- Group therapy
- Psychiatric care for co-occurring problems
- Family therapy and education
- Outpatient medical detox (including the use of Suboxone® and Vivitrol®)
- Medication assisted recovery
- 6-week relapse prevention group
- Aftercare/step down care for those transitioning from residential

## Specialty Programs

The Recovery Village provides comprehensive forensic substance use evaluations for professionals involved in the Physicians Recovery Network (PRN), Interventional Project for Nurses (IPN), Department of Health (DOH), or the Federal Aviation Administration (FAA). Our impaired practitioners and nurses program utilizes evidence-based treatment approaches, such as cognitive behavioral therapy and dialectical behavioral therapy, and is available by self-referral or through employee assistance programs.

For patients dealing with chronic pain and a substance use disorder, there is hope: We understand the complexities associated with chronic pain management. We work closely with each patient's physician to manage pain without triggering his or her substance use disorder.

## Medication Assisted Recovery

The Recovery Village is a leading practice in the use of medications such as Suboxone® (buprenorphine/naloxone) for opiate dependence and Vivitrol® (naltrexone) for alcohol and/or opiate dependence.

These medications can help correct imbalances in the brain, resulting in decreased cravings and improved mental clarity; can assist during the detox period to prevent withdrawal, and remove the frequency and intensity of cravings; and can treat or control symptoms of a medical or mental disorder, which left untreated could lead to relapse.

Medication assisted recovery enables patients to fully engage in the recovery process and reap the benefits of psychosocial support.

## Outpatient Detox Program

The Recovery Village offers physician prescribed and monitored outpatient detox services, as well as medication assisted recovery. Individuals are carefully evaluated prior to outpatient drug detox or medication assisted recovery.

Outpatient detox helps patients manage the physical and psychological symptoms of withdrawal from drugs or alcohol without admission to an inpatient detox facility. In this way, patients are able to continue to meet school, work and home obligations, during treatment.

Medication assisted recovery is a practical, accurate, and non-stigmatizing way to utilize medications. Provided under the close supervision of a qualified physician, this treatment service helps patients begin and sustain recovery.