



RECOVERY SUPPORT SERVICES

Find addiction treatment help
today at **Gaudenzia!**

833.647.0719

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The journey from addiction use to sobriety is not a simple, straight line. You will find numerous ups and downs along the path. Having someone there to help you through the struggles is always a wise decision. Our professionals at Gaudenzia can provide this type of care and support for you. Our team understands what you are going through and can help make the process a bit easier.



What Are Recovery Support Services?

One of the tools we offer is support. When you enroll in our **addiction treatment programs** serving Pennsylvania, Delaware, Maryland, and the DC area, you will work through the proper care levels. This may include a **detox treatment program**, residential treatment, and outpatient care. When you leave our formal programs to start living and rebuilding your life, you are not out of the woods. There are many instances in which you will need additional support. That's what our recovery support services include.

This is a set of therapies and tools available to each of our clients. You will learn about each one and receive insight into how they can help you when you enroll in our program. Take a look at some of the types of recovery support services we offer.

Continuing Care Services

Imagine working hard at drug and alcohol treatment only to find yourself unable to avoid relapse when you are faced with stress and

financial hardships later. You have worked so hard to get sober, but now you are facing the risk of relapse. With continuing care services, we can continue to offer you therapy on an ongoing basis. That means you can continue talking to us about your struggles in a safe environment.

Our continuing care services are very flexible. We offer treatment programs that fit your needs. This may include weekly or more often appointments with your therapist. You may work with us through a comprehensive **outpatient treatment program** for a while but may drop down to less intensive therapy over time. This type of continuing care can be increased or reduced based on your needs.



Did You Know – Addiction Relapse Statistics

When you enroll in our outpatient treatment program serving Pennsylvania, Delaware, Maryland, and the DC area, you will get one-on-one help with **our counselors' dedicated team**. We understand where you are right now. We know you need help, and you want and need to live at home to get it. Our **women's treatment program** is designed to meet women's needs, including the needs of women who are pregnant, nursing, and raising children.

Mutual Health Group Services

Another component of our recovery support services focuses on getting help from those who are going through or who have gone through what you are. Mutual health groups include programs like 12-step and AA. Here, you are working with other men and women who are also working to turn their health around. These programs are moderated, but they can be run by those who are working towards remaining sober. Keep in mind that groups at **mental health treatment programs** are designed to be very flexible to meet your needs.

These programs are available to you within the Gaudenzia program. That means they are designed to work right along with your treatment. They can help you to stay the course by following the principles we discuss in treatment. You will be able to work through these programs, supporting others, too. They can also help minimize the risk of relapse.

Peer Recovery Support Services

Another type of supportive program we offer is a peer recovery support service. This is a component of the support services clients need. These types of programs involve creating smaller groups of people as well as one-on-one relationships with others who are going through the same thing. The benefit here is having a mentor who can support you and guide you through a difficult time.

They also go further. One of the most important components of your addiction recovery is building a life outside of treatment. With these types of programs, we can help you to achieve that. You can learn more about your community

and find out how you can get involved. This can help you build strong and healthy social groups capable of helping you work towards recovery and maintain your sobriety.

What Role Do Support Services Play in Your Recovery?

You may think that you just want to come in, get the help you need, and get back to life. It is not that easy, though. Most people need addiction recovery services that extend for months and even years after leaving therapy. This is a time for you to learn and overcome your challenges

What are some of the benefits our recovery support services can offer to you?

- They provide emotional support to get you through difficult times, including with a caring, supportive design.
- You'll get educational and emotional support to help you avoid the triggers that can lead to relapse.
- Instruction support is another benefit that often helps you with unpleasant tasks and stressful times, such as finding help for child care or transportation. We can also help you with transportation.
- You'll be empowered. With the use of recovery support services, you'll be able to feel confident going through each day. You will also find yourself more confident in your abilities.
- You may reduce your risk of relapse. These types of services continue to keep you engaged, which means you are focused on your desired outcome, not on using drugs or alcohol.

Who Should Utilize Recovery Support Services Like This?

We recommend that everyone who enters into drug and alcohol addiction treatment embraces the benefits of recovery support services. Of course, we never force you to take any type of care. Yet, you will learn a considerable amount about yourself and about your future in these programs. You will also be able to help others. You may benefit from our recovery support services if:

- You are transitioning back into daily life.
- Recovery is likely to be challenging for you in any way.
- You don't have a lot of family support at home.
- Addiction recovery and long-term sobriety are within your reach.
- You want to create a positive social life.

When you complete one of our programs, Gaudenzia sets up a comprehensive aftercare program designed around your life. Whether you are living in Pennsylvania, Delaware, Maryland, or DC, we have the aftercare program to help set you up for success. We provide you with the type of support that you need. This includes providing you with a plan for dealing with your triggers. You will also have tools set up to help you get help as soon as you are at risk. We even offer residential housing options for many of our clients.

Did You Know – What Is Transitional Housing?

Transitional housing is an opportunity for you to enter into a home-like setting with a small group of people. You will have responsibilities and

continue your care, but you will not live within the treatment program any longer. It is a step towards living on your own or going back to your life.



Are You Unsure Where to Begin?

Our addiction recovery services are designed to be very flexible and accommodating for your needs. We encourage you to take this time right now to reach out to us to learn more about how we can help you. That starts with exploring all of our treatment options, including:

- Drug and alcohol detox
- Residential treatment programs
- Women's rehab
- Men's rehab
- Help for pregnant women and women with children
- Outpatient treatment programs
- Mental health treatment

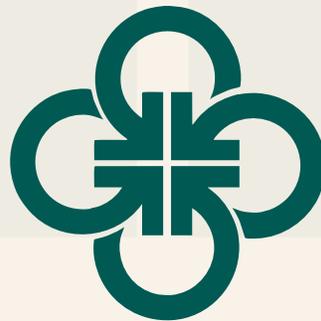
Once you make the call and speak to our team, the next step is to have a full assessment. We will create a customized plan for your needs. Then, you'll work that plan with our individual therapist and your group therapy sessions. Your clinical treatment will work on restoring your health and rebuilding your confidence every step of the way.

After this, we will help you with all of your needs, including family support services and peer support. We'll help you with self-care. Our support services are also designed to provide holistic care, so you feel empowered through your body, mind, and soul.

When you leave our traditional programs and work through our recovery support services, you'll have the opportunity to embrace healing. This is a time for you to explore what you need to achieve the best recovery level possible. Every step of the way, our team of dedicated counselors and passionate professionals will be there to support you and guide you. Take the first step in your recovery by reaching out to our team. Our services are here for you.

Explore the Treatment Options Available to You at Gaudenzia

No matter where you are in the addiction treatment program, our team at Gaudenzia is here to support you. We offer a wide range of treatment options designed to support you every step of your recovery. Our recovery support services are designed to empower you. To learn more about our addiction recovery services serving Pennsylvania, Delaware, Maryland, and the DC area, call our counselors at **833.647.0719**.



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Call **833.647.0719** to learn more.