



“Aware Recovery Care provided my son with a seamless transition from residential treatment to care at home.”

“By the end of my year, I was ready to be a part of my future.”



“It was the perfect combination of structure, support and reality.”

Aware Recovery Care provides a long-term solution for those suffering from the chronic disease of addiction—in the comfort, privacy, and security of your own home.

- Receive one full year of treatment for a cost that is comparable to a typical 28-day inpatient stay.
- Achieve long-term, sustained abstinence from a treatment shown to deliver recovery rates 300% over the national average.\*
- Enjoy the comforts of home.
- Mend and grow relationships with family and friends.
- Go to work and/or school.
- Be active within your community.

**Entering the Aware Recovery Care Program after an inpatient stay:**

- Facilitates a seamless transition to the “real world.”
- Builds upon your sobriety and successes already achieved.
- Ensures a formidable, long-term continuum of care.

\*Anthem Blue Cross Blue Shield report by Dr. Stephen Korn to State of Connecticut. Opioid Addiction Symposium October 14, 2016.



In-Home Addiction Treatment™

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The New Face of Addiction Treatment — Healing at Home.



In-Home Addiction Treatment™

## The Aware Recovery Care Model Works

Research shows that maintaining abstinence for a year dramatically improves a person's chance of sustained recovery from less than 10% to over 80%.<sup>1</sup>

>80% SUCCESS RATE

1-YEAR OF ABSTINENCE

<10% SUCCESS RATE



# HEALING AT HOME.

Your Aware Recovery Care Team provides you with highly structured, intimately designed, outpatient addiction treatment while living in your own home.

### Addiction Psychiatrist

- » Acts as your Team's Medical Director.
- » Meets with you to discuss treatment options and goals in order to create a flexible and personalized treatment plan.
- » Recommends detox if needed.
- » Leads the Recovery Team in conjunction with pre-existing doctors and clinicians for the duration of your treatment.

### Certified Recovery Advisor (CRA)

- » Serves as liaison and main point of contact.
- » State certified recovery coach.
- » In sustained, long-term recovery.
- » Meets in client's home and/or community.
- » Accessible by phone.
- » Coordinates alcohol and drug testing.
- » Implements and monitors GPS tracking system.
- » Integrates client into a 12-step/support group.
- » Coordinates additional healthcare, wellness and therapy needs.



### Registered Nurse

- » On day one, visits you in your home to conduct a full nursing assessment.
- » Provides pharmacotherapy to ease withdrawal symptoms and cravings.
- » Provides care for addiction related health issues—making you more comfortable.
- » Collaborates with the Addiction Psychiatrist, your Doctor, Therapist, and/or specialists to provide the best, personalized care possible.

### Licensed Therapist

- » Recommend that you stay with your current therapist who then becomes a member of your Recovery Team.
- » Can provide a therapist if needed.
- » Treats psychological and emotional issues.
- » Utilizes evidence-based treatment modalities such as CBT, DBT, Trauma therapy, etc.

## Family Systems

Aware Recovery Care is a home-based addiction treatment program that views the home as the "Treatment Center". Therefore, it is important that both the client and the family are each engaged in the recovery process. We apply a family systems approach that acknowledges how each member of the family impacts the other. Our Family Wellness Consultation supports our team and your family in creating a healthy home environment.

## Recovery Through Innovation

Our program uses these technologies as part of our evidence based curriculum:

### Biofeedback

- » Builds inner resilience
- » Promotes mindfulness
- » Eases stress and improves perspectives

### SOBERLINK Alcohol Monitoring (voluntary)

- » Discreet and portable
- » Promotes accountability
- » Relapse is detected quickly

### Voluntary GPS Monitoring

- » Builds trust
- » Promotes accountability



On day one, an ARC Registered Nurse conducts a full nursing assessment at your home.

## Additional Health and Wellness Resources

- » Intervention
- » Detox
- » Family Therapy facilitation
- » Physical Therapy facilitation
- » Occupational Therapy facilitation
- » Access to wellness programs
- » Legal assistance
- » Educational consultation



We encourage you to continue Counseling with your current mental health care provider and incorporate them as part of your Recovery Team.

<sup>1</sup>Kirshenbaum AP, Olsen D, Bickel W, A quantitative review of the ubiquitous relapse curve. J Substance Abuse Treatment. 2009;26:8-17