

Footprints™ to recovery

a *brook tree* Health Services Company

844-FOOTPRINTS
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Outlook of who we are

Footprints to Recovery is comprised of premier drug, alcohol, and substance use disorder rehabilitation centers. We pride ourselves on having designed intimate centers which promote highly individualized treatment for our patients throughout our continuum of care.

Our Philosophy:

We are committed to providing compassionate care to patients and families. We embrace the disease model of addiction as a formalized and scientifically researched field; adopting a bio - psycho - social - spiritual approach to assessment, evaluation and treatment planning.

We Treat:

- Primary Substance Use Disorders
 - Grief and Loss
- Mental Health and Related Conditions
 - Process Disorders
- Trauma: Mental and Physical

Our team of experts have been providing care for those afflicted with addiction and related disorders for decades. The team is comprised of:

Licensed Nutritionists

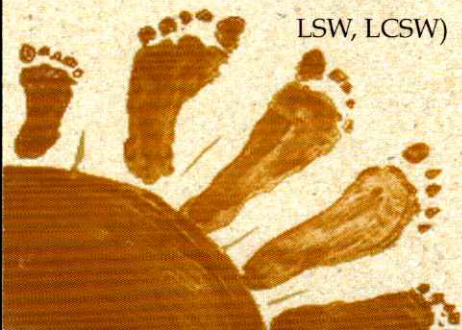
Registered Nurses (RN)

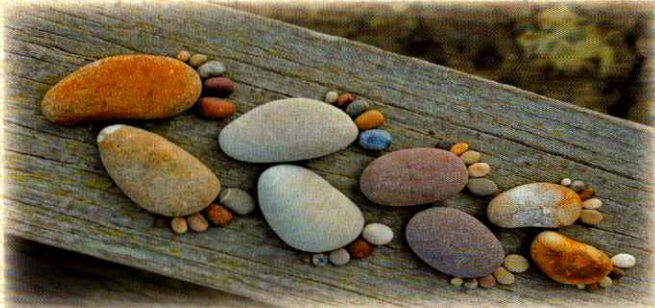
Advanced Practice Nurses (APN, NP)

Masters Level Clinicians (MA, MS)

Licensed Clinical Supervisors (ACS, CCS)

Dually Licensed Therapists (LPC, LCADC, PhD, LAC,
LSW, LCSW)





Tools for what we do

Our programs are designed to support, nurture and guide dignified recovery by fostering therapeutic relationships. We provide evidence-based tools and interventions for a lifetime of continued recovery.

Our team utilizes proven evidence-based therapies to assist in helping our patients progress in their journey. Our therapists partner with patients to build a personal plan of wellness using the following techniques:

DBT - Dialectical Behavioral Therapy

CBT - Cognitive Behavioral Therapy

MI - Motivational Interviewing

MET - Motivational Enhancement Therapy

REBT - Rational Emotive Behavioral Therapy

ACT - Acceptance Commitment Therapy

Individual and Family Counseling

Medication Assisted Therapy (MAT)

Addiction is often coupled with physical withdrawal symptoms, and related mental health disorders, such as depression and anxiety, for which medication may be helpful. Our medical experts will consult with each patient to determine the best individualized approach.

Why choose us

- Individualized Patient-Centered Care
 - State-of-the-art Facilities
 - Intimate Group Sizes
- Life Skills/Employment Readiness
 - Holistic Approach
 - Sober Activities
 - Family Program
- Alumni Meetings and Events
 - Aftercare Planning
 - Case Management





Reboot: Mind, Body, Spirit

We embrace individualized care encompassed with a holistic approach to wellness. We believe addiction is a complex disorder that should focus on the whole person; mind, body, and spirit. Our team of experts utilize a variety of practices for healing.

We Offer:

Yoga

Movement Therapy

Nutritional Counseling

Mindfulness

Meditation

Progressive Relaxation

Breathing Techniques

Expressive Therapies; (Art, Music, Drama,
Dance, Movement, Poetry/Creative Writing.)