



LEGACY  
HEALING CENTER

# Legacy's **Extended Care Curriculum**





## Medical Detoxification

(if required)

The purpose of drug and alcohol detoxification is to safely & effectively manage withdrawal symptoms when an individual decides to discontinue their usage.

Detoxification can vary in length of time depending on the substances used, length of usage, age, physical health status, and more. Legacy Healing Detox's medical professionals are experts at determining the length of stay and detox procedure for each individual.

We provide a safe and effective medical detoxification from alcohol, benzodiazepines and opiates/opioids. We also replenish depleted vitamins, minerals and nutrients to nourish and revitalize the body.

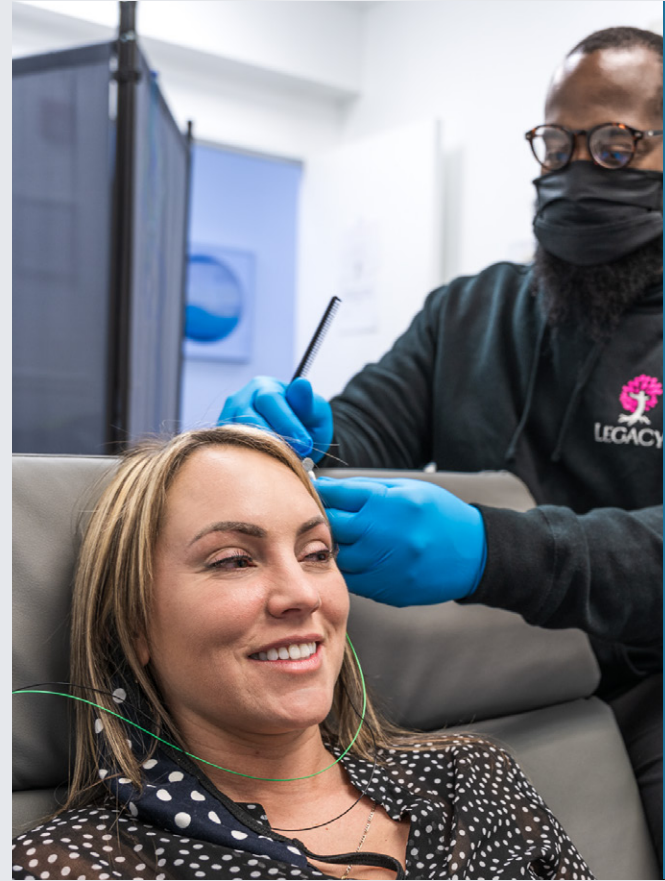


## Phase 1

- **Recovery Action Plan (RAP):** During the intake and assessment process, the treatment team will identify needed resources to help the client manage biopsychosocial stressors that led to maladaptive substance use and are risk factors for future return to substance use.
- **Holistic Treatment:** Yoga, massage and chiropractic services will help musculoskeletal discomfort. Sound therapy and daily meditation groups teach mindfulness, assist in managing anxiety and help clients be present in the moment, as opposed to dwelling on past failures/traumas, or future fears/worries.
- **Psychoeducation:** By educating clients regarding the disease model of addiction, we help to alleviate the stigma associated with addiction. Additionally, clients will receive education around the “ABC’s” of addiction, the stages of change, and relapse prevention.
- **Group Therapy:** Clients receive 30 hours of comprehensive groups each week covering a multitude of topics and using a variety of therapeutic models. Additionally, we offer activity therapy, life skills development and exposure to self-help support groups with members of the local community who have achieved long-term sobriety.
- **Individual Counseling:** Clients receive weekly individual sessions with a Psychiatric APRN, Medical APRN, Licensed Mental Health Professional, Licensed Marriage and Family Therapist, and Case Manager.

## Phase 2

- **Intense Trauma Therapy:** Clients receive weekly individual sessions with a trauma specialist. All clients have access to brain paint, neuro-linguistic programming techniques, serenity beds and a variety of treatment modalities that provide coping skills and tools to manage and treat difficult feelings and emotions associated with unresolved trauma.
- **Pathways2Work:** Clients receive a consultation with a non-profit organization that assists with career planning, resume building, interviewing skills, scheduling interviews, registering for school and even starting your own business.
- **Re-integration:** Clients focus on developing a sober support network through self-help support groups and begin to incorporate the spiritual principles into their life.



## Phase 3

- **Intensive Out Patient**
- **Aftercare Program**
- **Alumni principles into their life**

