Treatment with real life in mind: A model where behavioral science shakes hands traditional recovery methodologies

Objective: To introduce a recovery model based on matriculation back into society from the beginning of treatment. To illustrate some of the current drawbacks in the traditional model of inpatient care for those who are struggling with substance abuse. To compare and contrast treatment models inside and outside of recovery that entertain the use of behavioral science. To outline some new hope in recovery that might offer more longevity and affordability.

Methods: Focus was on executive brain function with an array of goals in recovery housing and treatment-feedback back and accountability in a peer environment and in a clinical environment. Observation and support was needed for immediate positive outcomes, in context to life skills, when a client is still in treatment or recovery housing. Peer Accountability, Positive Psychology, CBT, Trauma Based Therapy, Art Therapy, Recreational Therapy and Least restrictive environments are some of the important factors.

Results: Connection, social skills, self-regulation, program retention, participation in work or school. Transition from treatment and or recovery housing, was as seamless as possible in context to life skills (family, social, work/school) and sobriety. Affordable resources were provided for continued support.

Biography

Renee Brown is President of Next Level Recovery, LLC; Sober Living Properties, LLC; and Smart Medical, LLC. Her past is rich with a diversified outlook on addiction, as she has served as a provider of recovery housing and treatment. She was the first to license a recovery house (Sober Living Properties) in the state of Utah, which is now one of the largest providers of recovery housing in Utah and has programs with Behavioral Science in the treatment center, Next Level Recovery. Her clients engage in healthy relationships, work or school, and are known to overcome some of their most difficult obstacles in early recovery, before they leave treatment and or recovery housing.

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