

Programs in detail:

## Women's Program

At Caring People Recovery Center, we understand the unique challenges that affect women. For the majority of us, this disease has left our lives in utter chaos, making it difficult to know how to get to the next step. An experienced guide can provide invaluable support and direction along the way to overcoming addiction. Caring People Recovery Center offers medical and psychotherapeutic treatment for chemical dependencies such as drug and alcohol addiction. This can include street drugs, prescription medications, psychedelic, cocktails and alcohol.

Our treatment centers provide a positive environment to help addicts deal with their physical, spiritual and physiological dependencies, including the detox process. As a patient, our team of qualified professionals will help you with your personal recovery plan that is based on the proven methods of medicine, social and psychotherapy combined with the time tested 12-Step programs of AA and NA.

You will receive intensive structured care with the proper support system in place to ensure a successful recovery. You will be introduced to a 12-Step Fellowship and can attend daily 12-step support group meetings in-house and within the community. We promise to care for you and treat you with dignity as you heal your body, soul and spirit.

Caring People Recovery Center is a life changing drug detox rehab and addiction treatment center; offering treatment for alcoholism and drug addiction.

As a treatment facility with qualified professionals, we will provide you with the help and support you need to restart your life. Our center is dedicated to providing you with a therapeutic environment that meets your individual needs.

Our facilities offer the level of care necessary to treat your dependency and help you achieve long term recovery from alcohol and/or drug addiction.

Caring People Recovery Center will care for you while we teach you how to rebuild your life and restore relationships with your family and loved ones.

However, the most important relationship we help you to restore is with yourself and God.

We achieve this by providing professional, individualized, and comprehensive treatment for women suffering from the effects of alcohol and drug addiction. We are committed to providing the highest quality of service to our clients and their families and adapting our services to meet our patients' needs.

Gender specific programs offer much more insight than traditional therapy and counseling. Caring People wants to give you a life and empower you to fulfill your goals and personal recovery dreams.

# Men's Program

At Caring People Recovery Center, we understand the unique challenges that affect men. For many of us, this disease has left our lives in shambles, making it difficult to know how to get to the next step or even get through life. An experienced guide can provide invaluable support and direction along the way to overcoming addiction.

Caring People Recovery Center offers medical and psychotherapeutic treatment for chemical dependencies such as drug and alcohol addiction. This can include street drugs, prescription medications, psychedelic cocktails and alcohol. Our treatment centers provide a positive environment to help addicts deal with their physical, social and physiological dependencies, including the detox process.

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We will care for you while we teach you how to rebuild your life and restore relationships with your family and loved ones. However, the most important relationship we help you restore is with yourself and God. We achieve this by providing professional, individualized, and comprehensive treatment for men suffering from the effects of alcohol and drug addiction. We are committed to providing the highest quality of service to our clients and their families and adapting our services to meet our patients' needs.

Our gender specific programs offer much more insight than traditional therapy and counseling. Our program will give light to a new way of life and empower you to fulfill your personal recovery goal.

# Residential Addiction Treatment

Inpatient Drug Rehab & Alcohol Treatment Center

Residential Addiction Treatment at Caring People Recovery Center offers support and structure for men and women seeking treatment for drug and alcohol addiction. We also provide specialized residential treatment for those suffering from the emotional and psychiatric problems that can accompany an addiction (dual diagnosis disorder).

Participants receiving services at inpatient level of care live in our residential facilities for the course of the program. Individual care plans for addiction or dual diagnosis disorders may encompass multiple interventions:

- Individual evaluation and counseling
- Spiritual Therapy
- Group therapy
- Goal-oriented planning
- Educational lectures for both patient and family
- Relapse prevention groups
- Medication management
- Other specific components identified as a special need for an individual client

Families are strongly encouraged to be involved in the treatment plan, with participation in weekly family programs.

Caring People Recovery Center residential addiction treatment program has demonstrated success in helping clients achieve and sustain long-term sobriety, as well as stabilization of chronic psychiatric symptoms. Professional clinicians work closely with each client, assisting them to integrate new life-tools that promote self-sufficiency and participation as contributing members of society.

The Residential treatment program allows the identification of problems, strengths, and weakness on an ongoing basis, with intervention and support available both during and after active treatment hours.

## DETOX

Most recoveries begin with detoxification. This process clears the body of toxins accumulated during the period of drug and alcohol abuse and provides a starting point for recovery. Once the bio-chemical addiction has been addressed, the process of mental and emotional healing can begin. Drug and alcohol detox is the first step towards successful drug and alcohol treatment while here in Florida or anywhere in the United States.

Detox is considered to be complete when all the major withdrawal symptoms have subsided and the substance is no longer present in an addict's system. The

detoxification process can vary depending on the frequency of abuse, the pattern of typical use and on individual differences.

Because major withdrawal symptoms will peak during the first few days after discontinuing use, it is important to seek medical detox help from trained medical professionals immediately if trying to quit an addiction. The major withdrawal symptoms are generally cleared within this first phase of detoxification; however, many lesser withdrawal symptoms can last much longer.

Detox Approximation:

- Heroin-5 to 14 days
- Alcohol-5 to 7 days days, but can last up to 2-3 weeks in advanced cases
- Benzodiazepines (Xanax) – because stopping “cold turkey” can be very dangerous, the dose is reduced gradually for the patients safety. Detox can last 1-2 weeks or longer.
- Cocaine and crack – 5 to 14 days, the drug will normally take 5 days to clear but symptoms can often occur much longer.
- Methamphetamine -7 to 10 days, but even the less extreme symptoms can persist much longer. The drug can be cleared within 2 days, but the majority of patients will develop “withdrawal syndrome”, which accounts for the longer periods of time.
- Prescription Opiates (Hydrocodone, Vicodin)-7-10 day

When anyone stops the use of drugs or alcohol abruptly, regardless of the degree of abuse, he or she will experience some level of physical discomfort which is known as withdrawal. Mild to mid-level withdrawal symptoms can normally be treated on an out-patient basis by a medical professional, but more extreme cases will most certainly require in-patient rehab.

For someone less dependent, withdrawal symptoms will include:

- Nausea
- Shakes
- Night sweats
- Fatigue
- Depression
- Nightmares
- Anxiety
- Rapid heart beat
- Increased blood pressure

For someone with a more extreme dependency, withdrawal symptoms can include:

- Convulsions
- Hallucinations
- Seizures
- Muscle Tremors
- Black Outs
- Profound Confusion

- Severe autonomic nervous system over activity
- Death

Alcoholism has some of the most harmful withdrawal symptoms (delirium and hallucinations) and unsupervised detox can be extremely dangerous to an individual. Opiate withdrawal, while not life threatening can become so uncomfortable for a person trying to quit, they may abandon their commitment to sobriety, and barbiturate withdrawal can possibly lead to death. Detox must be done in a safe and supervised environment. Trying to detox on your own can be extremely dangerous, sometimes even life threatening.

Someone who is less dependent may experience more mild withdrawal symptoms, but the “craving” that he or she will experience once off drugs or alcohol can sometimes become so intense, it makes abstaining extremely difficult without the proper counseling and support. Regardless of the degree of dependency, it is important that a person who wishes to stop drug or alcohol use and begin detox receives the proper medical treatment before entering a drug treatment & recovery program.

## OUTPATIENT SERVICES

Caring People Recovery Center’s Outpatient Treatment Center for addiction, dual diagnosis, and other disorders provides a full menu of therapy groups and services, enabling you to benefit from a completely customized treatment program. Services include the following:

- Individual therapy and case management
- Behavior Therapy (BT) skills groups
- Trauma Psycho Therapies
- Psychiatric evaluation and medication management
- Couples and family counseling
- Specialized groups, including trauma/grief and loss, mood disorders, codependency, family of origin, eating disorders, nutrition, relapse prevention, psychotherapy, and life coaching
- Experiential therapies
- Intensive family weekends
- Life skills, vocational concerns, and educational issues, as needed

The number of groups and individual sessions, and the intensity of treatment, will be adjusted based on your needs. If needed, you will also receive assistance with independent living skills, something Caring People uniquely provides. Your progress toward your goals will be assessed and monitored on a regular basis.

We will help you move out of your illness and into your life using a hands-on approach to help you achieve your life goals. Trained mental health and addiction treatment

professionals provide support and guidance as you begin to practice your recovery skills in the community and workplace, and learn how to effectively cope with real-life stress.

## INTENSIVE OUTPATIENT PROGRAM (IOP)

When a client has safe home living conditions and a daily structure that is supportive for recovery, the Intensive Outpatient Program at Caring People Recovery Center is recommended.

This level of care is offered during convenient hours, and encourages clients with addictions to continue functioning in their communities, while participating in a more intensive form of alcohol and drug treatment than traditional outpatient settings can offer. This combination of continued productive and independent lifestyle, coupled with frequent and intensive treatment interventions, has been proven to be a successful outpatient treatment modality.

Caring People Recovery Center IOP provides services in a manner that allows the client to continue to work or pursue their academic classes. This Intensive Outpatient Program is most effective to those clients who have already shown improvement in their drug and alcohol treatment goals, and are willing to commit to ongoing treatment. Clients at this level of care are expected to attend daily 12-step meetings and support groups, in order to meet a common goal of developing personal support through this important fellowship.

Before clients are accepted into an Intensive Outpatient Program, they are assessed by Caring People Recovery Center clinical team to make sure that this level of care is appropriate. Once they enter into the IOP, they are provided with a highly individualized treatment plan that includes group therapy, relapse prevention therapy, and participation in progressive treatment processes and skills-based activities. Treatment plans are evaluated often, and restructured as needed, so that optimum progress is made towards the client's rehabilitation and treatment success.

If a lack of sober-living housing is the only thing stopping a client from taking part in our IOP, Caring People Recovery Center in Central Florida manages and implements a transition from full addiction treatment to a sober living environment. Sober living housing provides a safe, structured, alcohol and drug free setting. This is crucial in providing individuals opportunities to put the principles of recovery into practice, and an important way to become immersed in the recovering community.

## SOBER LIVING

For those who are ready to focus on their alcohol and drug addiction treatment programs, sober living is a great choice. Sober living is defined as a living situation in which a person stays at a residential or inpatient treatment center designed to provide patients with an environment that is free from substances such as drugs and alcohol as well as a structure that helps them remain drug free after treatment and detox. Sober

living and treatment centers are actual residences, though many of them offer extensive therapy programs to help their residents recover from their addictions.

Caring People Recovery Center is a drug and alcohol treatment center in Central Florida designed to help men and women who are suffering from substance abuse problems. A quaint facility, Caring People's unique blend of treatments offer men and women an incredible opportunity to break their addictions and return to a normal life. Sober living is one of the many options available, as well as inpatient and outpatient treatment and drug and alcohol detox.

## Basic Living

A sober living arrangement can last from around three months to as long as 12 months, depending upon the needs of the individual. Sober living focuses on helping you reintegrate back into the world slowly. A family-style atmosphere, everyone in the sober living situation assists one another as they take on one difficulty at a time.

Personal responsibility is very important in sober living like Caring People Recovery Center and the activities are all highly structured and supervised. Patients go through examinations of damaging beliefs, self destructive behaviors and their concepts of how to interact with others throughout their stay in order to help them gain more respect both for others and themselves. Some sober living arrangements allow the individual to build a life outside of the facility, while others require isolation from the outside world while undergoing rehabilitation.

## The Benefits

When staying in a sober living home, you can experience a life without drugs or alcohol, and your body is allowed to adapt and heal after your time indulging in toxic, damaging substances. Sober Living help relieve the pressures that normal treatment programs can't address, due to their brevity.

With sober living, you can stay for months at a time in an environment free from pressures and temptations, learning how to deal with cravings and recovering physically, spiritually, stressors and emotionally at your own pace.

If you or someone you know has a drug or substance abuse problem and want some help, sober living is a great option. With sober living, many of the pressures and downsides of normal treatment programs are gone, leaving the door wide open for you to properly detox and learn how to resist future temptations when it is time for you to return home.

## Caring People Recovery Center: Sober Living

Caring People Recovery Center is a rehabilitation facility located in Central Florida that was created to address the unique needs of men and women who are suffering from

substance abuse and unresolved trauma. Caring People's unique blend of treatments and therapies allow men and women to focus on the problems and pressures that we face, helping us get free from addiction and back to a normal life.

The Orchid's model of treatment identifies the impact that unresolved trauma can have on a woman's life and is built on the idea that unresolved issues can lead to unhealthy choices and a dependency on damaging substances later on in life. By addressing these unresolved traumas, a more complete and spiritual recovery can be attained, since the root problem is being addressed, not just the symptoms. If you would like more information about Caring People Recovery Center, call today. "Let the Healing Begin!"

## Co-occurring Disorder

The term "co-occurring disorder" refers to someone suffering from both a drug or alcohol addiction and a co-occurring psychiatric illness, such as bipolar disorder or depression. It's an area of addiction medicine that has grown rapidly in recent years, leading to better understanding and advances in treatment.

According to a report published by the Journal of the American Medical Association\*: Thirty-seven percent of alcohol abusers and 53 percent of drug abusers also have at least one serious mental illness.

Of all people diagnosed as mentally ill, 29 percent abuse either alcohol or drugs.

## Why is Co-occurring Disorder treatment more complex?

The two illnesses can actually exacerbate each other, and it becomes difficult to determine which symptoms are caused by which disorder. For example, psychiatric symptoms can be masked by drug use.

Conversely, drug or alcohol use (or withdrawal from drugs/alcohol) can cause behaviors that mimic psychiatric conditions. An untreated psychiatric illness can lead to drug abuse or alcohol abuse – and untreated drug addiction can cause reoccurrence of psychiatric symptoms.

With symptoms and causal relationships so tightly intertwined, it's important to choose experienced co-occurring disorder professionals.

## Specialists

Caring People Recovery Center specializes in helping those with dual diagnoses through an integrated treatment model.

- First, you'll experience a safe, trauma-free and medically supervised detoxification process.
- Next, you'll begin simultaneous treatment for both your addiction and your psychiatric disorder – all with one team of professionals who are united in your treatment plan.



- Even better, all of your treatment will occur on a single campus so that you can concentrate on your recovery, without disruption.