

# Guide to Effective Addiction Treatment



## 11 Indicators of Effective Treatment

*As Outlined by Psychology Today*

1. Assessment and Treatment Matching to Individual
2. Integrated Treatment Approach (Mental, Physical, Spiritual)
3. Emphasis and Assertive Linkage to Subsequent Phases of Treatment and Recovery Support
4. Dignified Environment
5. Family/Loved Ones Involvement in Treatment
6. Employ strategies to Help Engage and Retain Patients in Treatment
7. Evidence-based Practices
8. Qualified Staff, Well-Trained Staff
9. Personalized Approaches
10. Measurement of Program Performance and Patient Progress
11. External Accreditation from Nationally Recognized Quality Monitoring Agencies

Source: [www.psychologytoday.com/us/blog/addiction-recovery-101/201710/what-is-good-addiction-treatment-program](http://www.psychologytoday.com/us/blog/addiction-recovery-101/201710/what-is-good-addiction-treatment-program)

## Effective Addiction Treatment at Hickory House

You'll find a personalized addiction treatment that offers the highest quality of care.

### Treatment Experience

Hickory House Recovery is a small, private residential treatment program serving adult men and women suffering from addiction. We are located just outside of Indianapolis, in the Indiana countryside. We serve no more than 14 clients at a time, allowing our staff to create individualized treatment plans. We have well-appointed private rooms each with their own bathroom and shower. Our delicious, health-conscious meals are prepared daily by our chefs. Our on-site exercise facility, yoga, meditation and complementary therapies have been designed to maximize the treatment experience.

### Clinical Program

Hickory House offers dual-diagnosis treatment of addiction and mental health disorders. We believe that treatment of both the mind and the body is paramount in true recovery. This is why we offer the following in our clinical approach to addiction treatment.

- Biopsychosocial Assessment
- Group and individual therapy
- Family Therapy
- Experiential Therapy
- Community-based Recovery Programming
- Relapse Prevention



#### Experts in treating

- ✓ Alcohol
- ✓ Heroin, Fentanyl and Opioid
- ✓ Cocaine
- ✓ Prescription pills
- ✓ Methamphetamine

#### Co-occurring disorders:

- ✓ Depression
- ✓ Anxiety
- ✓ PTSD
- ✓ Trauma

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**[www.hickoryhouse.com](http://www.hickoryhouse.com)**

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