



Guide to Effective Addiction Treatment

BEGIN YOUR JOURNEY TO A BETTER LIFE. CALL (317) 434-5431



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-101/2017/10/what-is-good-addiction-treatment-program

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EFFECTIVE ADDICTION TREATMENT

Addiction treatment that offers the highest quality of care.

TREATMENT SPECIALTIES

- On-site detox with 24-hour care
- Substance Abuse and Chemical Dependency
- Alcohol Addiction
- Co-Occurring Addictions
- Dual Diagnosis
- Relapse Management and Prevention
- Medication Assisted Treatment (MAT)
- Peer Recovery Coaches
- Personalized Case Management
- Intensive Outpatient Program (IOP)

TREATMENT MODALITIES

- Individual, Group and Family Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Matrix Model
- Motivational Interviewing (MI)
- Seeking Safety
- SMART Recovery
- Yoga, Exercise, Health & Wellness
- Self Help Groups
- Music & Art Therapy
- Individualized Evidence-Based Therapies

TREATMENT EXPERIENCE

Hickory House Recovery is a small, private residential treatment program serving adult men and women suffering from addiction and co-occurring mental health issues. We serve no more than 30 clients at a time, allowing our staff to create individualized treatment plans. We have well-appointed semi-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.

PERSONAL CONSULTATION

We know that every addiction is different. That's why we provide a personal consultation with our rehab experts to build a detox and treatment plan that is tailored to your specific addiction and personal requirements.

INSURANCE PLANS ACCEPTED

Aetna	Cigna
Anthem	Humana
Ambetter	Multiplan
Blue Cross Blue Shield	United Healthcare
	Private Pay



Experts in treating

- ✓ Alcohol
- ✓ Heroin, Fentanyl and Opioid
- ✓ Benzodiazepines
- ✓ Prescription Drug Misuse/Abuse
- ✓ Methamphetamine
- ✓ Cocaine/Crack

Co-occurring disorders:

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

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