



ACCEPTANCE

WE ADMITTED WE WERE
POWERLESS OVER
ADDICTION, THAT OUR
LIVES HAVE BECOME
UNMANAGEABLE

An addiction treatment
experience with
unparalleled clinical care

DREAMLIFERECOVERY.COM
833-330-5433



THIS IS DREAMLIFE RECOVERY

Nestled in the mountains of Western Pennsylvania, our facility sets the standard for solution-based recovery in adult addiction treatment. We offer a continuum of care in order to meet the needs of every individual:

- › **Detoxification Program**
- › **Residential Program**
- › **Partial Hospitalization Program**
- › **Intensive Outpatient Program**
- › **Aftercare Treatment**



The new standard in
real, lasting,
evidence- based
addiction treatment.

OUR MISSION

At DreamLife Recovery, our goal is to guide our clients as they develop effective strategies to maintain abstinence from drugs and alcohol, and prepare them to live a happy, productive life when they leave our facility.



OUR TREATMENT PHILOSOPHY

Our philosophy stems from using the best practices of eastern spirituality, the original 12-step model, and modern evidence-based therapies. Using the best of each, we offer a comprehensive treatment program. Clients benefit from an integrative experience that prepares them for a happy and productive life in sobriety.

At DreamLife Recovery, we hold ourselves to the highest standards, ensuring clinical excellence and exceptional service in every detail of the comprehensive treatments we provide. Our staff are experienced and compassionate professionals who are personally invested in the success, health and wellness of each of our clients. We provide clients with proven, scientific and integrative treatment in a supportive environment. In every aspect of treatment and service, our goal is to provide a healing community conducive to mental, physical and spiritual well-being.

We give clients the structure they need in a program that makes treatment as comfortable as it can possibly be. We offer an assortment of therapy experience and amenities that clearly demonstrate our superior level of service and commitment to each client.



*Ensuring clinical
excellence and
exceptional service
in every detail*

DreamLife
RECOVERY



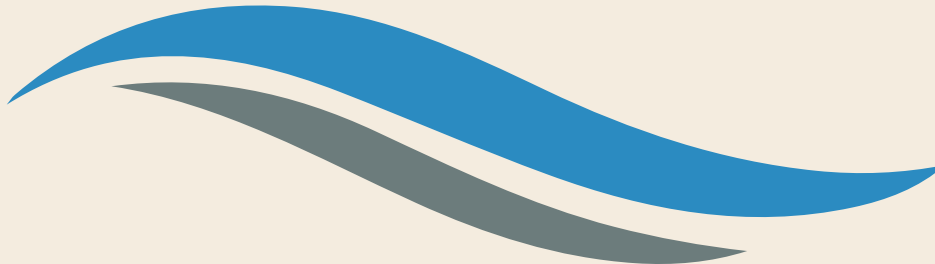
THE SOLUTIONS

CLINICAL PROGRAMMING

Every team member is hand selected and every detail of the facility is designed with the psychological impact and effects considered in the development and design of DreamLife Recovery. The therapeutic recovery curriculum is built with every consideration of best practices to deliver optimal experiences for each individual. Our team delivers a truly individualized treatment plan for wellness starting from the very first day of treatment.

INDIVIDUAL EVALUATIONS

Within three days of arriving, your dedicated treatment team will meet to discuss your individual circumstances and present a recommended treatment and recovery plan. Part of providing each individual with the care they need is based on initial and continuing assessments. These assessments aid in creating each individual's comprehensive treatment plan, and determine appropriate treatment at each level of care.





Services Provided:

- › Chemical dependency assessment and evaluation
- › Psychiatric evaluation and care
- › Individual treatment planning
- › Intensive individual therapy
- › Art therapy
- › Recreation & equine therapy
- › Immersive family programming sessions
- › Relapse prevention groups
- › Denial groups
- › Life skills groups
- › Recovery skills group
- › Mental health groups
- › Trauma groups
- › Spirituality/meditation groups
- › ADL groups
- › Case management and aftercare planning services
- › Biopsychosocial evaluation
- › Urine drug screening
- › Group therapy



THE TEAM

Each member of our treatment team has been selected because of their excellence in attaining the best results in their therapeutic treatment specialty. All of our staff are licensed and credentialed at the masters and doctoral level, but what really matters to our clients most is the level of empathy and understanding they bring to every interaction.

As a team, we are here to welcome you in and make you feel safe. In clinical as well as social settings, our goal is to get to know your story and individual needs and make a plan with you to get you to where you want to be.

THE TREATMENT TEAM

- › Executive Director
- › Medical Director
- › Clinical Director
- › Director of Nursing
- › Psychologists
- › Board-Certified Addictionologist
- › Personal Recovery Coaches
- › Therapists
- › Nurses
- › Case Managers

All individual, educational, and group therapy sessions are facilitated by a minimum of a counselor assistant and supervised by a licensed, master's level therapist.



LIVE BIG
Be Grateful
BELIEVE NEVER GIVE UP
DREAM BIG SMILE
DANCE Great others know
create LAUGH
HELP OTHERS Love





OUR LEVELS OF CARE

The focus of treatment for all DreamLife Recovery clients is primarily on therapeutic reprocessing education and relapse prevention. Patients benefit from the following:

- › High staff-to-client ration
- › Assessment and self evaluation
- › Nutritious meals
- › Round-the-clock support
- › Community support groups
- › Assistance of abstinence strategies
- › Random urine drug screens

DETOXIFICATION PROGRAM

Our detoxification program is medically monitored and provides the most cutting-edge care available.

- › 28 hours of group & individual counseling per week
- › Regular medication reviews and risk assessments
- › A seamless transition into the next level of care

RESIDENTIAL PROGRAM

When clients have been stabilized, they may transition into our residential program. Clients start their healing journey through intensive therapy and interventions inclusive of cognitive, behavioral, somatic, trauma, adventure, grief and loss reprocessing.

- › 42 hours of group & individual counseling provided per week
- › Family involvement in therapy
- › Participation in daily living tasks



PARTIAL HOSPITALIZATION PROGRAM

Our Partial Hospitalization Program (PHP) offers the same gold standard of care as our Residential Program, but as a day program. During this phase of treatment, clients solidify the skills and tools they need to maintain a happy and productive life in sobriety.

- › 36 hours of treatment provided six days a week from 8:30 am to 4:30 pm.
- › Combination of individual and group counseling with family involvement whenever possible

INTENSIVE OUTPATIENT PROGRAM

When clients are ready, they move from the PHP level of care to an Intensive Outpatient Program (IOP). The IOP treatment phase is focused on allowing patients to become independent and to maintain lasting sobriety.

- › At least 9 hours of treatment each week
- › Minimum one hour of individual

AFTERCARE TREATMENT

Discharge planning begins at admission because our ultimate goal is to return clients to their homes and communities when they are ready. We know that long-term sobriety requires continuity of care and continued participation in relapse prevention activities such as therapy and support groups. We are proud of our alumni and stay connected to them as they progress into sustainable recovery with our alumni support groups and network.





• DreamLife Recovery •

EST. 2019

OUR EVIDENCE-BASED MODALITIES

In all levels of care, modalities used by DreamLife clinicians include evidence-based interventions from:

- › Family Therapy
- › Motivational Interviewing
- › Cognitive Behavioral Therapy
- › Dialectal Behavioral Therapy
- › Rational Emotive Behavioral Therapy
- › Emotional Freedom Techniques
- › Seeking Safety
- › Rapid Trauma Resolution
- › Recovery Coaching
- › Eye Movement Desensitization & Reprocessing

These treatment modalities are accompanied by an impressive suite of mind-body interventions:

- › Equine therapy
- › Yoga and Exercise
- › Art therapy



THE ESTATE

Our facility is surrounded by 9 private acres of wilderness in the hill country of Pennsylvania. The natural beauty of the Donegal area adds to the healing environment at DreamLife Recovery. This setting allows us to offer equine therapy and other daily activities in our own backyard, surrounded by nature.





Indoors, our facility offers a vast array of amenities including an on-site gym and aqua lounge. Every detail of the indoor ambiance has been intentionally designed and chosen to create the best possible environment for healing.





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