



DREAMLIFE LOOKBOOK

GET TO KNOW DREAMLIFE

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 treatments 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 experiences and amenities that clearly demonstrate our superior level of service and commitment to each client.



MAJOR PROVIDERS WE ARE IN NETWORK WITH INCLUDE:



DREAMLIFE'S LOOKBOOK:

INSURANCE VERIFICATION

WHO WE TREAT

PROGRAMS

ADDICTION THERAPY

AMENITIES

DREAMLIFE PITTSBRUGH

VIDEO LIBRARY

MEET OUR TEAM

- Lidice Morales
- Brooke Mckenzie
- Dr. Mendiratta
- David Lambie
- Mike Iwinski
- David Knisely
- Curtis Rodgers

ADDICTION INTERVENTION

ADMISSION PROCESS



INFORMATION NEEDED FOR INSURANCE VERIFICATION:

- Name of policy holder and policy holder date of birth
- Name of Patient if not policy holder and date of birth
- Insurance ID/Group Number
- Substance and daily amount
- History of substance use
- Psychiatric diagnosis given in the past by providers
- Psych symptoms if any



WHO WE TREAT:

- Males and females 18+
- Alcohol, opiate, meth, heroin, and more
- Primary substance use disorder & dual diagnosis with co-occurring mental health issues

PROGRAMS:

- Family Program
- Trauma Program
- LGBTQIA+ Program
- LIFEOffice Program
- First Responders Program

ADDICTION THERAPY:

- EMDR therapy
- MAT (medication-assisted treatment)
- Group therapy
- Individual therapy
- CBT therapy
- DBT therapy
- Psychotherapy
- Adventure therapy
- Brainspotting

AMENITIES:

- Pet friendly
- Hydrotherapy
- Eastern/western exercise philosophy
- Gym access
- Sound therapy
- Biofeedback
- Yoga

WHAT IS AN OUTPATIENT PARTIAL HOSPITALIZATION PROGRAM?

Generally, patients in partial hospitalization rehab receive moderately intensive therapy and treatments at their facility for several hours a day, a few days per week. Following their treatments, they're allowed to return to their home and attend to their other obligations, including housework, childcare, work or school.

Participants receive more concentrated treatment than they would from seeing a therapist only once a week, but they don't need to put their lives on hold completely by entering inpatient hospitalization. They can receive structure and consistent treatment in a more flexible environment.

When considering what is partial hospitalization, it's important to keep in mind that the treatment given is still quite structured and comprehensive. While it is not as intensive as an inpatient center, you will spend enough time in this type of treatment to be able to address all of your needs.

PARTIAL HOSPITALIZATION PROGRAM (PHP) DRUG REHAB IN PITTSBURGH, PA

When it comes to our partial hospitalization program in Pittsburgh, PA, it's important that you are treated as a whole person. You have many facets to your personality, and you're more than just your substance use issue. That's why here at DreamLife Recovery Pittsburgh, we focus on offering reality-based therapy that allows you to learn and recover in a setting that is more like your real-life living environment. Additionally, you'll learn hands-on skills like coping mechanisms and budgeting, alongside your recovery treatment.

Our program services include:

- Rehab treatment.
- Individual counseling.
- Group therapy sessions.
- Access to on-site medical staff
- Collaboration with our residential facility.
- Overall wellness approach to treatment.



DreamLife
RECOVERY



VIDEO LIBRARY

CLICK OR SCAN THE CODES BELOW TO WATCH OUR VIDEOS:

**DREAMLIFE
OVERVIEW:**



**ADVENTURE
THERAPY:**



**VIRTUAL
TOUR:**



**FAMILY
PROGRAM:**



**FIRST
RESPONDERS:**



**LGBTQIA+
PROGRAM:**



**TRAUMA
PROGRAM:**



**LIFEOffice
PROGRAM:**



**INTERVENTION
SERVICE:**





MEET OUR TEAM



LIDICE MORALES

VP of Operations

Lidice Morales was raised in Miami, Florida. She graduated, with honors, from Keiser University in Fort Lauderdale, Florida. Lidice has been the Director of Nursing at several behavioral health facilities. She is constantly bettering herself by furthering her education and staying informed. Lidice's determination to acquire new knowledge and apply it, allows her to adapt, as needed, to the ever changing and growing field of behavioral health care. She was the Director of Operations for Detox MD, in Pembroke Pines, Florida. Lidice is now the VP of Operations at DreamLife Recovery, in Donegal, Pennsylvania. She is very passionate about providing the best care possible for her patients and their families. Lidice is dedicated to creating a professional work atmosphere that allows her team to work together to achieve higher levels of patient care. Her incredible work ethic and enthusiasm allow her to be successful in the dynamic world of behavioral health care.

BROOKE MCKENZIE

Chief of Clinical Care Services

Brooke McKenzie earned a bachelor's degree and a Masters in Social Work, followed by earning her LCSW in 2009. She has worked in progressively more responsible positions in substance abuse since 2004, filling various roles from clinician to clinical director.

Brooke spent the last 10 years as the Executive Director of a drug and alcohol facility, overseeing all levels of care including detox, residential, PHP, IOP and outpatient programming. Brooke's determination for continuous growth and to combine her clinical experience with project management skills, led her to her most recent accomplishment of earning her MBA in Project Management from Seton Hill University. She places great emphasis on creating an atmosphere of professionalism and communication, whether that is with her colleagues, her patient's families, outside organizations, or most significant - her patients. These assets continue to lead her success and growth in the field of behavioral health.





DAVID LAMBIE

Director of Nursing

David Lambie graduated from Palm Beach State College in South Florida. David's professional background in treatment centers, as well as his personal experience with addiction and recovery, makes him uniquely qualified as DreamLife's Director of Nursing. After struggling for many years with his addiction, David found sobriety on March 25, 2012. His personal experiences allow David to relate to clients going through the recovery process. He does everything he can to help his clients and make the process as comfortable as possible. David's favorite thing about working at DreamLife is empathizing with his clients and watching the life flow back into them as they heal. He looks forward to growing with DreamLife and helping as many people through recovery as he can. David resides in Scottsdale, PA with his wife, Laura and his daughter, Joy.

DR. SANDEEP MENDIRATTA

Chief Medical Officer

Dr. Sandeep Mendiratta completed a combined BS/MD accelerated program at Northeast Ohio Medical University. From there, he went on to be trained at the University of Florida and subsequently became a Board-Certified Diplomate of the American Board of Psychiatry and Neurology.

Dr. Mendiratta has significant clinical inpatient and office experience with adults, adolescent and children across different disciplines of psychiatry, neuropsychiatry and addiction medicine. He has served as medical director at multiple addiction based facilities throughout his career. He is also ECT (electroconvulsive therapy) certified and Suboxone certified for opiate addiction. Dr. Mendiratta serves as a clinical investigator at Research Centers of America having contributed clinical research in over 75 clinical trials.

Dr. Mendiratta has served as a clinical assistant professor on the faculty of The University of Miami/Jackson School of Medicine and the Florida International University/Herbert Wertheim School of Medicine. He has received numerous awards in teaching, including the prestigious Excellence in Medicine Teaching Award. Dr. Mendiratta currently serves as the Chair of Psychiatry at Broward Health Imperial Point, Fort Lauderdale.





MIKE IWINSKI

Lead Therapist

Mike Iwinski has a master's in human services counseling and executive leadership and an undergraduate is in history with a minor in Ancient Greek and significant coursework in education and religion, giving him a diverse knowledge base to pull from when working with clients. Having worked as a case manager for clients struggling with mental health issues and substance abuse, as well as a counselor in both of those fields, Mike knows how to navigate systems and help his clients achieve their goals. Mike has worked with people struggling with all kinds of addictions and MH concerns, including PTSD, trauma, childhood sexual abuse and with those struggling with compulsive and shame based sexual behaviors. Utilizing both traditional and holistic modalities, Mike seeks to meet clients where they are in their recovery. Mike practices CBT, ACT, EMDR, somatic psychotherapy, sound healing, and engages clients utilizing the polyvagal theory.

DAVID KNISELY

Lead Therapist

David Knisely earned his Bachelor's Degree in Human Services and is a Certified Drug and Alcohol Counselor. David has been working with individuals with substance use disorders for 19 years, beginning his career with adolescents. He has had experience in both Residential and Outpatient Services, before joining the Dreamlife team. David utilizes motivational interviewing to build a therapeutic alliance with clients. As a member of the LGBTQIA+ community, he brings diversity to the team and has been an advocate for the LGBTQIA+ population in treatment, providing a specialized program that addresses specific needs for this community and to role model inclusion and acceptance.



D MEET OUR TEAM



CURTIS RODGERS Director of Addiction Intervention

Curtis Rodgers has worked in recovery for the past eight years. After beginning his own recovery journey in 2016, Curtis spent two years doing service work within the industry. Curtis began working professionally in the recovery community in 2018. He has been an employee of DreamLife Recovery since opening in 2019. During his four years working for DreamLife, he has held multiple titles including BHT, BHT Manager, Crisis Intervention Specialist and most recently Director of Addiction Intervention. Curtis is committed to helping those struggling with substance use disorder conquer their fears and take their first steps to a life in recovery.

D INTERVENTIONS

ALCOHOL AND DRUG INTERVENTION HELP

How to Do an Intervention for an Alcoholic or Drug Addict

At DreamLife, we have a full-time Director of Addiction Intervention – Curtis Rodgers. Curtis has helped lead numerous families through the intervention process in Pennsylvania. For further information about planning an intervention for a loved one and our alcohol and drug treatment programs, please feel free to contact DreamLife.

Step #1: Contact DreamLife to speak to an addiction intervention professional.

It is essential for our interventionist to get to know you, your family, and your particular situation to create an effective intervention strategy.

Step #2: Educate yourself about addiction and recovery.

It is vital that everyone that attends the intervention have some knowledge about addiction and recovery. Our interventionist will provide the resources you need.

Step #3: Schedule an intervention rehearsal.

If you anticipate an intense confrontation with the addict, it can be beneficial for family and friends to go through a rehearsal with their interventionist.

SCAN TO LEARN
MORE ABOUT OUR
INTERVENTION
SERVICE





An Addiction Treatment Facility | DreamLifeRecovery.com

For IMMEDIATE assistance contact Admissions
Toll-Free at **1-833-330-5433** or Intake@dreamliferecovery.com

212 Snyder Rd, Donegal, PA 15628 | 107 Gamma Dr, Pittsburgh, PA 15238 Suite 130

SUBSTANCE
USE DISORDER

Alcohol, opiates,
benzodiazapines,
cocaine and others

MAT

Medication - assisted
treatment designed
for personal recovery

DUAL
DIAGNOSIS

Dual diagnosis is a
therapeutic methodology to
treat co-occurring disorders

PET
FRIENDLY

Perfect for those seeking
help with the comfort of
their pet by their side

FOLLOW US!





DreamLife

RECOVERY