

KAPOWN REHABILITATION OUTPATIENT TREATMENT PROGRAM

42 -DAY OUTPATIENT TREATMENT PROGRAM INFORMATION PACKAGE

Quick Facts

- Designed for absolutely anyone seeking support for holistic health.
- Continuous intake every Monday
- 42 day program over 14 weeks
- 3 days a week between 10 am- 4 pm
- Client-centered philosophy
- Friendly and respectful atmosphere
- Accommodations for most special needs, such as mobility issues , literacy & language issues
- Certified and experienced staff

Integrated co-occurring disorder program for adults suffering from addiction & mental health issues

Our 42 day outpatient treatment program is focused on co-occurring disorders where the individual attends treatment during the day – and then returns home or to a sober living facility in the evening. This gives the client an opportunity to put what has been learned within the program into practice, but still have the safety of returning back to the program the next day.

Although outpatient treatment does not leave extensive amounts of time to pursue other activities during the week, individuals will still have a chance to maintain a presence at work during their treatment. Some clients will benefit if they are parents as many find it difficult to leave their responsibilities behind to enter into a residential treatment program program.

Our treatment philosophy is based on the recognition that addiction is a disease which effects a person physically, mentally, emotionally and spiritually. We help individuals find the motivation, skills, resources and inner strength they need to maintain a clean and balanced lifestyle.



42 DAY OUTPATIENT TREATMENT PROGRAM



The Serenity Prayer

God. Grant me the
Serenity to accept the things
I cannot change, the courage
to change the things I can.
And the wisdom to know the difference.

INTRODUCTION TO STABILIZING AND CLIENT CARE,
MINDFULNESS, SUBSTANCE CONTROL, GETTING HELP, SELF-
COMPASSION, HONESTY, TRIGGERS & CRAVINGS, PTSD,
ANXIETY, DEPRESSION, RELAPSE PREVENTION, RED/GREEN
FLAGS, GRIEF AND LOSS, COMMITMENT, COMMUNITY
RESOURCES, BOUNDARIES IN RELATIONSHIPS,
DISCOVERY, GETTING OTHERS TO SUPPORT YOUR RECOVERY,
RESPECTING YOUR TIME, HEALTHY RELATIONSHIPS, ANGER,
SELF-NURTURING



Participants are expected to

- Treat staff, participants, visitors and the property with the outmost respect
- Attend all scheduled sessions and be on time
- Take an active role in group, sessions, events and activities
- Be fully and appropriately dressed
- Respect other genders and be open and unbiased.
- Respect the right to confidentiality, who you see here, what you see here, let it stay here!
- Listen when others are talking
- Keep your language clean and respectful

“This is your journey of discovery to recovery “