

## Core Recovery

Core Recovery is a state of Arizona licensed outpatient facility providing integrative care services for adults and adolescents suffering from mental health, addiction, or trauma issues. Our licensed professionals collaborate to meet the individual care needs of each patient to ensure the highest quality of behavioral health services. Our integrative care team provides psychiatric assessment, diagnosis, medication assisted treatment, group therapy, individual counseling, family system counseling, and trauma therapy. At Core Recovery, we believe in treating the whole person; body, mind, and spirit.

## Program Details

Core Recovery's Partial Hospitalization Program (PHP) for chemical dependency, trauma, and mental health meets Monday through Friday in the mornings and evenings. This allows our clients to maintain their employment and education status while seeking help. The length of the program is tailored to the client's clinical assessment and designed to create a transition to a happier and more rewarding life. We offer programs designed for adolescents (13-17 years old) and for adults (18+).

For more information, please call the admissions department at **602-810-1210**

Core Recovery is an LGBTQIA+ and gender inclusive facility.



# Partial Hospitalization Program

Providing Integrative Behavioral Health Care for Adults and Adolescents Suffering From Mental Health, Addiction, or Trauma Issues.



Core Recovery

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Core Recovery

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## Assessment

Core Recovery's process starts with a clinical assessment as the first step in our clients' care. This is for individuals who need help evaluating the extent of mental health or substance abuse issues they are suffering with. The assessment includes a medical history, physical examination, psychosocial assessment, therapist evaluation, and a psychiatric evaluation. The clinician will then discuss the findings and recommendations with the client and family. We then create an individual treatment plan that is supportive of the clinical assessment.

## Treatment

Are you looking for a high-level of support? Are you struggling with severe mental health, addiction, or trauma issues? Do you need significant help but don't want inpatient services? Are you getting out of an inpatient setting and need continued care? Core Recovery offers both an adult and adolescent mental health, trauma and substance abuse Partial Hospitalization Program (PHP). Our licensed clinicians use evidenced based therapies that guide patients in taking a mindful approach in identifying the relationship between thoughts, feelings and behaviors, and their impact on life situations. These modalities increase successful treatment outcomes, so patients can get back to living the life they deserve. A psychiatric provider does an evaluation to integrate medication services when necessary and continues weekly follow up appointments for clients who are interested.

## Partial Hospitalization Program (PHP)

Core Recovery's Partial Hospitalization Program (PHP) offers treatment for psychological co-occurring disorders. We aim to increase healthy behaviors, self-awareness and self-esteem. We also help manage a positive thought processes, feelings, emotions and develop healthy coping mechanisms. The diagnoses Core Recovery treats include, but are not limited to:

- Anxiety
- Bipolar Disorder (I and II)
- Depression
- Personality Disorders
- PTSD
- Substance Abuse and Alcohol Abuse
- Trauma



*"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." - Anaïs Nin*

Recovery is Possible

## Integrative Approach

Core Recovery provides integrative treatment utilizing the most current evidence based practices for adults and adolescents. These therapeutic approaches provide relief and freedom from the anxieties of everyday life. These include:

- Case Management
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Exploration of Relationship Patterns
- Family Systems Therapy
- Group Therapy
- Marriage Counseling
- Medication Management
- Mindfulness/Relaxation/Deep Breathing
- Psychiatric Evaluation
- Therapeutic Art
- Trauma Therapy (EMDR)

## Family Involvement

Core Recovery believes family plays an essential role in the client's treatment and can lead to a more rewarding and successful outcome. A parent, guardian, spouse, or partner is encouraged to attend a family systems therapy session once a week with their loved one. The Family Systems Program is committed to strengthening family relationships, educating the family on addiction, mental health and the support that exists for the family themselves. We believe that on-going support during and after treatment is necessary for our client's redirection of their lives and sobriety.