



# TREATMENT

Burke Recovery offers a full-range of evidence-based assessment and individual and group therapies for adolescents, adults, and families. Clinical services include:

- Comprehensive Clinical Assessments
- Individual Counseling Sessions
- Group Therapy Sessions
- Referral Services

## Additional Clinical Programs

### **Flynn Recovery Community**

*This is a 90-day integrative, extended-care recovery program for men. The approaches used include Cognitive Behavioral Therapies with Motivational Interviewing techniques that focus on the whole person. Therapy goals include the exploration and learning of coping skills which address the body, mind, and spirit.*

### **Becoming Ready for Independence through Dreams, Goals, and Education (B.R.I.D.G.E.) Program**

*This program is designed to promote independent living and enable individuals in active treatment programs to enhance life skills and prepare them for success in the community. Community partners are also an integral part of this program through the provision of services, information, and referrals.*



"Recovery is not simple abstinence. It's about healing the brain, remembering how to feel, learning how to make good decisions, becoming the kind of person who can engage in healthy relationships, cultivating the willingness to accept help from others, daring to be honest, and opening up to doing."

~Debra Jay, Author~



# PREVENTION

A major component of Burke Recovery is the emphasis on prevention. In order to keep children and young adults away from a life of addiction and harm, prevention education is required.

The Prevention Education Team is comprised of Prevention Education Specialists who create and build upon community relationships to ensure the ownership of the recovery and prevention movements as well as build a framework of support for members of the community with a desire to be a part of the process.



The Adolescent Prevention Services (A.P.S.) Program provides counseling services to students experiencing school, peer, and family problems related directly, or indirectly, to alcohol and/or other substance use. Through counseling sessions in the schools as well as group sessions at Burke Recovery, the A.P.S. Coordinator promotes healthy drug-free lifestyles by helping students develop the coping skills and positive self-esteem they need in order to successfully move from adolescence to adulthood.

