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# RECOVERY IN THE REAL WORLD

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## PROGRAMS & SERVICES AT STRIVE

Strive provides a wide range of trauma-informed treatment programs and services for Substance Use Disorder and co-occurring mental health conditions that address the multi-level needs of our clients.

### Developed by Industry Thought Leaders

Strive's trauma-informed, client-centered approach to treatment, developed by the Strive team under the supervision of Dr. Robert L. Pyles and Dr. John Rodolico in collaboration with some of the most highly regarded professionals in the field of Substance Abuse, Addiction, and Mental Health, incorporates cognitive behavioral techniques and other skill building interventions found in evidence-based practices such as *Motivational Enhancement Therapy (MET)*, *Cognitive-Behavioral Therapy (CBT)*, and *Twelve Step Facilitation (TSF)*, but goes deeper to provide holistic treatment for trauma (*Trauma-Informed Care (TIC)*) and the root causes of clients' addictions and disorders to effectively treat clients suffering from addiction or co-occurring disorders.

### Substance Use Disorder and Co-Occurring Mental Health Treatment Programs at Strive

Strive's trauma-informed clinical programs are designed to be flexible in terms of treatment intensity, frequency, focus and progression to ensure we provide each client the therapeutic environment, treatment, recovery support and prevention services that reflects his/her severity, level of function, progress in treatment and individual needs, preferences and values.

All services at Strive are provided by an interdisciplinary team of highly-trained mental health and addiction treatment clinical staff dedicated to providing you with an array of services, structure, and support to empower you to achieve and sustain recovery, while also exploring personal issues, and learning to live sober.

Above all, you will be treated with compassion and dignity, and receive the utmost respect from a team of professionals who truly understand substance abuse, mental health and recovery.

Together, we seek to chart a path toward your recovery and well-being that is best for you.

Strive Centers offer the following programs:

- Structured Intensive Outpatient Program (IOP)
- Outpatient Services (OP)
- Early Intervention Services (EIS)



Strive offers population-specific addiction and mental health programming designed to best serve certain populations and achieve successful, long-term recovery. Strive offers specialized programming for:

- Veterans & First Responders and Their Families



## THERAPIES AND SERVICES OFFERED

Strive Centers may offer the following therapies and services (*depending on location*):

Strive Health Treatment Services	
<b>Screening and Assessment</b>	With Strive, you will receive a confidential, comprehensive assessment provided by highly trained clinical staff. Strive counselors will work with you to understand your physical and psychological needs. They will then make appropriate recommendations for continued care. Recommendations may also include an alternate work or academic schedule, if applicable, to accommodate varying levels of need.
<b>Individual Counseling</b>	Individual counseling offers you an opportunity to develop a trusting relationship with one of our counselors, who will help you identify strengths and concerns, teach you recovery skills, and explore the root causes of your addiction. Strive clinical staff will oversee care, work with you to create a personalized treatment plan, and will make referrals to other service providers as needed. Individual counseling is offered as a stand-alone service, or in coordination with other services.
<b>Group Counseling</b>	Group counseling provides a setting in which members of a group learn to identify, understand, and express their feelings, build valuable interpersonal skills and gain support from others sharing similar circumstances, all under the guidance of a Strive counselor.
<b>Family Counseling</b>	Strive offers family counseling programs to you, your family and others who support you. These sessions provide the opportunity for everyone to learn about the recovery process and provide a platform where people can openly address their concerns under supervision of a Strive counselor. Family counseling provides the people who support you with the skills to assist your long-term recovery. Our family sessions are uniquely tailored to meet your and your family's specific needs.
<b>Couples Counseling</b>	Addiction can put a strain on your relationships, especially with those closest to you. Our couples counseling provides a space in which you and your loved one can express yourselves openly, address your tensions and learn together how to approach your recovery. Under supervision of a Strive Counselor, these sessions are uniquely tailored to you.
<b>Psychoeducation</b>	Strive offers psychoeducation to clients, where a Strive counselor educates clients on substance abuse and chemical dependency so they understand both the underlying causes of addictive behaviors, and the biological, genetic, interpersonal and social contributors to the disease. Other topics may include recovery skills, medication, the role of trauma, relapse prevention and refusal techniques.
<b>Medication Management</b>	Medication, when clinically appropriate, has been shown to be beneficial in recovery. Strive offers Medication Management, where our trained medical team uses medication, when applicable, to ease cravings and withdrawal symptoms that might be present during the early recovery process. After a thorough assessment, Strive medical staff, in collaboration with the client, determines whether medication can assist in recovery, and continues to manage the process as the client's needs change.
<b>Interventions</b>	The first step towards recovery can often be the most difficult. Strive offers Intervention services to assist in making this first step a reality. Our trained counselors will work with families and listen to clients to ensure a smooth transition to the appropriate level of care and treatment modality. Interventions include pre-intervention meetings with the referring parties, and can be scheduled at a place of the clients request or other venue.
<b>Early Intervention Services</b>	Sometimes, despite at-risk behavior, you may not meet the diagnostic criteria for treatment of substance use disorder. To help proactively address any potential addiction issues, however, Strive counselors will work with adults, teens, and their families to provide assessment, education and skills to overcome at-risk behaviors.
<b>Level of Care Assessments / Referrals</b>	When outpatient treatment does not meet the required level of care to achieve the best outcome, your Strive clinician will make referrals to other providers to ensure that you receive the most appropriate treatment approach. Evaluation of in-network as well as out-of-network insurance options will be assessed to provide an array of treatment modalities that will make the best use of available resources. Case management services can be provided to make this process easier for you.



## WHY CHOOSE STRIVE?

Strive Health is committed to providing the highest quality addiction and co-occurring integrated treatment that provides each individual the opportunity to achieve long-lasting recovery.

Here are a few ways that Strive is different:

- Treatment Designed for the Real World
- Unique Settings That Inspire Growth
- Highly Trained, Elite and Compassionate Staff
- Individualized and Client-Centered Care
- Use of Proven, Evidence-Based Modalities of Treatment
- Trauma-Informed Care That Addresses the Whole Person
- Distinguished Medical & Clinical Leadership
- Devoted and Inclusive Therapeutic Community
- Commitment to You and Your Family
- Lifetime Partners in Care
- Convenient, Affordable, High Quality Care
- Comprehensive and Specialized Treatment Offerings



## TAKE THE FIRST STEP WITH US



Strive Health is proud to have developed a network of Centers for Recovery and Community Health united in our mission of providing the highest quality care to individuals and families striving to live healthy, self-directed lives.

Strive Health’s network of Centers for Recovery and Community Health include the following facilities:

<b>Strive Center for Recovery and Community Health (Greensburg, PA)</b> 101 N Main Street, Suite 200 <b>**Opening Soon**</b> Greensburg, PA 15601                      (412) 513-9891	<b>The Kenneth Peters Center for Recovery (Syosset, NY)</b> 6800 Jericho Tpke, Suite 122W Syosset, NY 11791                              (516) 364-2220
<b>Strive Center for Recovery and Community Health (Paramus, NJ)</b> 4 Forest Avenue, Floor 2 <b>**Opening Soon**</b> Paramus, NJ 07652                              (201) 882-4554	<b>The Kenneth Peters Center for Recovery (Hauppauge, NY)</b> 300 Motor Parkway Hauppauge, NY 11788                              (631) 273-2221
<b>Strive Center for Recovery and Community Health (Manchester, NH)</b> 1750 Elm Street Manchester, NH 03104                              (603) 566-5521	<b>Corporate Headquarters (New York, NY)</b> 205 E 42 <sup>nd</sup> Street, Floor 20 New York, NY 10017

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