

WHAT TO EXPECT IN TREATMENT

UNDERSTANDING DRUG & ALCOHOL TREATMENT

With a reputation for clinical expertise, and unwavering compassion and care, Gateway Foundation's team of licensed substance abuse professionals and addiction counselors will provide you with the guidance and support necessary for lasting recovery. Starting with your first consultation, our dedicated staff will ensure your treatment experience is always personalized and focused on helping you or your loved one reclaim a productive, healthy life.

THE FIRST STEP: IN-DEPTH CONSULTATION

Gateway Foundation provides an in-depth consultation to help determine the severity of substance use and identify the appropriate level of treatment for you. Your needs will vary from others based on your unique history and current substance use. This confidential consultation will help you and your loved one better understand program options and next steps.

ASSESSMENT: PERSONALIZED TREATMENT OPTIONS

The next step is an in-depth assessment, which may include establishing your health history by our nursing staff and a physician review. The assessment will confirm what level of treatment we recommended for you such as Intensive Outpatient Treatment, Day Treatment or Residential Treatment. It will also determine what therapies and counseling will give you the most effective tools for developing a sober lifestyle.

Gateway Foundation's programs are developed using an evidence-based treatment model, through which our goal is to not just stop your substance abuse, but to replace dangerous behaviors with new, healthier tools and coping mechanisms. Understanding what is contributing to your addictive behavior will give you the best possible chance of success in the treatment process and for long-term recovery.

FULL CONTINUUM OF CARE

As you develop and improve your coping and sobriety skills, you will transition from more intense levels of care. This begins the process of helping you transition back to your daily life with work, school and family. The level of care where you start treatment and your commitment to recovery will help determine how you progress through the continuum of care. The most common path that individuals take to achieve life-long sobriety:

Residential -> Day Treatment -> Intensive Outpatient -> Aftercare

AFTERCARE AND SELF-HELP GROUPS

After successfully completing treatment at Gateway Foundation, we provide continued support in your recovery through weekly Aftercare sessions. Aftercare is a one and a half hour group counseling session designed to help you transition from more intense levels of treatment during the early stages of recovery into your everyday activities. Aftercare is recommended for a minimum of 12 to 24 weeks.

Gateway Foundation encourages you to participate in regularly scheduled alumni meetings and ongoing fun and sober alumni events, as well as becoming involved in substance abuse self-help/recovery activities in your community.

Schedules for alumni meetings, events and recovery groups are available at each Gateway Foundation treatment center and available online in the alumni section of RecoverGateway.org.

Counseling and therapy will vary based on the needs of an individual.

COUNSELING, THERAPIES AND ACTIVITIES MAY INCLUDE:

- Individual and family counseling
- Group therapy and substance abuse education
- 12-Step facilitation and 12-Step recovery
- Medication-assisted treatment
- Dual diagnosed/co-occurring mental health and substance abuse treatment
- Therapies to explore and manage emotions in a positive way, including: art therapy, music therapy, guided imagery and journaling
- Physical fitness activities to build a strong body, mind and a sense of teamwork. Activities may include Pilates or recreation such as basketball, softball or volleyball

Because each person, program and Gateway Foundation treatment center has its unique characteristics, the counseling, therapies and activities an individual receives will be unique as well.

MORE WAYS TO STAY INFORMED

