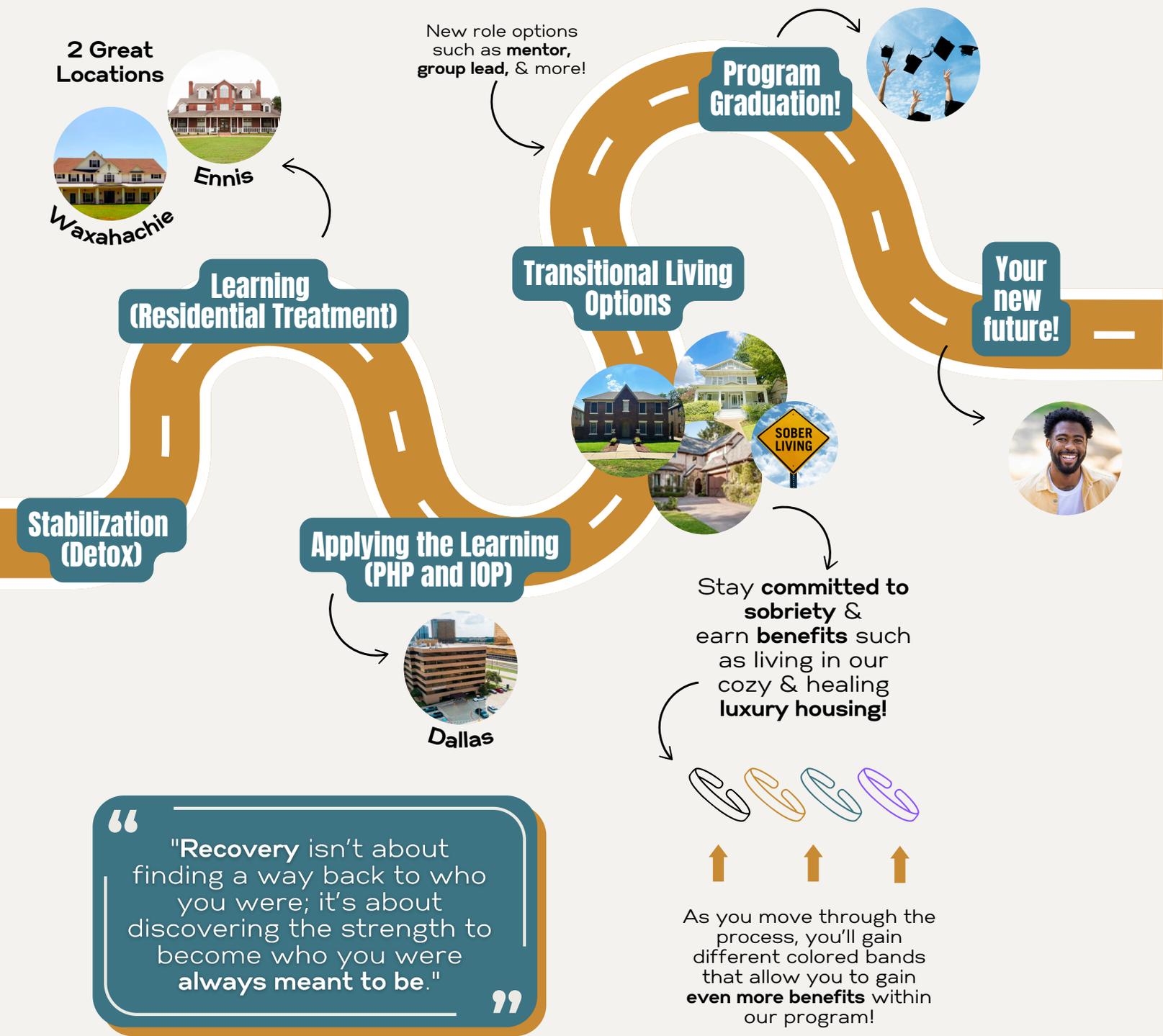


The Roadmap of Recovery



First Stage: **Stabilization (Detox)**

In this initial stage, we focus on safely managing withdrawal symptoms and preparing clients for further treatment. **Stabilization is crucial for setting a solid foundation for their recovery.**

With experienced professionals and a focus on medical supervision, we provide a safe and comfortable environment to transition from active substance abuse to early recovery.

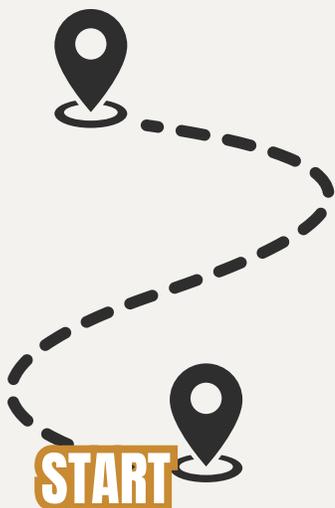
Your loved one's safety and comfort is our top priority. Our clinical staff will monitor them 24/7 to make sure their detox is progressing smoothly, lessening the effects of withdrawal while helping them physically and mentally prepare for the next stages of rehabilitation.

Detox is a crucial first step in your loved one's recovery, as long-term drug or alcohol use can seriously affect their body and brain.

When they start detox, their body will begin to clear the substances, which can cause withdrawal symptoms ranging from mild (headaches, anxiety) to severe (seizures, heart issues). That's why it's so important they undergo detox under the care of trained professionals.



At Discovery Point Retreat, we're here to support your loved one through this process, ensuring their safety and guiding them toward recovery with expert care.



Call today. We're here to help.



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Second Stage: **Learning (Residential)**

Once stabilization is achieved, the next stage immerses individuals in a therapeutic environment designed for education and healing. This phase is critical for teaching individuals the skills necessary for long-term recovery.

Therapeutic Environment

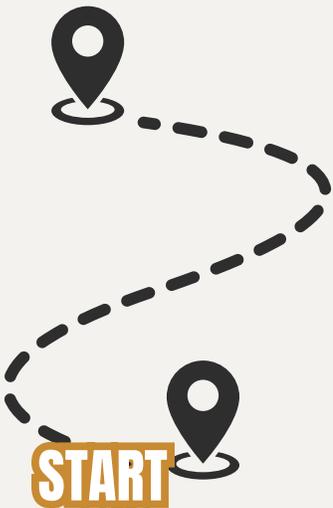
During this stage, individuals reside at a treatment facility for 30 to 90 days, immersing themselves in a supportive environment dedicated to recovery. This setting removes external triggers and distractions, allowing for focused healing.

Therapy and Education

The Learning phase includes various therapeutic modalities, such as individual and group therapy. These sessions teach coping strategies, emotional regulation, and relapse prevention techniques, equipping individuals with the tools needed for lasting recovery.

Peer Support

Group therapy plays a crucial role in fostering a sense of community and connection among participants. Sharing experiences with others facing similar challenges helps build trust and encourages accountability, which is vital for long-term success.



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Third Stage:

Applying the Learning (PHP and IOP):

The final stage focuses on helping individuals integrate their recovery skills into everyday life. This phase emphasizes continued support and practical application of what they've learned.

Partial Hospitalization Program (PHP)

PHP offers structured, daily treatment while allowing individuals to return home in the evenings. It provides intensive support without the need for 24/7 supervision, helping individuals practice their skills in a more familiar environment.

Intensive Outpatient Program (IOP)

IOP offers flexible treatment schedules that include multiple therapy sessions each week. This approach allows individuals to balance their recovery with work, school, or family responsibilities, making it easier to reintegrate into daily life.

Transitional Living:



Once your loved one is enrolled and committed to our PHP/IOP program, the longer they stay sober and engaged, the more benefits they'll gain. However, we offer more than just a place to live.



As they progress in recovery, they'll enjoy exciting perks like new housing options, extended outing times, flexible curfews, and mentorship opportunities.



Call today. We're here to help.

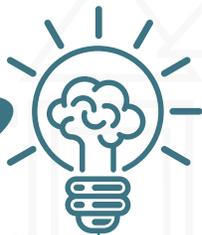


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Transitional Living Roots & Summit Program

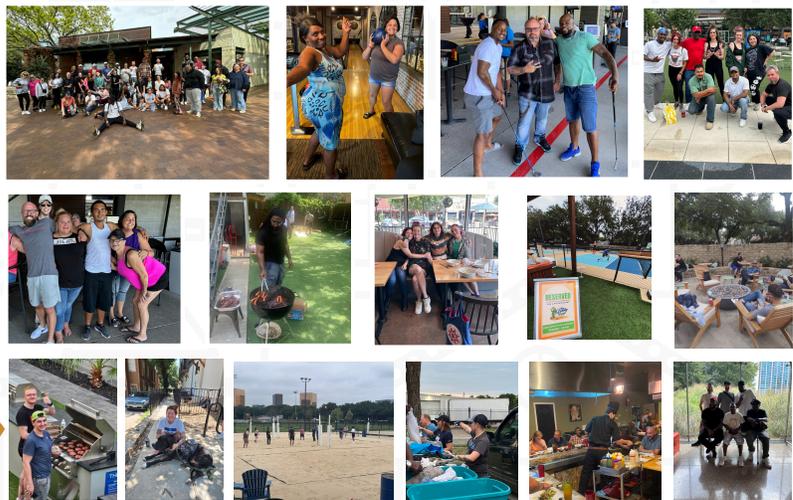
Stay committed.
Stay sober.
Stay in one of our healing, comfortable homes.

**DID YOU
KNOW?**



In the initial year following detox and residential treatment, 85% of individuals who go without aftercare (PHP/IOP) experience a relapse.

INTERESTING FACT



Our clients can enjoy exciting benefits as they continue their journey with DPR Dallas, including new housing options, extended outing times, flexible curfews, mentorship opportunities, and much more!

Providing more than just a roof over your head, these homes serve as a **haven of safety and support**, carefully designed **to be your sanctuary** as you pursue a life free of drugs and alcohol.

Our commitment goes beyond providing a space; it extends to **fostering a community of peers** who share in your dedication, offering the companionship and encouragement needed to stay committed and focused **on the path to a brighter, substance-free future.**

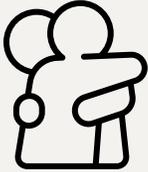
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Setting Your Loved One Up for Success

Keep Drop-Offs Brief



When it's time to drop off your loved one for treatment, aim for a quick and encouraging goodbye. Lingered can create a tense atmosphere, making it easier for them to second-guess their decision. Instead, focus on expressing your support and confidence in their choice. A positive send-off can help them feel more secure and ready to embrace this new step.

Avoid Picking Them Up Early



It might be tempting to rescue them if they seem uncomfortable during treatment, but picking them up before they've completed the program can really set them back. It's important to remind them that feeling uneasy is part of the process. Encourage them to stick it out—letting them know that staying committed now will pay off in the long run. Your steady support can make all the difference in helping them stay focused on their recovery.

Resist Enabling Behaviors



It's natural to want to protect your loved one, but enabling behaviors—like bailing them out of tough situations or rescuing them from their discomfort—can unintentionally undermine their recovery. Enabling can make them feel less accountable for their actions and discourage them from fully engaging in the treatment process. Instead, focus on being a steady source of support, helping them take responsibility for their recovery. Encouraging their independence, even when it's difficult, empowers them to regain control over their life and future.

By approaching drop-offs and the completion of treatment with care and avoiding enabling behaviors, you're helping your loved one stay on track. Your belief in their ability to overcome challenges, coupled with your consistent support, plays a crucial role in their recovery journey.

This tough love is a vital part of their healing process, and it helps pave the way for a healthier, more empowered future.

Call today. We're here to help.



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How Communication Will Work:

Release of Information



- **Privacy and Consent:** Before any information about your loved one's treatment can be shared, we will obtain their consent. This ensures their privacy while allowing us to communicate important updates to you.
- **What We Can Share:** Your loved one can specify what information can be released, such as progress updates or therapy participation. This empowers them to control what you know while keeping you informed.

Communicating with Your Loved One



During the detox phase, which typically lasts about a week, communication is limited to help clients focus on their recovery and adjust to the treatment process. This time is dedicated to stabilizing, managing withdrawal symptoms, and beginning the healing journey without outside distractions. The focus is on creating a solid foundation for recovery, allowing clients to fully engage in the process without the stress of external communication.



Once clients transition to residential treatment and begin making progress, there are additional opportunities for them to reconnect with their loved ones. This includes weekly scheduled family sessions, where you can actively participate in the recovery process and receive guidance on how to support your loved one's journey. Visitation is also available, providing a chance to spend quality time together in a supportive environment.



Since each of our treatment centers may have slightly different procedures based on factors like location, client needs, and available staff, we encourage you to reach out directly for specific details about communication and visitation options at your chosen center. We're happy to provide more information to ensure you stay informed and involved in your loved one's recovery.

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