

## Compassionate, Patient-Centered Care | Powered by Clinical Excellence

Valley Hope provides compassionate, patient-centered care, supported by evidence-based therapies and both clinical and medical experts. Our holistic, collaborative approach is centered on the multi-dimensional needs of those suffering from addiction, tailored to each individual patient's needs in order to achieve the best outcomes for long-term recovery.

### RESIDENTIAL TREATMENT

Valley Hope residential treatment centers provide evidence-based, patient-centered care in a structured environment. The residential clinical team includes counselors, chaplains, physicians, nurses and psychologists who work together to meet the medical, mental, social and spiritual needs of each patient. Patients receive more than 40 hours per week of individual counseling, education, 12-step engagement, family therapy and group therapy.

### OUTPATIENT TREATMENT

Valley Hope outpatient centers provide treatment services to individuals that require a higher level of intervention outside of the residential setting, including intensive outpatient treatment (IOP), continuing care, family treatment, individual therapy and recovery support.

### MEDICAL DETOXIFICATION

Valley Hope provides medically-monitored detoxification to ease patient withdrawal in a safe, supportive and comfortable environment. Detox occurs under the supervision of our medical teams at residential treatment centers. When detoxification is complete, patients begin the next phase in our continuum of care as recommended by the clinical team.

### MEDICATION-ASSISTED THERAPY (MAT)

At Valley Hope, our MAT approach combines FDA-approved medications with counseling and behavioral therapies to provide a "whole-patient" approach to the treatment of substance use disorders. Our medical team uses MAT to effectively treat alcohol and opioid withdrawal symptoms and cravings.

### FAMILY CARE

Valley Hope Family Programs provide education about the disease of addiction, facilitate the healing of broken relationships and offer the necessary support that family members and loved ones need during the treatment and recovery journey. Through family and small group sessions and education, families learn about the disease of addiction and discover behaviors that support their loved one's recovery.

### LIFELONG RECOVERY SUPPORT

After the treatment experience, Valley Hope provides lifelong recovery support with the necessary tools and proven strategies for thriving in sobriety. We build lifelong partnerships with alumni, providing meaningful connections, ongoing education, community engagement and fellowship opportunities that empower and help sustain recovery.



///// Find help 24/7 by calling 800-544-5101  
Visit [valleyhope.org](http://valleyhope.org) for more information.