



## ***A New Approach in Addiction Recovery***

**For Immediate Help Call (877) 456-3313**

Taking that first step toward recovery, ending addiction by deciding to go to a drug rehab program, is oftentimes the most difficult decision one must make. At A Forever Recovery, an open-ended drug rehabilitation center, you will get off to a great start and, for the first time, have a solid foundation in a drug treatment recovery program that you can accept and believe in. A Forever Recovery program is a new alternative to typical Minnesota Model 12-step programs and offers our clients a chance to find their foundation in drug rehab and recovery. Getting drug treatment should be an open road, not a “one way” drug treatment program that only has one approach. Reap the benefits of this unique and successful approach to overcoming your addiction and walking the road to recovery... successfully.

**If the addict is not receptive to a particular type of recovery, then that recovery will probably be ineffective for the client.**

Not every form of drug treatment works well for every client. Some people are very receptive to 12-step principles, whereas others are more comfortable within their Christian faith. Cognitive approaches have excellent success, others embrace a holistic approach, and others still prefer to follow an Indigenous track. The bottom line is there is not a single approach towards drug rehabilitation and drug recovery that works well for most everyone... until now!



A Forever Recovery is the first open-ended solution that has brought together treatment professionals from many different successful therapies and modalities to help guide the client into finding what works best for them. Many of our clients have been in other forms of therapies and yet were frustrated because they couldn't accept that particular type of recovery. A Forever Recovery offers a combination of different therapies that work on the Body, Mind, and Spirit.

- Acupuncture, Vitamins and Nutrition, Massage, and Fitness Therapy
- Moral Reconciliation Therapy
- Group and Individual Therapy
- Education, Films and Lectures by outside professional covering many topics, including:
  - Addiction
  - Alcohol and Drug Education
  - Facing Life Sober
  - Nutrition
  - Pain and Stress Management
  - Effective Communication
  - Life Skills
  - Anger Management
  - Feelings
  - Denial
  - Codependency
  - Handling Situations
  - Resentments
  - Coping skills
  - Accountability
  - Relaxation

### **Addiction has negative effects on friends, family, school, work, and on nearly every aspect of an addict's life.**

The abuser continues to use the substance despite the effect that it may have on their life. You may find that your friends and family members ignore you or constantly ride you about your substance abuse. You may find that things that were once terribly important to you now take a backseat to your drug/alcohol use. You may find that your job is in jeopardy as a result of your addiction. You may feel as if you have lost total control of your life and that everything is spiraling out of control. Maybe you have tried other forms of treatment but weren't able to accept that form into your life. Maybe you thought that there was only one way. Or maybe you think that there is no way out... but there is. Once you can admit to your addiction, your recovery process can begin.

### **Detoxification and Withdrawal**

The very first part of any drug rehabilitation program must include withdrawing from any immediate effects of the drugs. We have two methods of accomplishing this: A standard withdrawal and medically supervised withdrawal. For someone not wanting to experience the full symptoms of opiate withdrawal, or individuals on a very high level of alcohol consumption, methadone or other prescription drugs, a medically supervised

detoxification is available.

Upon entry to A Forever Recovery treatment program, every client will enter our withdrawal clinic for a minimum 24 hour observation period. Here the client will be evaluated, see our Medical Director and a determination will be made if the client needs a medically supervised detoxification.

In some cases, it is not recommended that a client abruptly stop taking his drug of choice without a medically supervised detox. In most cases, alcohol, benzodiazepines, and certain psychiatric medications can be extremely dangerous to withdraw from and, as such, will absolutely require a detox within our medically supervised unit. Whether or not the client requires a medical detox depends upon the substances abused, the amounts used and the duration. Although not always the case, the chart below shows the most common drugs associated with a medical detox vs. a standard withdrawal.

### **Medical Detox Withdrawal Clinic**

- Alcohol
- Cocaine
- Benzodiazepines
- Methamphetamine
- Tranquilizers

- Marijuana
- Psych meds
- LSD/Ecstasy



In our withdrawal clinic, we provide 24 hour supervising with trained withdrawal technicians and registered nurses that are available 24 hours. During this process, we require that each client meet the following three criteria before moving on to begin their journey at our primary treatment facility:

1. No longer under the influence of any mood-altering substance
2. No longer in immediate medical danger as a result of their drug use and withdrawal
3. No longer suffering from any major withdrawal symptoms of their drug of choice

After these three criteria are met, the client then continues on to our primary care facility located on the beautiful shorelines of St. Mary's Lake. Here, we continue to aid the client with proper diet, exercise with a physical trainer, vitamin and nutritional therapy, massage and sauna therapy. Although every aspect of the physical element of our program is voluntary, we highly encourage our clients to participate.

## **The Body:**

### **Vitamins, Nutrition and Massage Therapy**

After years of past and current abuse of drugs and alcohol, many clients enter A Forever Recovery treatment facility still suffering from the debilitating physical effects of the drug(s) of choice. Getting the body healthy is a primary concern, and we begin the process the moment the client arrives at our facility.

### **Body Fortification**

After years of substance abuse, many addicts suffer from many debilitating physical effects. Sometimes a lack of proper sleep and nutrition can lead to vitamin and mineral deficiencies. Feelings of chronic fatigue can lead to decreases in ambition, drive and determination. In worse conditions, the

drug use itself has actually caused damage to the body's systems. Alcoholics may suffer from liver dysfunction; heroin addicts may have contracted Hepatitis C; cocaine addicts may exhibit major mood swings. The result of years of drug and alcohol abuse pollutes the body. Here at A Forever Recovery we use orthomolecular therapy. We combine vitamin, mineral, and amino acid treatment with extensive physical therapy with a personal trainer, saunas to relax, massage to flush toxins from the cells, and overall aid in body repair. This enables the person to look at what is really affecting his recovery.

### **Exercise, Sauna, Vitamins, and Nutrition**

A Forever Recovery treatment program includes, as part of its therapy, the option for all participants to take part in an important portion of the recovery process... getting the body physically healthier. On a daily basis, every client has the following available:

- Full exercise room supervised by a physical trainer
- Vitamin and nutritional therapy
- Male/Female saunas

## Massage Therapy and Acupuncture

To aid the client who continues to suffer from any residual after effects of the withdrawal process, we provide, on a weekly basis, certified massage therapists and a certified acupuncture specialist per request.

We at A Forever Recovery place great emphasis on the importance of the body's health. In order to maximize the chance for long term recover, working on Body, Mind and Spirit collectively can bring a sense of empowerment lacking in other recovery systems that only focus on one area.

## Our Counselors

In order to create such a successful approach to recovery, we have a large variety of counselors from many different modalities of recovery. Some of our counselors at A Forever Recovery have worked in 12-step programs and others in Christian faith-based treatment centers. Some have gotten sober themselves through cognitive programs, while others practice their own brand of spirituality. All of our counselors have several years of certified counseling experience, and we feel that we can help our clients find their own way.

## The Mind:

### Changing the Way We Think and Feel

In addition to focusing on the physical and spiritual aspects of addiction, it is of the utmost importance that we place great emphasis on the mind. For many addicts who have spent years in denial, using justifications and manipulations to continue their lifestyles has altered their way of thinking. In reality, addiction is the inability to face uncomfortable people, places, and situations. If someone is to break free of the trap caused by drug addiction, one has to change the way he thinks.

*"You do anything long enough to escape the habit of living until the escape becomes the habit."*

-David Ryan



## **MRT (Moral Reconciliation Therapy)**

As the core of each client's program we utilize the MRT cognitive therapeutic approach. First developed in 1985 by Dr. Gregory Little and Dr. Kenneth Robinson, it was created as a long-term approach focused on changing the criminal thought processes of convicted felons. Highly regarded, it has quickly become the program of choice in over 40 states and hundreds of drug court programs and prison systems.

MRT is a systematic treatment strategy that seeks to decrease recidivism among substance abuse offenders by increasing moral reasoning and a responsibility level of the individual. Its cognitive approach combines elements from a variety of traditions to progressively address the persons social, moral and positive behavioral growth. Traditionally, MRT takes the form of group and individual counseling using structured group exercises and prescribed homework assignments. The MRT workbook is structured around 16 objectively defined steps (units) focusing on seven basic treatment issues: confrontation of beliefs, attitudes, and behaviors; assessment of current relationships; reinforcement of positive behavior and habits; positive identity formation; enhancement of self-concept; decrease in hedonism and development of frustration tolerance; and development of higher stages of

moral reasoning.

Adapted to focus on the thought processes involved in addictions, A Forever Recovery treatment program is the first residential drug and alcohol treatment facility to use MRT in such an intensive approach. Normally utilized in an outpatient drug program or penal setting with 2 hours per week of MRT counseling, we have increased this amount to over 8 hours per week of counseling, exercises, and practical applications. Total immersion in changing the unhealthy thought processes that have been built over the years is an excellent way to overcome addiction. In addition to this, MRT is designed to be continued after completion of the program.

The distinct advantage of MRT over more conventional therapies is its proactive nature. Our clients do not passively sit throughout the sessions, but rather actively participate in drills, exercises, and self-exploration and discovery. We want each client to be an active participant in their own recovery rather than a passive observer.

To complement our MRT cognitive-based therapy, we also include an intensive 8 hours per week of inventory, self-discovery and exploration.

Inventory and Self-Discovery We include an

intensive look into our past to illuminate and discard those uncomfortable life experiences that have helped to shape our addictions. As addicts, we try to avoid uncomfortable feelings and life situations through unhealthy coping skills such as avoidance, stuffing our feelings, and drug and alcohol abuse. In this way, many of these unhandled emotions can begin to pile up. Many times we have compromised our sense of morals and ethics during our addictions.

At A Forever Recovery, we provide a method that allows our clients to finally discover who they are, as well as release their bind to uncomfortable past events. Truly one of the most important aspects of our program, Inventory and Self-Discovery is an intensive approach that produces many positive results in our clients:

- Release from years of guilt, shame, and remorse
- Understanding who they are underneath their addictions
- Seeing the patterns in their lives
- Gives them greater accountability and responsibility
- Finally facing the unhandled uncomfortable areas of their past and present

Guided through this process and overseen by

certified addictions counselors, we feel that Inventory and Self-Discovery can help to free an addict from the enslavement of the past and the ability to forgive themselves and others. Facing their lives free from the past gives a sense of peace and serenity, a feeling of connection to those around them, and a new sense of purpose.

*“Forgiveness and letting go are steps on our road back to happiness.”*

-Tina Dayton

## **Group Counseling**

For 9 hours per week, each client will participate in group therapy sessions. Guided by addictions counselors, these help the client to explore areas of their recovery that might be otherwise missed. In addition, understanding the problems and solutions experienced by other clients can be extremely beneficial to the recovery process.

## **Individual Counseling**

In addition to group therapy, we have many counselors with different backgrounds in recovery. Some of us have a focus in 12-step modalities, other are Christian faith-based, some are cognitive, and we offer several other faith-based counselors at various times throughout the client’s recovery process.

## **Education, Lectures, Workshops, and Films**

For additional enhancement, our resident facilitators as well as outside lecturers facilitate recovery seven days a week to provide additional education on various topics of addiction and the recovery process. Our life skills courses include: Anger Management, Recovery Maintenance, Transitional Living, Music Therapy and productive living skills classes.

Ideally, by completion of the program, the client not only gains a better understanding of his addiction and his old ways of thinking, but begins to change the way that he views his life, his goals, and how to overcome the obstacles that have been blocking him. Freedom from active addiction becomes an actuality and life gains new purpose.

At A Forever Recovery, we have sought to stray away from a typical “clinical setting” found in other treatment facilities. Most of our counseling rooms, lecture areas and lounges have been designed to provide comfort and relaxation as the client works through the many difficult areas of their addictions. At A Forever Recovery, we don’t have patients, we have clients or students.

## **The Spirit:**

### **Finding a Path that Works for You**

In addition to focusing on the physical and mental aspects of addiction, finding or developing ones spiritual nature can be the most important aspect of one’s recovery. When we speak of spiritual matters, we do not insist in pushing a belief system with which the client is uncomfortable. Many clients arrive at the center with a faith or belief system. Others are on a journey of spiritual discovery. Others still find empowerment from within and don’t feel comfortable seeking spirituality outside of themselves. At A Forever Recovery, we have provided a recovery environment that allows our clients to seek their own spiritual path without being forced to adhere to beliefs that are not truly their own. We respect the rights and beliefs of our clients and understand that the spiritual journey can be the most important part of anyone’s program of recovery.

In order to accomplish this, we have designated five “tracks” or paths that are used to compliment the cognitive therapy that the client receives. The following tracks are listed below and are generally decided at the beginning of his/her program.

## **Holistic Enhancement**

Holistic track is ideal for three types of addicts:

1. The client who is not receptive to typical 12-step programs, nor is comfortable in a Christian Faith-based environment. He may or may not be resistant to spiritual teachings, but he is seeking his own path to recovery.
2. The client who believes that empowerment and overcome ones addiction comes from within and doesn't feel comfortable seeking strength outside of himself through religion. Analytical people who have a tendency to use their mind, willpower, abilities and strengths to overcome obstacles are an example.
3. The client who has spirituality or a belief in spiritual matters, but doesn't have a definite label on his belief system. Holistic, pagan, or healing arts would be examples of such a person.

We have a series of elements of our Holistic track that can provide the addict or alcoholic with the enhancement to his recovery program here at A Forever Recovery. These elements include spiritual healing, personal guided imagery and relaxation sessions, and the philosophy and spirituality of Martial Arts and Yoga in terms of recovery.

## **Faith-based Enhancement**

Our Faith-based track is for the client who is either a believer or has interest in the teachings of Jesus Christ. Exploring and strengthening one's Christian faith allows the client to maintain their recovery after treatment.

We have a series of elements of our Faith-based track that can provide the Christian with an enhancement to his recovery program here at A Forever Recovery. These elements include: guided Bible study and Scripture; sermons and lectures by ordained ministers and pastors; candlelit reflection and prayer sessions; Christian 12-step programs; church services; pastoral counseling.

## **Self-Help Enhancement**

Our Self-help track allows the client who is either a believer or has interest in self-help support groups, fellowships, and other recovery communities.

We have a series of elements of our Self-help track that can provide the addict or alcoholic with the enhancement to his recovery program here at A Forever Recovery. These elements include: outside recovery meetings; inside recovery meetings; lectures by recovering addicts, alcoholics and counselors; guided meditation sessions.

## **Indigenous Track**

At A Forever Recovery, we are committed to meeting the client's needs and, in that spirit, we have a spirituality track designed for those who follow traditional Native American beliefs, whether Native American or not, known as the Indigenous track. The Indigenous track incorporates both traditional Native American teachings along with the 12-steps to Wellbriety approach.

Our approach includes the Medicine Wheel and the 12 steps to Wellbriety designed by White Bison Inc. of Colorado Springs, CO. Our clients in this track not only learn how to heal from their addiction, but also how to heal themselves physically, mentally, emotionally, and spiritually. Our Indigenous track is a good way to find your way back to Mino Mikana, the good path.

The Indigenous track can benefit three types of clients:

1. The client who is Native American who seeks to restore their life through traditional teachings and ceremony.
2. The client who is not receptive to typical drug rehab programs, or is not comfortable in a Christian faith-based environment. He/she may not be resistant to spiritual teachings, but he/she is

seeking their own path to recovery.

3. The client who is interested in enhancing their current recovery base with alternative practices and spirituality.

### **Cognitive Behavioral Therapy**

Cognitive Behavioral Therapy (CBT) is an extremely effective method for retraining the persons ability to avoid negative consequences due to one's behavior. The "ABC's" are an exercise that can be used by anyone. They help us to stop being victimized by ourselves and our own "stinking" thinking.

The CBT theory says that it is generally irrational and self-defeating to get all worked up about someone else's behavior. The anger is based on a faulty assumption, which is that another person should behave in the way I want them to. If you look at it, what the other person should do is not necessarily what they do do. This is a very important element of reality and life. They do what they do, and then I automatically get angry about it, and feel quite upset for a while. It's like walking around with a big pushbutton on your forehead that says "Push here to aggravate".

This is probably not a useful response to others' anger. There is a simple exercise to help us make

this adjustment, called the “ABC’s”. It is used to analyze the situation and change our ability to look at it without trying to change what we believe really is, thus, we can feel better about it. This doesn’t mean that we should never try to change our viewpoints, sometimes it is appropriate- it’s when it isn’t an appropriate or effective response that we can choose to have a different response instead in order to feel better about this situation.

Clients are taught these techniques through a series of lecture, movies, and group activities which make lessons fun and helpful.

We at A Forever Recovery feel that in giving the client the right to choose these spiritual enhancements to his program, it actually empowers the client and makes his recovery truly his own. Unfortunately, many conventional treatment centers tell clients that “if they don’t accept one particular brand of recovery, they probably won’t stay sober.” Our goal is to help the client discover his own recovery tools that will work best for him.

## ***About our Facility***

At A Forever Recovery, we strive to give the client a positive environment to help him face and overcome his problems with addictions. A 60,000 sq. ft. building perched on 10 beautiful acres

overlooking a private lake helps to give our clients a sense of serenity and peace.

Recovery from drugs and alcohol involves facing many difficult obstacles. Years of abuse can bring about feelings of shame, guilt, and remorse. Our therapy rooms, lounges, and walkways have been designed to stray away from the typical clinical setting seen in most treatment centers and facilities. Using soft color earth tones, our clients will have the advantage of an ambient, soothing environment in which to face their demons.



Also, we here at A Forever Recovery believe that recovery can be fun- we have a game room and TV lounges in which clients can spend their spare time. From the moment our clients arrive, the first thing that many notice is that A Forever Recovery is not like other treatment facilities. A truly innovative approach in addiction treatment and recovery, our goal is to help heal the damage wrought from years of abuse. We are a body, mind and spirit program

that allows the client to successfully gain power over the things that have been blocking him for so long. At A Forever Recovery, we seek to uncover the potential that is found in each of our clients... the real you. We invite you to call and speak with one of our certified addictions counselors to understand why A Forever Recovery changes lives forever.

# **A Forever Recovery**

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[www.stopyouraddiction.com](http://www.stopyouraddiction.com)

**(877)456-3313**

For individual outcome studies on MRT visit:

[www.moral-reconation-therapy.com](http://www.moral-reconation-therapy.com)

