





# CUSTOM-CURATED PROGRAMS

Clients' treatment plans are made specifically for them – based on their unique needs and the therapies that are right for them.



# WHOLE-PERSON CARE

Stories matter and our clients are more than a medical chart. We offer opportunities for physical, emotional, and spiritual health.



# EXPERIENTIAL THERAPY

Therapy gets experiential as clients head outdoors with clinicians to navigate stressors and work through them in real-time



## TRACKABLE OUTCOMES

Our treatment works, and we have the data to prove it. We track client improvement with evidenced-based metrics.



#### **FAMILY FOCUS**

From the outset, family members are integrated into treatment to help the entire family system grow and recover.



#### **CUTTING-EDGE TECH**

On-campus Deep TMS and Hyperbaric Oxygen Therapy complement therapy with research-based tech interventions.



#### LONG-TERM RECOVERY

Clients continually build recovery capital by engaging in virtual treatment and support options through our proprietary app.



#### TRAUMA-INFORMED

We tackle addiction, trauma, and mental health by addressing the root causes instead of just the symptoms.



# CLINICAL EXCELLENCE

A highly-educated and specialized clinical team brings psychiatry, psychology, and therapy to the clients for optimal progress.



## SAFETY, COMFORT, & ENVIRONMENT

We prioritize the privacy, safety, and needs of all clients to create an environment of care where healing is the client's only focus.





It starts with a call. The moment your phone connects with ours, you've taken your first step. A member of our team will learn your story, answer any questions you have, walk you through an assessment, determine your eligibility, verify insurance benefits, discuss payment options, and make sure we are the best fit for helping you get well. If you need detox or withdrawal management, we can work with other providers to help you detox before you arrive at the Lodge.



## Travel to the Lodge

Once you're approved and ready to go, you'll travel to our main campus in the stunning mountains of the Vail Valley in Colorado. If you fly in, one of our drivers will greet you when you land and drive you to campus.



## Assessments & Treatment Planning

When you arrive, your residential treatment begins. We start by getting you comfortable with your suite and testing for COVID. Over the next few days, we'll walk you through comprehensive assessments to capture your full story, determine your unique needs, and craft your best treatment plan.

These first few days set the groundwork for your time at the Lodge. Our clinical team will work with you to determine what therapies you need, what primary therapist will be your best fit, and what specific classes or groups should go into your schedule. During this time, you can also join classes and groups via your in-room iPad.

#### Focus

- Assessment
- Stabilization

- Introductions
- Treatment Planning







### Core Treatment

With a customized roadmap in hand, you're ready to join the flow of the Lodge. You'll come into a rhythm of daily group therapy, yoga, group processing, individual assignments, weekly individual sessions, and a heavy emphasis on psychoeducation classes and groups.

#### **Focus**

- Big Picture
- Coping Skills
- Emotional Regulation
- Skills Acquisition
- Cravings Management





### Advanced Treatment

After expanding your knowledge of yourself and your struggles and gathering the skills to better handle each piece, you'll dive even deeper into therapy and treatment in a smaller specialized group of others working through addiction.

Focus

- Experiential Therapy
- Skill Application

With a little less psychoeducation and a little more experiential therapy, you'll continue group and individual work. In this stage, you'll take the skills you've learned and begin to apply them.

- Trauma Work
- Transitioning to Home Environment





### Virtual Next Steps

After completing your on-campus treatment, our therapists will discharge you from the Lodge with a plan for continuing care, treatment, and support.

Join a virtual IOP group to navigate your life circumstances in real time from the comfort of your own home.

All sessions are conducted through our exclusive APN Connection app for convenience and ease. After IOP, sign up for virtual groups or individual sessions to stay connected and supported for the long haul.







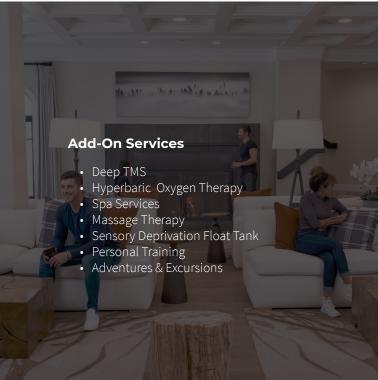
















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