

Building Recovery Together

LIVENGRIN™

SPECIALTY PROGRAM



Holistic Therapies and Programs

Livengrin uses holistic alternative therapies to provide custom treatment for each patient

Livengrin Knows

How to build a personalized treatment experience for every patient

Helps patients build indispensable recovery skills

Spiritual, Emotional, and Physical needs must all be addressed

Livengrin's residential inpatient program offers a wide range of evidence-based alternative therapies that permit formation of a personalized treatment experience for each patient. Our extensive list of programs permits our clinicians to choose specific tools to allow our patients to acquire skills that will help them on their road to recovery.

- **Yoga** – Combines the benefits of exercise and meditation to help reduce stress and anxiety, and improve sleep patterns. Appropriate for patients with limited physical capabilities. Open to all and typically offered twice a week.
- **Equine Assisted Learning** – Helps reduce psychological distress and enhance mental well-being. Also, provides feedback about patient behaviors that may be hindering recovery. The program is not about riding horses; it's about interacting with horses so patients can learn more about themselves. Led by a certified equine therapist.
- **Chiropractic Therapy** – Removes physical imbalances to help the body heal itself. Chiropractors have the ability and skill to eliminate these interruptions or misalignments, and allow the body to perform as it was meant to. Chiropractic adjustments are available once a week with a small co-pay.
- **Art Program** – This fun, fulfilling program allows freedom of expression, creativity, and more. Offered twice a week, this program incorporates different art forms such painting, woodworking, sculpting, stained glass, and other modalities.

LIVENGRIN

Mission Statement

Making sustainable recovery possible through professional, accessible, and successful treatment options.

Vision Statement

Provide a process of change for those suffering from addiction whereby a life of recovery is achieved, emotional and physical health is stabilized, and family networks are improved.

- **Music Therapy** – Aids in goal setting, building coping mechanisms, forging positive relationships, developing a sense of awareness, and gaining insight into problem areas. Music therapy can be useful in engaging patients by diminishing defenses, promoting communication, and offering an opportunity for self-expression.
- **Spiritual Programs** – Available to help restore health, hope, and sense of purpose to patients who often see no way out of their situation. Pastoral counseling is furnished by Reverend Mel two times a week. On Sundays, we offer an optional interfaith service filled with music, positive affirmation, and powerful introspective guidance. Pastoral services are continuously available and encouraged for all patients.
- **Grief and Loss** – Loss of a loved one can impact anyone, but for those suffering from substance addiction, overdose, vehicle crashes, and other tragic events are all too common. Special tracks helps patients identify feelings and emotions that have often been masked by chemical use.
- **12-Step Workshops** – Livengrin hosts nightly speakers from various outside abstinence based 12-step programs who share their inspiring journey through recovery. Trips to outside meetings are encouraged for those new to 12-Step Fellowships.
- Available focus groups based on clinical need:
 - Parenting
 - Healthy Relationships and Communication
 - Trauma
 - Pain Management
 - Eating Disorders and Body Image
 - Mindfulness