

Building Recovery Together  
**LIVENGRIN**<sup>TM</sup>

**PROGRAM**



**Inpatient Residential**

**Based on a  
skills-building  
model that  
focuses on  
individualized  
care**

**Livengrin Knows**

Residential  
rehab promotes  
health and recovery

Personalized care is  
emphasized

No one recovers on  
their own

The Inpatient Residential drug/alcohol program, typically 28 days long, uses a strengths-based approach to treatment built on the specific therapeutic needs of the patients, far surpassing the standards required for licensure/accreditation.

Not all rehabilitation facilities are equal. Livengrin's extensive catalog of evidence-based programs, holistic therapies, and activities allow the clinician to develop a custom program to meet each patient's needs.

**Treatment services:**

- Group therapy
- Individual therapy
- Small focus groups on grief and loss, trauma, parenting, relationships, resume writing/vocational issues, fun in recovery, self-esteem, relapse prevention, coping skills, communication skills, addiction and the brain, and more
- In-house 12-step meetings
- Spiritual services
- Chiropractic care
- Equine assisted learning
- Family dynamics of addiction
- Yoga
- Medication Assisted Treatment (MAT)
- Spiritual counseling
- Art and music therapies

**Additional Services**

Some patients will attend off-site 12-step meetings accompanied by staff. These visits help build connections and help to make them familiar and comfortable in participating in the recovering community.

Livengrin also offers services and support for patients meeting specific clinical criteria that indicate especially high risk. Targeted groups are available for those experiencing work-specific stressors and trauma within the Nurses Lifeline and First Responders Addiction Treatment (FRAT) tracks.

## **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.

### **Residential Life & Activities**

The Livengrin program encourages patients to build relationships and experience fun and laughter. To this end, we have a range of residential life activities available to our patients all run within a safe, secure environment.

- **Crochet and Knitting** – Can improve mental health and focus as well as lessen fears and keep patients from ruminating about their illness.
- **Exercise** – The Livengrin gym features a basketball court, volleyball setup, ¼ mile walking track, horseshoe area, wii dance electronics, and more.
- **Patient Store** – Store is stocked with basic personal care items, books, sobriety literature and journals, food and snacks.
- **Hair Salon** – Maintaining one's appearance is important to self-image. Using the hair salon regularly is encouraged.
- **Audio-Video** – Karaoke, videos, and motivational topic movies are offered as part of residential life. Entertaining movies are available in campus houses with cable.
- **Library and Computers** – Patients can sign up for supervised computer time or just lounge in our library room when they want some quiet time. Select reading materials are available at certain times.
- **Resume Writing** – Livengrin's professional training department offers a great seminar on resume writing and job search strategies.
- **MVP Program** – This weekly program is designed to encourage peer recognition and motivation.

### **Holistic Therapy Activities**

Livengrin's residential inpatient program also offers a wide range of holistic therapies that permit formation of a personalized treatment experience for each patient.