



Aware Recovery Care provides a long-term solution for those suffering from the chronic disease of substance use disorder – in the comfort, privacy, and security of your own home.

- Receive one full year of treatment for a cost that is comparable to a typical 28-day inpatient stay.
- Enjoy the comforts of home.
- Mend and grow relationships with family and friends.
- Have regular touchpoints with your care team.
- Go to work and/or school.
- Be active in your community.

#### Entering the Aware Recovery Care program after an inpatient stay:

- Facilitates a seamless transition to the “real world.”
- Lets you build on your recovery and successes already achieved.
- Ensures a holistic, long-term continuum of care.

”

By the end of my year, I was ready to be a part of my future.”

*Home*  
IS WHERE  
*recovery*  
LIVES™



844.292.7372  
AwareRecoveryCare.com



You don't need to put your life on hold.

We bring addiction treatment to your home.



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## The Aware Recovery Care model works.

Research shows that maintaining abstinence for a year dramatically improves a person's chance of sustained recovery from less than 10% to over 80%<sup>1</sup>.

>80%  
success rate

1 year of  
abstinence

<10%  
success rate



<sup>1</sup> Kirshenbaum AP, Olsen D, Bickel W. A quantitative review of the ubiquitous relapse curve. J Substance Abuse Treatment. 2009;26:8-17

Your Aware Recovery Care team provides you with supportive, medically-integrated substance use disorder treatment while you live in your own home.

## Healing at home

### Psychiatric Provider

(Psychiatrist, Nurse Practitioner)

- Meets with you to discuss treatment options and goals in order to create a personalized treatment plan.
- Recommends detox if needed.
- Conducts psychiatric evaluation and makes recommendations for personalized treatment, including medication management.

### Internal Psychotherapist

- Treats psychological and emotional issues.
- Uses evidence-based treatment modalities such as cognitive behavioral therapy, dialectical behavioral therapy, etc.

### Family Wellness Therapist

- Your externally contracted Family Wellness Therapist works with you and your loved ones in the healing process.

### Recovery is Transformational:

Addiction impacts every aspect of life, and recovery can, too. Your care team will help connect you to community resources to achieve your goals in many areas of wellness:

- Educational
- Occupational
- Physical
- Spiritual
- Legal
- Social

### Care Coordinator

(Licensed Nurse, Social Worker or Counselor)

Coordinates with a Primary Care Provider and Psychiatric Provider.

- On day one, visits you in your home to conduct full nursing assessment.
- Coordinates pharmacotherapy to ease withdrawal symptoms and cravings when appropriate.
- Collaborates with external providers, therapists, and specialists to provide the best personalized care possible.

### Client Recovery Advisor (CRA)

- Serves as the primary source of peer support and frequently has lived experience.
- Meets in your home and/or community and is accessible by phone.
- Introduces you to support groups in your community.
- Coordinates alcohol and drug screenings.
- Supports you in achieving recovery goals.

### Family Education Facilitator

- Provides virtual education and support to those you've identified as allies (family or friends) in your recovery process.
- Education topics include the science of addiction, self-care, the impact of addiction on families, and healthy communication.



Retirees enrolled in Medcomp Three coverage or in the HealthTrust Medicare Advantage with Prescription Drug (MAPD) plan are not eligible to participate in Aware Recovery Care.