

Core Recovery

Core Recovery is a state of Arizona licensed outpatient facility. We provide integrative care services for adults and adolescents suffering from mental health, addiction, or trauma issues. Our licensed professionals collaborate to meet the individual care needs of each patient to ensure the highest quality of behavioral health services. Our integrative care team provides psychiatric assessment, diagnosis, medication assisted treatment, group therapy, individual counseling, family system counseling, and trauma therapy. At Core Recovery, we believe in treating the whole person; body, mind, and spirit.

Program Details

Core Recovery's Intensive Outpatient Program (IOP) for chemical dependency, trauma, and mental health runs three times a week, for three hours. We offer programs for adolescents (13-17 years old) and for adults (18+). The length of the program is tailored to the client and designed to create a transition to a happier and more rewarding life.

- Bio-psychosocial approach to strengthening neglected areas of a client's life
- Relaxation and visualization techniques
- Encourage and support positive beliefs, thoughts, feelings, and attitude in regards to change
- Learn to incorporate pro-social skills

Core Recovery is an LGBTQIA+ and gender inclusive facility.



Intensive Outpatient Program

Providing Integrative Behavioral Health Care for Adults and Adolescents Suffering From Mental Health, Addiction, or Trauma Issues.



Core Recovery

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Core Recovery

Recovery is Possible

Assessment

Every client will participate in an initial clinical assessment before beginning treatment at Core Recovery. This process assists in evaluating the extent of mental health or substance abuse issues individuals are suffering with. The assessment includes a medical history, physical examination, psychosocial assessment, therapist evaluation, and a psychiatric evaluation. If treatment is recommended, the clinician will thoroughly explain the recommended treatment plan.

Intensive Outpatient Program (IOP)

Core Recovery's Intensive Outpatient Program (IOP) is beneficial in helping our clients achieve their goals. IOP includes individual and group therapy. IOP also includes being seen weekly by our psychiatric medication prescriber to manage our client's medication needs. The program provides intensive treatment for:

- Anxiety
- Co-occurring Psychological Disorders
- Depression
- Mental Health Struggles
- Stress
- Substance Abuse Problems
- Trauma

Integrative Therapeutic Approach

Core Recovery provides integrative treatment for mental health and substance abuse utilizing the most current evidence based practices for adults and adolescents. These include:

- Case Management
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Exploration of Relationship Patterns
- Family System Therapy
- Group Therapy
- Medication Evaluation and Follow-up Services
- Mindfulness/Relaxation/Deep Breathing
- Therapeutic Art
- Trauma Therapy (EMDR)

Family Involvement

Core Recovery believes family plays an essential role in the client's treatment and can lead to a more rewarding and successful outcome. A parent and/or guardian is encouraged to attend a family systems therapy session once a week with their loved one. The Family Systems Program is committed to strengthening family relationships, educating the family on addiction, mental health and the support that exists for the family themselves. We believe that on-going support during and after treatment is necessary for our client's redirection of their lives and sobriety.

Program Costs

Core Recovery's services are covered by most major insurance plans.



"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." - Anais Nin

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