

We know recovery works. According to the Substance Abuse and Mental Health Services Administration, when a recovery program is tailored to the individual needs of a client, treatment for alcohol and drug addiction is as effective as treatments for other illnesses, such as diabetes, hypertension and asthma.

*"Our mission is clear.
We commit to
preparing individuals
with addiction
and their families
for a lifetime
of recovery."*

Kitty Harris-Wilkes,
Ph.D., LCDC, LMFT,
Executive Director



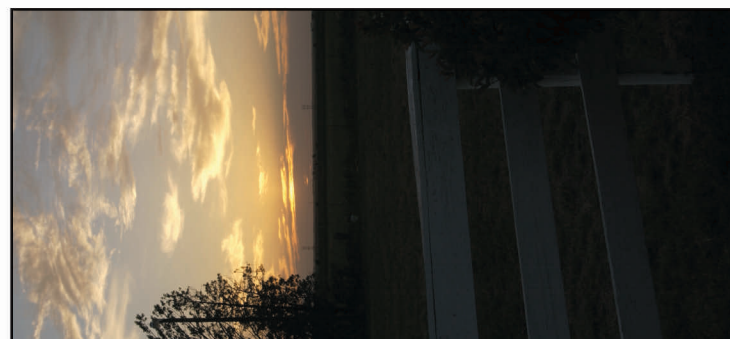
THE
RANCH
AT
DOVE TREE

1406 County Road 5800
Lubbock, Texas 79403

tel: 806-746-6777

fax: 806-746-6770

www.ranchatdovetree.com



Changing the face
OF RECOVERY



In collaboration for recovery with
the Center for the Study of Addiction and Recovery
at Texas Tech University



Our approach to recovery

The team at the Ranch commits to providing a personalized recovery program to maximize each individual's potential for success. Each client's personalized plan includes:

- Recovery support provided by licensed, experienced addiction and recovery professionals
- Individual therapy sessions
- Gender-specific group therapy
- Assignments based on client's personal recovery goals and the Twelve Steps of Alcoholics Anonymous
- Weekly multi-family therapy groups and individual family therapy sessions designed to involve the client's family system throughout the recovery process
- Therapy groups addressing the impact of trauma of the client's recovery
- Individual wellness assessments and personalized plans for nutrition, physical activity, and stress management
- Life skills groups focused on building the client's capacity for healthy approaches to managing finances, dealing with stress, and building stable relationships
- Support for spiritual growth
- Introduction to community-based recovery support at local Alcoholics Anonymous, Narcotics Anonymous and Alanon meetings
- Comprehensive plan for access to continuing care services and recovery support in the client's home community
- Access to support for psychiatric and medical issues



Our recovery programs

■ Detoxification

- Medically supervised services offer clients assistance during the time they are experiencing significant withdrawal symptoms.
- This level of care is generally short-term with clients transferring into the Ranch's residential program.
- Detox services are provided at the Ranch's Beginnings site in central Lubbock.

■ Residential Program

- The most intensive level of recovery services for clients who are unable to stop alcohol or drug use without 24-hour support.
- Clients participate in an average of 30 hours of recovery programming each week including individual therapy, multi-family group therapy, and life skills training.
- Most residential clients stay on site for an average of 30 days.

■ Collegiate Residential Program

- The most intensive level of recovery services designed specifically for young adults who are unable to stop using alcohol or drugs without 24-hour support.
- Clients participate in an average of 30 hours of recovery programming each week including individual therapy, wellness and recreation activities, and educational seminars on navigating recovery as a young adult.
- Most clients stay in the collegiate program for a minimum of 45 days.

■ Partial Care Program

- Services are offered for clients who do not require 24-hour support to prevent relapse but need substantial daily support to maintain recovery.
- Clients participate in an average of 20 hours of recovery programming per week, between 8 a.m. and 5 p.m., Monday through Friday.
- Clients participate in weekend programming for families.

■ Intensive Outpatient (IOP)

- Clients who participate in the Intensive Outpatient Program typically have a safe and supportive home environment and are able to continue to function in their place of employment.
- Clients participate in an average of 15 hours of recovery programming per week.
- The Ranch at Dove Tree's Intensive Outpatient Program is conveniently located near the Texas Tech campus and the Center for the Study of Addiction and Recovery.

■ Transitional Living

- TreeHouse for men
- TreeHaven for women

■ Continuing Care

- The Ranch assists clients in locating recovery support as they transition back into their home, family, and professional lives.

The Ranch at Dove Tree is licensed by the Texas Department of State Health Services.



A unique collaboration



TEXAS TECH UNIVERSITY
Center for the Study of Addiction & Recovery™

Since the *Ranch at Dove Tree* opened its doors in 2002, the program has helped individuals start down the road to recovery from addiction to alcohol and other drugs. In September 2006, the Ranch joined forces with another organization well-versed in supporting long-term recovery from addiction: the *Center for the Study of Addiction and Recovery (CSAR) at Texas Tech University*.

The CSAR offers 20 years of experience in providing a nurturing, affirming environment in which individuals in recovery can successfully pursue personal, academic, and professional goals for the purpose of enhancing their quality of life. The CSAR's proven record of success garners respect from state and national lawmakers, researchers across the country, and the families of members of the CSAR's collegiate recovery community. To date, the CSAR has received four years of federal grant dollars to assist universities throughout the country in replicating the CSAR's model program.

This innovative collaboration allows the staff of the CSAR to apply their decades of education and experience in facilitating recovery and evaluating program success.



(800) 218-6727

www.ranchatdovetree.com

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