



Bethany Recovery Center

Residential treatment for women

Bethany Recovery Center is a residential program for women, 18 years or older, with a substance use disorder and co-occurring mental health disorder. We also provide specialty services for pregnant women and women with infants; who can stay with their mom while she receives treatment.



Bethany.org/RecoveryCenter

Inspired by Christ, Bethany Recovery Center empowers women to transform their lives.

We believe family is an integral part of the treatment and recovery process. That's why we provide a robust family program that encourages family participation and healing.

We effectively treat the complex nature of addiction and diagnosed mental health disorders by providing an integrated, evidence-based treatment program in a safe and supportive environment conducive to recovery.

PROGRAM ELEMENTS INCLUDE THE FOLLOWING:

- Assessment
- Treatment planning
- Group and individual therapy
- Family education groups
- Family and couples counseling
- Psychoeducation
- Sober living skills building
- Parenting education, skills building, and bonding
- Parent/child interventions
- Health and wellness education skill building
- Mom and baby bonding
- Mindfulness meditation and spirituality exploration
- Employment readiness training
- Comprehensive aftercare planning

Empowering women in our community

Trauma-focused, evidence-based treatment

Each woman receives a variety of assessments to develop her personalized treatment plan. The daily schedule provides an array of clinical services tailored to meet her needs in a residential treatment setting.

Additionally, we provide pregnant women with regular access to prenatal and postnatal services to support both mom and baby.

INTEGRATED SUBSTANCE USE AND MENTAL HEALTH TREATMENT:

Our staff consists of a multi-disciplinary team, including a medical director, licensed mental health and substance abuse therapists, psychologist, child and family specialist, nurse, medical assistant, and other professional staff, including mental health technicians, peer support specialists, and recovery support professionals.



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Bethany.org/Waukesha

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OUR STAFF USE THE FOLLOWING EVIDENCE-BASED TREATMENT CURRICULUM AND APPROACHES:

- Sanctuary Model
- Helping Women Recover
- Living in Balance/substance use and co-occurring mental health
- Inside Out Parenting program
- Seeking Safety
- Motivational Interviewing/Enhancement
- Cognitive and Dialectical Behavioral Therapy
- Family Systems
- Accelerated Resolution Therapy (ART)

“I leaned on others who believed in me, until I learned to believe in myself.”

—WOMAN IN RECOVERY



Learn more at Bethany.org/RecoveryCenter