

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

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

We believe that 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.



Bethany

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Bethany.org/Waukesha



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Bethany Recovery Center

RESIDENTIAL TREATMENT
FOR WOMEN

Bethany



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 advocate, family therapist, registered nurse, and other professional staff, including mental health technicians, peer support specialists, recovery advocates, and childcare providers.

Our staff use the following evidence-based treatment curriculum and approaches:

- Sanctuary model
- Living in balance/substance use and co-occurring mental health
- Trust-based relational interventions
- Seeking safety
- The nurturing program
- Motivational interviewing/enhancement
- Cognitive and dialectical behavioral therapy
- Family systems
- Eye movement desensitization reprocessing (EMDR)
- Accelerated resolution therapy (ART)

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
- Childcare
- Parenting education, skills building, and bonding
- Parent/child interventions
- Health and wellness education
- Mindfulness meditation and spirituality exploration
- Employment readiness training
- Comprehensive continuing care planning

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

—WOMAN IN RECOVERY

Learn more at Bethany.org/RecoveryCenter