



## 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 or co-occurring mental health disorder. We also provide specialty services for pregnant women and women with children; who can stay with their mom while she receives treatment.**



[Bethany.org/RecoveryCenter](https://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
- Childcare
- Parenting education, skills building, and bonding
- Parent/child interventions
- Health and wellness education
- 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, psychiatrist, family therapist, registered nurse, and other professional staff, including mental health technicians, peer support specialists, recovery support professionals, and childcare providers.



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Bethany.org/Waukesha

## 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
- Parent-child interaction therapy
- Motivational interviewing/enhancement
- Cognitive and dialectical behavioral therapy
- Family systems theory
- Eye movement desensitization reprocessing (EMDR)
- Accelerated resolution therapy (ART)

A photograph of a woman with long brown hair, wearing a grey tank top, sitting on a bed and holding a young child with long brown hair. The child is wearing a light-colored long-sleeved shirt and is looking at a tablet computer. The woman is smiling and looking down at the child. The background is a room with a bookshelf filled with books.

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

—WOMAN IN RECOVERY

**Learn more at [Bethany.org/RecoveryCenter](https://www.bethany.org/RecoveryCenter)**