



Lighthouse
Recovery
Texas

Lighthouse offers a comprehensive suite of Addiction Treatment Programs in Dallas, Texas, including **Partial Hospitalization (PHP)**, **Intensive Outpatient (IOP)**, **Sober Living**, and **Recovery Coaching**.



(214) 225-6549



Welcome to Lighthouse

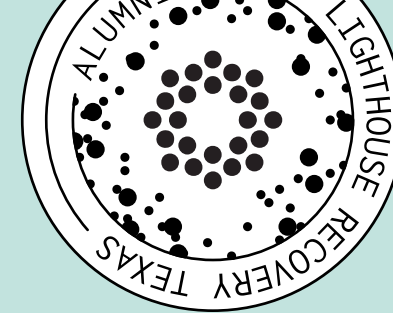
We're not a conventional Addiction Treatment Center. We're a multi-disciplinary team dedicated to building sustainable recovery programs. With decades of cumulative experience, our team has worked across numerous facets of the recovery spectrum.

Lighthouse was founded in 2016 and is an intentionally designed, individually tailored, and community-focused approach to treatment. Since then, we've helped hundreds of families and gained national recognition as one of the most effective aftercare treatment programs.

Our mission is to provide a safe, supportive environment for people to heal. Using evidence-based approaches, our methodologies are backed by a team with 50+ years of combined Treatment Experience.

With many providers to choose from, clients and families should know that when they choose Lighthouse, they'll be working with best-in-class staff that adheres to and surpasses the industry's highest standards.

We focus specifically on Outpatient and Post-Residential Treatment. Our programs, such as Partial Hospitalization (PHP) and Intensive Outpatient (IOP) provide structured Clinical Support, but give individuals the necessary skills, opportunities for practical application, and the time needed to treat the underlying causes of one's addiction. When used in conjunction with our Sober Living Program, we're able to provide full wraparound care for individuals and families.



Our Treatment Philosophy

Aftercare and Outpatient Treatment programs give individuals the accountability, structure, and real-world applications that are necessary for long-term success.

For this reason, Lighthouse focuses solely on these treatment methodologies and has built each subset of our program utilizing a holistic approach.

Our **comprehensive programming** balances a variety of clinical modalities and a focus on life-skills training, giving clients the insight, experience, tools, and confidence they need to lead rewarding and independent lives.

Recovery is a process that requires **real change**, starting with an intensive and

often uncomfortable confrontation with reality. We've worked to guide hundreds of clients and their families through this transformative experience.

Each individual's circumstance is entirely unique, as are the drivers behind one's addiction. Our staff-to-client ratio, program structure, and holistic approach allows us to **work on a customizable basis with each client and family.**

It's no secret people struggle in recovery and often return to treatment multiple times. Nearly all cited studies show **dramatically increased success rates** when Inpatient Treatment is followed up with aftercare programming.

75%+

Upwards of 75%+ of individuals will relapse within 6 months after completing **ONLY** a Detoxification or Residential Treatment Program.* In a recent study, 27% of individuals going through an Opiate Detoxification program relapsed within **ONE DAY** of discharge.

Key Takeaway: Outpatient Treatment is a necessary part of the Treatment continuum.

*de Andrade, Dominique, et al. "The Effectiveness of Residential Treatment Services for Individuals with Substance Use Disorders: A Systematic Review." *Drug and Alcohol Dependence*, U.S. National Library of Medicine, 1 Aug. 2019.

90%+

90% of individuals needing Addiction Treatment do not seek help.* As often as we work with clients who have completed a 30-day Residential Program, we see clients who are unable to leave behind work, home, school, or other obligations for such a period of time.

Key Takeaway: Outpatient Rehab reduces barriers to Treatment and offers more people the ability to seek help.

*O'Reilly, Kevin B. "90% Who Need Substance Abuse Treatment Don't Get It." *American Medical Association*, 22 Oct. 2019.

Five times more individuals are likely to succeed long-term, having already achieved two years of sobriety.* Our Outpatient Programs give individuals the necessary skills, ability for practical application, and accountability needed for sustained recovery.

Key Takeaway: Substance Abuse and Co-occurring Mental Health Disorders are complex and cannot be treated quickly or symptomatically.

*Laudet, Alexandre B, et al. "Pathways to Long-Term Recovery: A Preliminary Investigation." *Journal of Psychoactive Drugs*, U.S. National Library of Medicine, 12 Apr. 2007.

5x



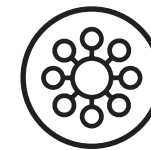


Lighthouse Treatment Programs



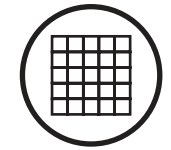
Partial Hospitalization (PHP)

Our Partial Hospitalization Program (PHP) gives clients the knowledge, tools, and structure to build strength and confidence in their sobriety. Clients will participate in Group and Individual Therapy and have access to a Psychiatrist (if needed). PHP should be seen as the first step in a longer-term program.



Intensive Outpatient (IOP)

Our Intensive Outpatient program consists of Group, Individual, and Family Therapy. Alongside addiction-specific programming, we offer a holistic range of therapies to support issues surrounding anxiety, depression, shame, trauma, family systems, and process addictions.



Sober Living Homes

Our Sober Living Program in Dallas is designed for individuals in early sobriety that are in need of wraparound accountability and support. Known as the premier program in Dallas, we offer an unmatched set of amenities at four well-appointed homes. Residents stay an average of 90-180 days.



Recovery Coaching

As each step forward in the treatment process leaves individuals without the support of the prior, our Coaching program is designed to help build a solid foundation by which individuals can achieve short- and long-term goals in a time best suited for them. Enrollment generally runs ninety to one-hundred and eighty (90-180) days.



Extended Care Program

All of our Treatment Programs are designed to be customizable to the needs of each individual and their family. We often work with clients who've had multiple failed treatment attempts or are experiencing a "failure to launch." For these clients, the Lighthouse Extended Care Program may be applicable, which is a progress-based system utilizing each of the above programs.

“Where to begin on the list of only amazing things to say about this organization, family, and community that built me back up when I was at my lowest. Words don’t put into the amount of love and appreciation that I have for what Mike Jones is doing at Lighthouse in Dallas. As a patient of the program I can proudly state that I’m over a year and a half sober from my DOC and am the happiest I’ve ever been in my life.”

- Nick B.

“As a psychiatrist, as well as a parent of a recovering alcoholic, who has experienced several different recovery communities over the years, Lighthouse Recovery in Dallas gets my highest recommendation.”

- Deborah H.

“Simply put lighthouse gave me my life back. The men and women that work at lighthouse are a testament that you can and do recover. Their dedication to helping those struggling with addiction is constantly displayed by their passion, commitment, and care for every client and their families.”

- Matthew S.

“Lighthouse Recovery has been a lifesaver for our son. As the parents of a son who had been in and out of treatment programs for over 10 years, my wife and I were very familiar trials and tribulations of the recovery process. It had become very apparent that aftercare is of major importance for an addict to maintain long term sobriety after completing a residential treatment program. This is particularly true in today’s world where time in residential treatment is driven more by what insurance will pay than by what is in the best interest of the patient. We cannot recommend Lighthouse Recovery more highly to anyone who is looking for an outstanding sober living and aftercare program.

- Richard P.

“The most incredible and perfect recovery process in Texas, bar none. I’ve seen so many people bounce in and out of treatment trying their best to fight the terrible disease of addiction. But once they bounce into Lighthouse, it’s the last time. Everything from their comprehensive counseling, therapy, treatment, living situation, style of approach, value for the money, everything is SO IN DEPTH and tailored for exactly what someone needs to not only get sober but stay sober, fight addiction, and learn how to live again. If you’re looking for your loved one to recover, do NOT look anywhere else.”

- Minhaj Q.



Trusted by all
major Insurance
Providers.

How do I get started?

We've streamlined our process to make sure getting help is easy. Most clients starting the Partial Hospitalization (PHP) or Intensive Outpatient (IOP) program can get started as quickly as the next day after getting in touch with us.

- Give us a call at (214) 225-6549 or fill out a Contact or Insurance Verification Form on our website.

- You'll be greeted by an Admissions Specialist who will want to learn more about your specific situation and history. If Lighthouse is seemingly a good fit, we'll setup a tour or an assessment so you can meet our staff and see the facility.

- All clinical assessments are read by our Clinical Director, Dr. Brooke Keels, and she'll make a recommendation for programming.

- We'll communicate with you what this recommendation is and also discuss insurance availability, pricing, and scheduling.

Why should I trust Lighthouse?

With over 50 years of addiction treatment experience, our staff understands the issues that continue to derail recovery. By learning about our clients, their history, and their needs, we can address the whole picture and not just pieces of it. Our approach to the issues associated with addiction allows us to move even the toughest of cases forward in the recovery journey. Furthermore, we adhere to, and surpass, the industry's highest standards and are accredited by:

- The Joint Commission (JCAHO)

- Hall of Fame Health as the only Elite Outpatient Care Center in Dallas, TX

- The National Association of Addiction Treatment Providers (NAATP)

- National Association for Alcoholism and Drug Abuse Counselors (NAADAC)



How much does Treatment cost?

Our goal, first and foremost, is to provide the best treatment possible. We have seen, far too often, clients and families coming to Lighthouse after numerous other failed attempts at treatment. We have built programming designed to give clients a foundation for lasting recovery. That being said, we operate differently, such as only allowing 8 persons per Clinical Group versus an industry average of 24. This means more staff, more accountability, and better success rates.

We decided as a company that working with most Insurance Providers on an In-Network basis would make treatment as affordable for clients as possible. This means lower deductibles and lower out-of-pocket maximums than other facilities. Cost should not be a barrier to treatment.

Although all of our Clinical Programs such as Partial Hospitalization (PHP) and Intensive Outpatient (IOP) are covered by insurance, Sober Living and Recovery Coaching are not yet seen as "reimbursable services" by Insurance Providers.

How long does Treatment last?

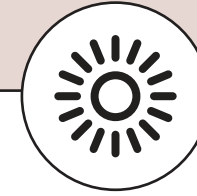
Although somewhat dependent on the individual and therefore the services provided we can speak in general terms about each service to offer a rough timeline:

Partial Hospitalization (PHP): 4-week program consisting of Group and Individual Therapy, and Psychiatric services for 6 hours per day, 5 days per week. Most clients (95%+) after graduating from PHP will "step-down" to the IOP level of care.

Intensive Outpatient (IOP): 3-month program consisting of Group and Individual Therapy for 3 hours per day, 3 days per week. Recovery Coaching or Case Management one per week.

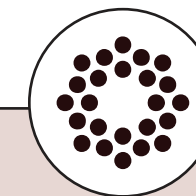
Sober Living: we ask for a 3 month minimum commitment and most clients stay for an average of 4-5 months. We have had clients discharge successfully after 3 months and some stay for upwards of 2 years. It all depends on the individual and their progress.

Recovery Coaching: most clients work with a Coach for an average of 6-12 months.



“Those suffering from addiction are in need of understanding and empathy, as are their families. Through the sharing of our light and love with them, we have the ability to affect real change in the world around us.”

- James Michael Jones
Co-Founder and Executive Director



lighthouserecoverytx.com

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We'd love to
hear from you.



Lighthouse