

Lighthouse Recovery provides a comprehensive suite of addiction treatment programs in Dallas, TX, including **Partial Hospitalization Programming (PHP)**, **Intensive Outpatient Programming (IOP)**, **Sober Living**, and **Recovery Coaching**.

These programs represent phases of the **Lighthouse Extended Care Program**. They can be attended congruently or separately, dependent on the client's history and needs.

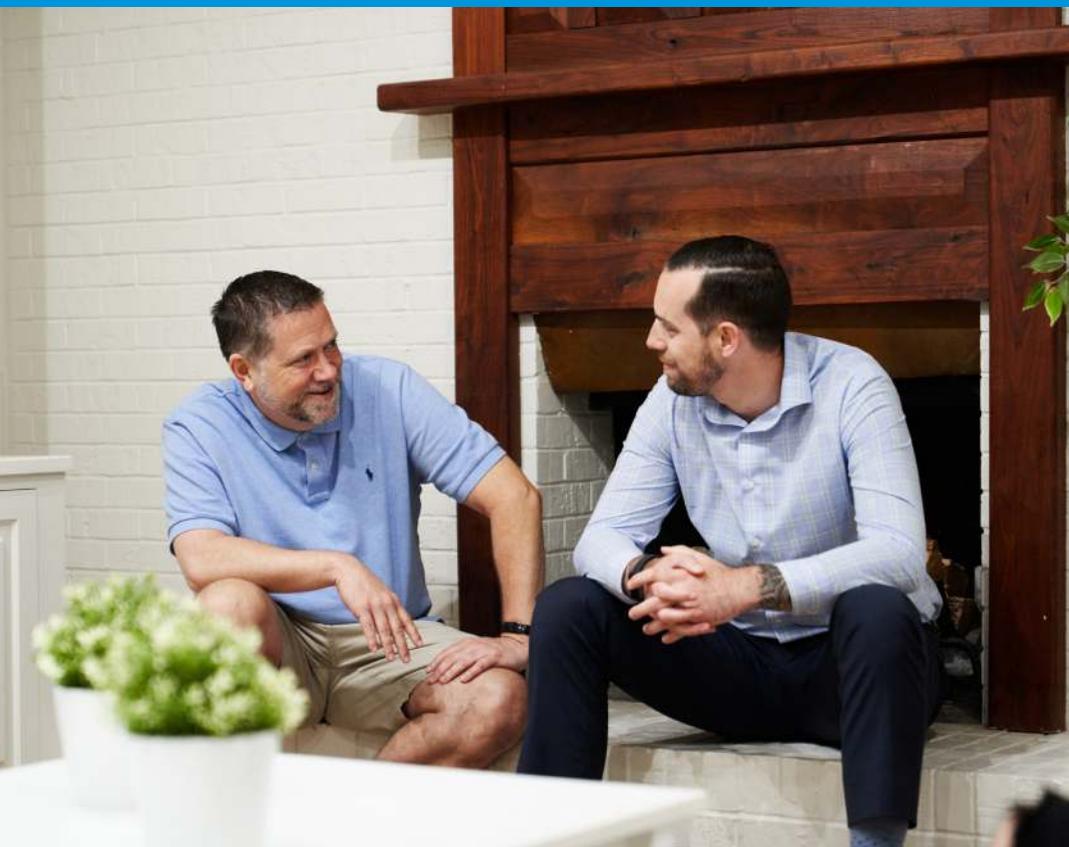
All of our programs are designed to dramatically increase **long-term results**.

Our Philosophy

Lighthouse is multi-disciplinary team of professionals dedicated to building programs around sustainable recovery.

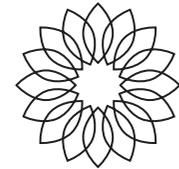
We address core issues undermining recovery, provide a tailored approach for each individual, and create a safe, engaging, and uplifting experience.

Our programs give individuals the accountability, structure, and real-world applications that are necessary for long-term success. For this reason, Lighthouse focuses solely on “aftercare” treatment and has built each subset of our program utilizing a holistic approach.



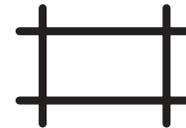
Individualized

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.



Comprehensive

Our 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.



Transparent

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.



Evidence-based

It’s no secret people struggle in recovery and often return to treatment multiple times. Nearly all cited studies show dramatically increased success rates with Extended Care programs as they better help clients navigate transitional periods and real-world situations.

These programs represent phases of the **Lighthouse Extended Care Program**. They can be attended congruently or separately, dependent on the client's history and needs.

Partial Hospitalization Program (PHP)

Designed using a comprehensive approach.

Intensive Outpatient Program (IOP)

Holistic and evidence-based approaches.

Sober Living

Structure and support in early sobriety.

Recovery Coaching

Continued guidance and accountability.



Partial Hospitalization (PHP)

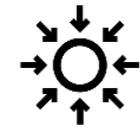
At Lighthouse Recovery, we believe that the PHP level of care should give our clients the strongest foundation possible upon which to build a successful and fulfilling life. It is a highly-focused program with groups meeting 5 days a week, for 6 hours a day, alongside individual therapy and psychiatric support.

PHP gives clients the knowledge, tools, support, and structure to start building strength and confidence in their sobriety. It should be seen as the first step of an longer-term program that also includes Intensive Outpatient Programming (IOP) and possibly Sober Living.



Structure

Our programming is highly-structured for individuals who need to build confidence in their sobriety. We'll provide you with the necessary tools, support, knowledge, and most importantly, real-world application.



Selective

At Lighthouse, we've always challenged the industry norms. We believe that group therapy alongside 30 other persons is not therapy - it's a lecture at best. For this reason we cap our group size at 8 persons. This allows us to build better community, transparency, accountability and trust amongst staff and clients. We're selective with prospective clients and tailor each group based on history and compatibility.



Programming

We employ staff specializing in a wide range of modalities, allowing us to provide a more comprehensive approach. Our curriculum is not an off-the-shelf model, it's been designed completely in-house, from scratch, using our team's decades of cumulative experience.



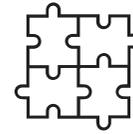
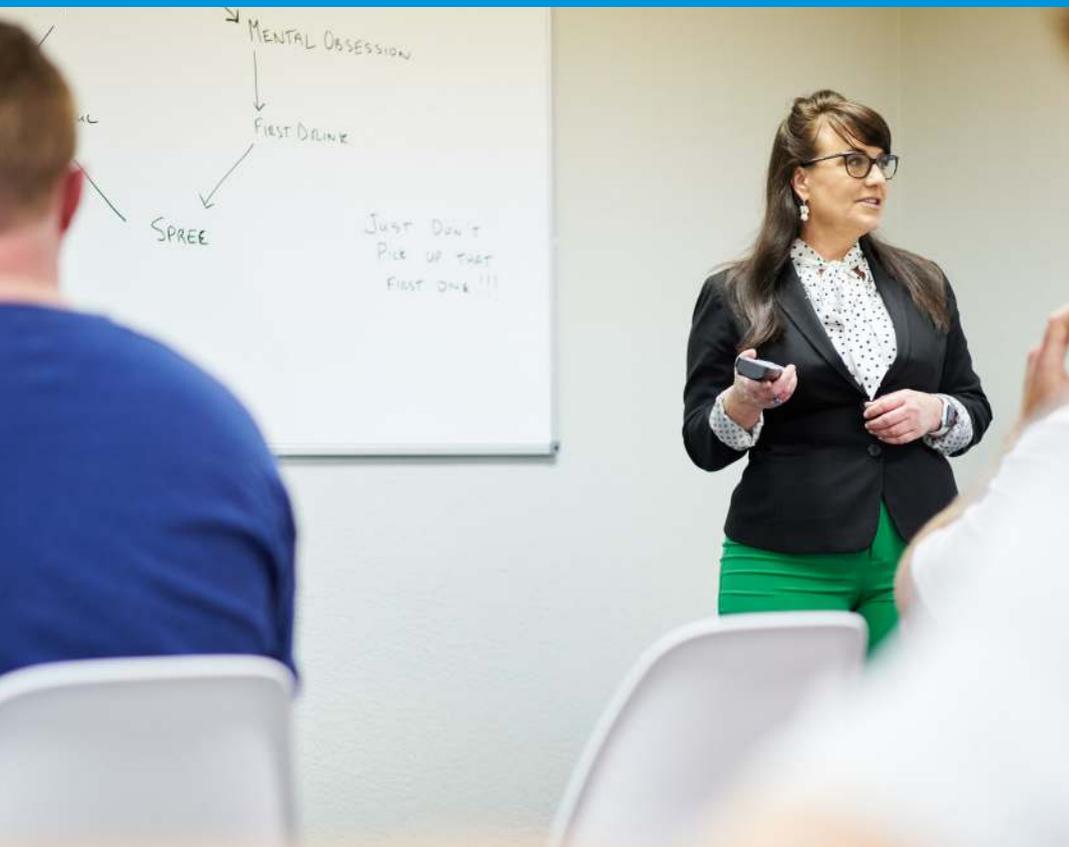
Psychiatric Care

The Partial Hospitalization level of care includes a once-per-week meeting with our Psychiatrist. If the client is already seeing a psychiatrist, our treatment team will coordinate with that provider to ensure wraparound care.

Intensive Outpatient (IOP)

We believe that an Intensive Outpatient Program should provide a foundation not only for sobriety, but for a fulfilling life in recovery. Our approach is tailored to assess the needs of the client and then build a clinical program that supports the individual's goals. The IOP level of care gives clients the tools and the opportunity for practical application – to build strength and confidence in their sobriety.

We have a variety of individual, group, and family addiction therapy programs customizable to the needs of each individual and their family. All of our therapists are licensed, masters-level clinicians, and trained in a variety of treatment modalities.



Integrative

We employ staff specializing in a wide range of modalities, allowing us to provide a more comprehensive approach. These modalities include, but are not limited to: Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Psychodynamic Interpersonal Therapy (PIT), and Eye Movement Desensitization, and Reprocessing (EMDR).



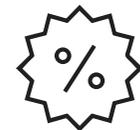
Compassionate

Our highly trained staff work intensively with clients to address core issues. Every IOP session is aimed at reducing negative behaviors by addressing the emotions and thoughts that are often behind them. We work diligently and compassionately to make clients feel safe and understood.



Convenient

Our flexible programming allows clients to continue to live at home, go to work or attend school, and still receive the therapeutic support they need. The average intensive outpatient program lasts twelve weeks and combines three group therapy sessions and one individual therapy session per week. We offer night groups and telehealth options for those with busier schedules.



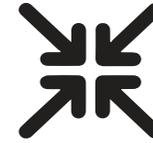
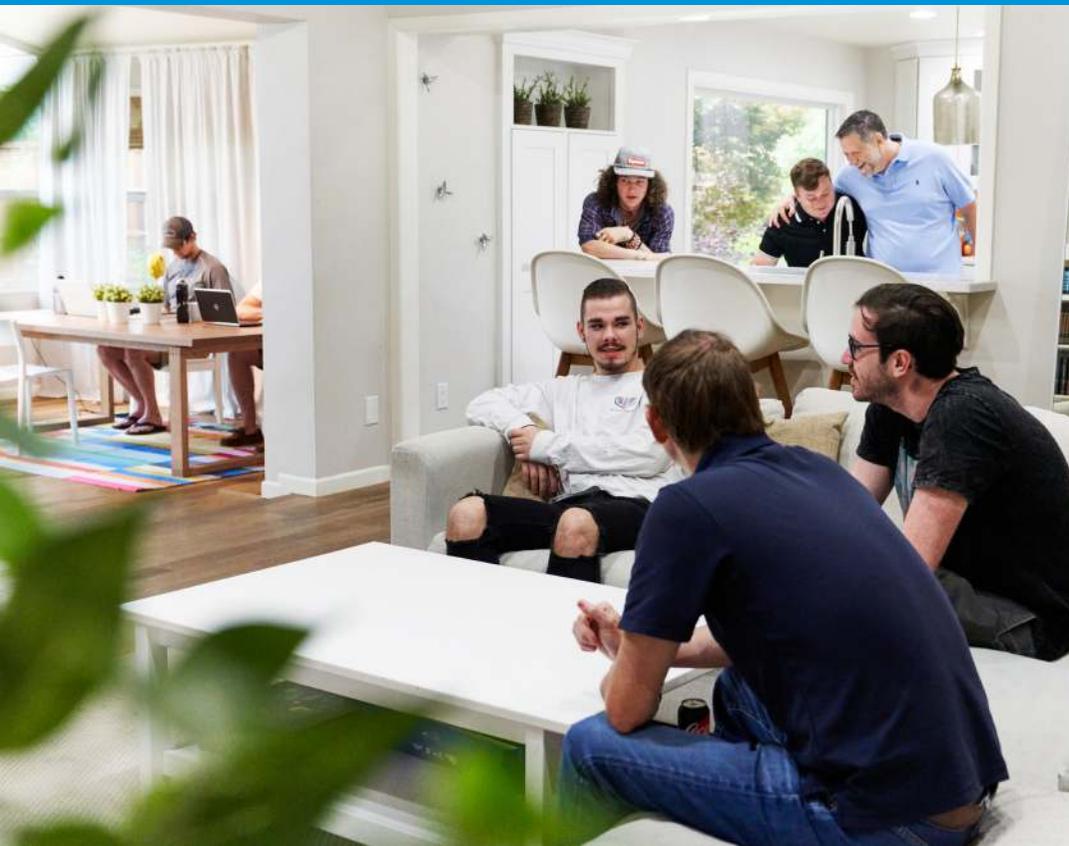
Cost-effective

Depending on the severity of the client's case, IOP can be dramatically more cost-effective than a standard Inpatient Treatment program. We work with most private insurance providers to offset the majority of programming costs.

Sober Living

Our Sober Living program is designed for individuals in early sobriety that are in need of structure and support during the transitional period back to normality and independence. Our residents stay an average of 90-180 days.

We provide over ten hours of group programming and one individual clinical therapy session per week. Transportation can be provided to school, work, or meetings, and our kitchen is always stocked with groceries. Randomized drug testing is provided at no additional cost. All rooms are dual-occupancy with no more than eight residents per house. All have full-time, live-in, House Managers in addition to Directorial and Support staff.



Family Systems

We work through issues residents and their families commonly face to rebuild trust and empathy. As addicts often “split” communication, we act to unify and present a common ground approach.



Staff-to-Client Ratio

We operate at ratio of one staff member to three residents (1-to-3) and our tiered structure provides ample support for each resident.



Life Skills Training

Residents receive guidance for improving management of tasks, finances, time, and stress, amongst others. Each is employed in a “real-world” setting whereby residents can work to build confidence and autonomy.



Setting

We currently have thirty-one (31) beds across four (4) homes, all located in a quiet neighborhood west of Preston Hollow in Dallas, TX. Each home is well-appointed, packed with amenities, and is a safe and comfortable haven for residents in early sobriety.

Recovery Coaching

Our Recovery Coaches provide guidance and accountability for clients either discharging from Sober Living or for those who can manage a lower level of structure. Clients are enrolled for an average of 90-180 days.

During Recovery Coaching, each client maintains a single point of contact for their recovery needs, resulting in better transparency and integrity. Each one of our Coaches have been trained extensively and are immersed in our philosophy. They're able to share experiences from their personal journey and offer insight to commonly encountered problems along the way.



Accountability

We provide the ongoing support clients need to form a more solid foundation in recovery and create an individualized plan for them and their family based on current situation and history.



Family Empowerment

We update the family on a weekly basis to discuss progress and address any new concerns. We value the family's input and encourage their participation in the Recovery Coaching program.



Meetings & Testing

Each client has two (2) face-to-face meetings with their Recovery Coach in their home every week (if applicable). Additionally, randomized Property Risk Assessments (searches) and Drug Tests are included at no additional cost.



Goal Setting

The Recovery Coach will work with each client to set goals and monitor progress. This support allows clients to build confidence and achieve both short-and-long-term goals in a time-frame that works for each individual.

“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.”

Co-Founder and Executive Director, **Mike Jones**



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