

*At Rigel Recovery Services, we believe alcoholism and substance abuse are diseases that require an individual's continuous commitment to recovery over the course of his or her life. Our treatment starts individuals on a multi-step journey to rehabilitation through their own admission of a problem, abstinence, avoidance of relapse, and a daily dedication to recovery. We are proud to be a part of this process and to assist individuals in regaining control of their lives.*



Recovering from addiction is an active process; it requires lifestyle changes that you work on, one step at a time. Rigel Recovery Services helps you through these stages, from preparing you to start treatment, to individual and group sessions with a licensed, experienced counselor, to aftercare treatment to help you maintain your sobriety.



Rigel Recovery Services is managed by Oriana House, Inc., a private, nonprofit substance abuse treatment and community corrections agency established in 1981. Oriana House has facilities throughout Ohio.

Oriana House's substance abuse treatment services are certified through the Ohio Department of Mental Health and Addiction Services. Oriana House's community corrections programs are accredited through the American Correctional Association.

To schedule an assessment  
or learn more about  
substance abuse treatment at  
Rigel Recovery Services,  
call 216-417-4213.

It is our policy not to discriminate based on race, color, religion, sex, national origin, disability, age, sex (wages), genetics, gender, sexual orientation, HIV status, retaliation, and military/veteran status. 2/18

*Stock photography used.*

You can  
Recover



Outpatient  
substance  
abuse  
treatment



Oriana House Reentry Center  
1804 E. 55<sup>th</sup> Street  
Cleveland, Ohio 44103  
216-417-4213



*Rigel Recovery Services* provides comprehensive substance abuse treatment programming which is comprised of three core components:

- **Cognitive Behavior Therapy**  
Based on the model that your thoughts cause your behaviors, so if you can change the way you think, you can change the way you act
- **Contingency Management**  
Rewards good behaviors thereby causing change in a positive, supportive manner
- **Recovery and Peer Support**  
Aftercare and referral to self-help support groups

Rigel Recovery Services professional staff can help people make lasting change.

### **Assessments**

The individual's use of alcohol and/or drugs is evaluated in order to determine an appropriate treatment plan and goals that are specific to each participant as they begin the recovery process and continue in sobriety. To schedule an assessment, call 216-417-4213.



### **Intensive Outpatient Treatment & Individual Counseling**

Intensive outpatient treatment sessions meet several times a week, allowing participants to live at home and still attend school or work if needed.

Peer support through group sessions helps participants understand the disease of addiction, manage triggers and cravings, and mend relationships. Intensive outpatient treatment is the beginning of a life-long commitment to sobriety.

In addition to group sessions, participants can benefit from one-on-one counseling with Rigel Recovery Services staff.

#### **TRAUMA COUNSELING**

Individuals who have experienced trauma may choose to participate in a specialized treatment option. Seeking Safety teaches coping skills and how to deal with past traumatic events without revisiting or exploring the past trauma. This is an evidence-based program offered through individual and group counseling sessions.

#### **SPECIALIZED COUNSELING**

Other specialized treatment groups are available to personalize and enhance the intensive outpatient treatment. These include concentrations in the areas of: building healthy social groups; understanding 12-step programs; improving your communication; managing anger; sexual health; correcting thinking errors; parenting; and staying focused in recovery.

### **Medication Assisted Treatment**

Treatment that includes the prescription medication Vivitrol is often the best choice for an individual who is addicted to opioids.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), medication-assisted treatment (MAT) is an effective response to opioid use disorder. It is the use of medications, in combination with behavioral therapies, to provide a whole-patient approach to the treatment of substance use disorders. Individuals receiving MAT often demonstrate dramatic improvement in addiction-related behaviors and psychosocial functioning.

Vivitrol is an extended release, injectable medicine that blocks the effects of opioids for approximately 30 days and eliminates or greatly reduces cravings. Vivitrol is non-addictive.

Individuals meet with a doctor to determine their treatment needs and participate in intensive outpatient treatment with licensed substance abuse treatment counselors.

### **Aftercare**

Once treatment is completed, Aftercare provides continued support and resources for people in recovery so they can maintain sobriety. Weekly individual and group sessions are beneficial because they provide opportunity to discuss any current problems or concerns.

### **Drug Testing**

Accountability is important during treatment and recovery. Therapeutic drug screens are used to assist clients in successful treatment outcomes.

### **Cost for Services**

Cost is based on a sliding fee scale, and all Medicaid insurance plans are accepted.

### **For the Family**

We recognize that family support is an important component in the recovery process. The Family Matters Program teaches adult family members and loved ones skills that are beneficial for healthy, supportive relationships.

Free, weekly support groups cover practical topics such as communication techniques and traps; addressing triggers and cravings; coping with possible relapse; anger management; rebuilding trust; establishing boundaries; and gaining a deeper insight into what to expect as a person progresses in their recovery journey.

By teaching all members of the family about the disease of chemical dependency, successful recoveries increase and relapses decrease.