

You can
Recover



 **Rigel**
Recovery Services

a service of



65 St. Francis Avenue
Tiffin, Ohio 44883
567-220-7018

At Rigel Recovery Services, we believe substance addiction is a disease that requires 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.





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

Individual treatment plans are specific to each participant as they begin the recovery process and continue in sobriety.

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



Substance Abuse Assessments

A licensed treatment counselor conducts an assessment with the clients to determine the severity of the substance abuse and an appropriate treatment plan and goals. Assessments are scheduled and done in person.

Group and Individual Intensive Outpatient Treatment

Intensive Outpatient Treatment, specializing in opiate use disorders, allows participants to attend treatment sessions while living at home.

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.

Vivitrol® Treatment

Some individuals who are addicted to opioids (heroin and many prescription drugs) find that treatment that includes the prescription medication Vivitrol is the best choice for them.

Vivitrol is an extended release, injectable medicine. Each injection blocks the effects of opioids for approximately 30 days. The benefits of including Vivitrol as part of a substance abuse treatment plan include:

- Significantly more days of sobriety
- Staying in treatment longer
- Eliminates or reduces cravings
- Less likely to relapse
- Non-addictive; stopping doesn't cause withdrawal

Important safety information is provided to each patient by a physician.

Aftercare

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

Drug Testing

Accountability is important during treatment and recovery. Urine drug screens are used to monitor abstinence and compliance to the treatment plan.

Outpatient Mental Health Counseling

Going through recovery often brings challenges to the surface that can be best handled with the assistance of a therapist. In partnership with Summit Psychological Associates, counseling services are available for:

- Stress and Anxiety
- Depression
- Marital Difficulties
- Family Issues and Crises
- Anger Management
- Pain Management

Certified through OMHAS

Treatment services are certified through the Ohio Department of Mental Health and Addiction Services (OMHAS).

Cost for Services

Services are covered by many insurance carriers, as well as Medicaid and Medicare.

To schedule an assessment
or learn more about
substance abuse treatment at
Rigel Recovery Services,
call 567-220-7018.



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.

Family Matters

We recognize that family support is one of the most important components in a person's recovery process. Therefore we offer the Family Matters program designed to teach family members and loved ones skills that are beneficial for healthy, supportive relationships.

Participants will gain effective communication skills; develop the ability to appropriately express their feelings; become aware of and demonstrate anger management skills; and acquire problem solving and effective decision making skills. These skills will help loved ones deal with stressful situations. By teaching all members of the family about the disease of chemical dependency, successful recoveries increase and relapses decrease.

If interested, ask our staff to provide you with information about the Family Matters program.

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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. 8/15