

Continuing Recovery

At Iris Healing we know the path to sustained recovery and healing is not the same for every individual. For some, it's fairly straightforward, while others may need additional time and support beyond primary treatment. Our Continuing Care team works in conjunction with families and our valued referring professionals to coordinate their patients' ongoing care needs. Every effort is made to meet the clinical treatment recommendations to provide quality patient care. The Iris Healing Outpatient Center is ideal for those who have already completed a detox/residential, inpatient, or partial hospitalization treatment program and are looking for further care. We have developed a comprehensive outpatient program model designed to establish psychosocial support and facilitate recovery management and coping strategies, not only for substance use disorders, but also for mood and trauma-related issues. For individuals new in their recovery, outpatient services add to the duration of treatment and gives them the opportunity to practice newly learned skills.



About Iris Healing

Iris Healing is a true dual-diagnosis detox and residential treatment facility that provides our patients with the tools necessary to overcome the challenges of trauma, addiction, and related mental health conditions. We offer a truly holistic and comprehensive treatment program that promotes sustained individual recovery. We specialize in recovery from trauma, whether related to addiction, family-of-origin issues, or abuse in any form. We do this by examining the core issues and subsequent developmental patterns that have contributed to unhealthy behaviors and treating the underlying cause — unresolved psychological trauma — which we believe to be at the core of addiction and mental health issues.

Our Doctorate-level clinical staff are the key to this work and are the essential component of our treatment program.

The Iris Healing combination of clinical leadership, evidence based modalities, and spiritual principles sets us apart from other trauma, addiction, and recovery treatment centers. Our patients benefit from the expertise of our mental health professionals who guide Iris Healings' treatment approach and provide ongoing training for our multi-disciplinary team, ensuring that patients are treated with time-tested, holistic practices.

This approach is the foundation of our specialized program and why we are leaders in addressing unresolved emotional trauma and the underlying issues related to addiction.



For Lasting Recovery

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Most PPO Insurance Policies Accepted



Enriching Recovery

In tandem with our traditional treatment process, we offer patients neurofeedback and a variety of technology-based modalities to help heal the brain. In our leading-edge Brain Center, patients have access to the latest and most effective technology designed to promote self-regulation skills that enhance and expedite the recovery process. Trauma, addiction, and mental health conditions affect the entire family. Therefore, we designed our Family Weekends to give our patients and their loved ones a safe space to engage in open and honest communication while exploring family relational issues. This is a time of learning, growth, change, and forgiveness for everyone, and ensures that the transition back to daily life is successful.

Our patients also participate in a variety of regulatory activities that enrich the recovery process, including:

- Cupping & Massage Therapy
- Mindfulness
- Rock to Recovery
- Yoga
- Meditation
- Spirituality Group

And our Patients also benefit from:

- High staff-to-patient ratio
- Extensive assessments and diagnosis
- Nutritional consultation
- Weekly psychiatry consult
- Treatment-specific breakout

Wealth of Services

Iris Healing specialized treatment approach combines proven medical and integrated trauma services making our program uniquely able to help the most complex patient. **We serve individuals seeking to treat and recover from:**

- Schizoaffective disorder
- Bipolar disorder
- Drug and alcohol abuse
- Dissociative identity disorder
- Adult and childhood traumas
- Post-traumatic stress disorder
- Codependency and control issues
- Relational and spiritual issues
- Depression and anxiety

Our multi-disciplinary team of providers includes a psychiatric specialist, regular primary care, 24-hour nursing, registered dietitians, and licensed doctoral-level therapists. **We offer evidence-based treatment methods, including:**

- Eye Movement Desensitization and Reprocessing
- Brainspotting
- 12-Step Model
- Experiential therapy
- Somatic Experiencing®
- Extensive neurofeedback
- Equine-Assisted Therapy
- Sensorimotor psychotherapy
- Emotional Freedom Technique
- Expressive Arts Therapy



AMENITIES

Our spacious grounds, home-like environment and its healing feng-swe design create a space for finding balance. **We encourage our clients to incorporate healthy habits and structure into their daily life and offer:**

- Fitness Activities
- In-house Chef
- Regular activities

In Network With:

