

Relapse Prevention Program

Overview

The Prana Recovery Centers offer a revolutionary **Relapse Prevention Program** for alcoholics and addicts who have had fourteen (14) continuous days of sobriety.

Services are provided to all individuals seeking treatment who are eligible and appropriate as noted in our admission criteria. Our goal is to provide participants with an opportunity to learn new skills and habits of mind for long-term sobriety. Counseling and other support services are offered and are designed to support relapse prevention and teach skills for experiencing long-term sobriety.

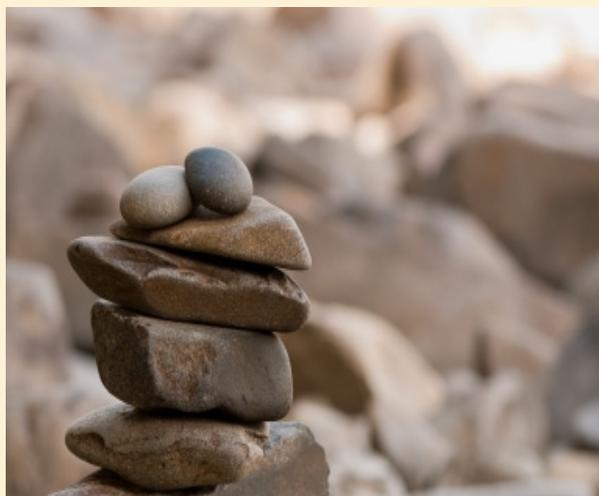
Relapse Prevention Program Goals

- ◆ To achieve abstinence
- ◆ To learn and practice new mental, physical, spiritual, and emotional behaviors that support well-being and long-term sobriety
- ◆ To provide an Individualized Treatment Plan to each participant based on overcoming barriers to treatment and maintaining sobriety
- ◆ To create and sustain a healthy mind-body connection
- ◆ To facilitate active participation in community-based support systems
- ◆ To assist participants with basic and essential services (housing, medical, employment, legal, etc.)
- ◆ To facilitate moving from self-referential to a commitment to the greater good (from “me” to “we”)
- ◆ To learn new skills for stress reduction and stress management

The Six Pillars of Wellness

1. **MINDFULNESS**
2. **SCIENCE OF HAPPINESS**
3. **12 STEPS OF AA**
4. **YOGA**
5. **EXERCISE**
6. **NUTRITION**

The six pillars of wellness form the foundation of the PRC relapse prevention program and are structured to provide participants with concrete skills that broaden and build optimistic possibilities for living clean and sober. Being a part of the greater good, being of maximum meaningful service to others, and having immense social capital are woven through the six pillars of wellness and ultimately are the testament of the PRC way of life.



Admission Criteria: For admission to all Prana Recovery Centers programs, all criteria below must be met:

- ◆ admitted to a substance use problem
- ◆ been clean and sober for the last 14 days
- ◆ completed the Prana Recovery Centers **Relapse Prevention Program** application and interview

Exclusionary Criteria: Any of the following criteria are sufficient for exclusion:

- ◆ has medical conditions or impairments that would prevent utilization of services
- ◆ requires a level of structure and supervision beyond the scope of the program



**Most major insurance carriers are accepted.
A sliding scale fee and self-pay are available.**

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Relapse Prevention Program

The Prana Recovery Centers **Relapse Prevention Program** offers group and individual counseling, mind/body connection, and skill building in relapse prevention. Participants learn essential skills and habits of mind and body for happily living clean and sober.

Topics include:

- ◆ Science of happiness
- ◆ Steps one through three of AA's Big Book (Alcoholics Anonymous)
- ◆ Mindfulness and stress-reduction techniques
- ◆ Relapse prevention skill-building, including exercise and nutrition
- ◆ Building social capacity
- ◆ Yoga

Helping Other People Excel (HOPE) Ambassador Program

The **HOPE Ambassador Program** utilizes volunteers to secure pro bono and other no- or low-cost medical, social, and legal services which are matched to Prana Recovery Centers **Relapse Prevention Program** participants when appropriate.

Family Matters

The **Family Matters** program is essential for those who would like to learn how to be happy while still loving the alcoholic and/or addict.

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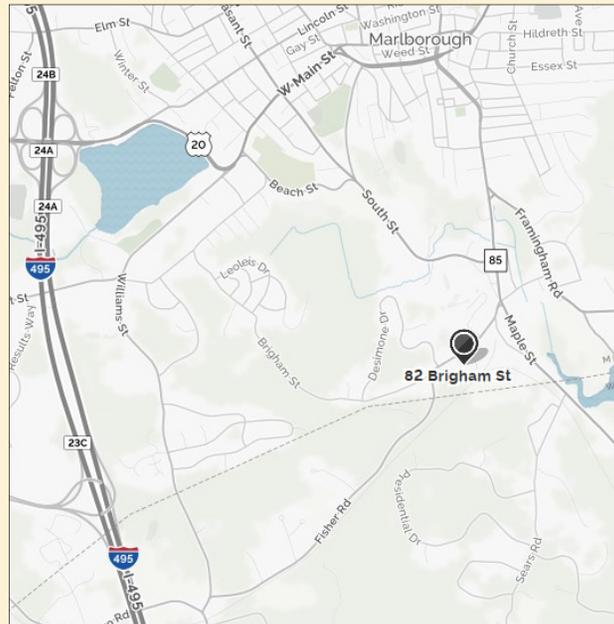
Program Information

Hours of Operation: The Relapse Prevention Program meets Monday and Wednesday evenings from 6:00–9:00pm and one Saturday morning each month (to be determined). Other events occur during the week based on each participant's Individual Treatment Plan. These activities include counseling, yoga and exercise classes, and community support meetings.

Location: Marlborough, MA 01752

Telephone: 978.580.0631

Website: www.pranarecoverycenters.org



...where real life and recovery meet

A revolutionary **Relapse Prevention Program** for alcoholics and drug addicts that provides an opportunity to learn new skills and habits of mind for long-term sobriety.

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