



PRISE: A Program Designed for Patients Who Have Relapsed

The path to recovery is unique to each person struggling with addiction. For some people it takes multiple attempts at recovery, and with each passing attempt they may feel less optimistic about their future. At Recovery Centers of America, we see each attempt at recovery as a sign of commitment and hope.



This specialized program uses a therapeutic, evidence-based approach for those with whom recovery has been elusive. PRISE (Promoting Recovery through Intensive Support and Education) focuses patients on their recovery, rather than addiction, and focuses on a bright future. The 3-4 week program is based on three models:

- **Acceptance Commitment Therapy:** Patients are reconnected with earlier values and aspirations, learn to let negative emotions and behavior “pass through,” and take a stand for themselves by staking their own claim on recovery.
- **Narrative Therapy:** Staff work with patients by making their problems concrete and thus easier to solve. By identifying addiction – and not the person – as the problem, patients can apply solutions more easily. A basic tenet of Narrative Therapy is “the person is not the problem, the problem is the problem.”
- **Positive Psychology:** Through various community activities and doing for others, patients learn true gratitude—which, in turn, energizes them to move forward. This is in the spirit of the 12th Step directive to help the next person. Science has proven a simple act of helping another person struggling with addiction can trigger the happiness neural pathways in the brain.





Our Program

RCA's clinicians realize that just as patients who have relapsed may have lost hope, so too may have their families. Studies have shown that family involvement is a significant ingredient to success on the journey of recovery. Masters-level clinicians at RCA will provide counseling, education, and engagement with patients' families, utilizing the same three clinical principles offered to patients: Acceptance Commitment Therapy, Narrative Therapy, and Positive Psychology.

Concerned about paying for treatment?

Good news! We're in-network with most major insurance providers, including:

- Amerihealth Administrators
- Amerihealth PA - HMO, POS, DPOS
- Amerihealth NJ - Amerihealth Advantage (Tier 2), Local Value, Tier 1 Advantage, and Regional Preferred Networks
- ComPsych
- Independence Blue Cross, Keystone, Blue Card
- Magellan
- Aetna (including Eating Disorder PHP, Eating Disorder IOP, and Mental Health for General Outpatient only)

1-800-RECOVERY

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