



Addiction Treatment Programs

Find addiction treatment help
today at Red Oak Recovery!

866.457.7590

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At Red Oak Recovery, we offer a variety of treatment programs. Our staff has the experience and training to help you face addiction while promoting positive and successful recovery growth. You should never face recovery alone, and we strive to provide the best services in a comfortable and relaxed environment. Red Oak Recovery believes in proven treatments in a peaceful atmosphere on the road to a safe recovery. To learn more about our addiction treatment programs, please contact Red Oak Recovery today at [866.457.7590](tel:866.457.7590).

Red Oak Recovery Treatment Programs

Each and every person who enters our program is unique and has unique needs. At Red Oak Recovery, our programs will help you develop the perfect strategy to overcome substance use, trauma, and mental health issues.



Our supportive team will work with you on a personal adventure to recovery. Our treatment programs include:

- [Men's rehab](#)

- [Family counseling](#)
- [Clinical rehabilitation](#)
- [12-step addiction recovery](#)
- [Adolescent treatment program](#)
- [Holistic healing](#)
- [Addiction therapy services](#)
- [Trauma](#)
- [Mental health services](#)
- [Family therapy program](#)

We know that substance use affects men and women differently. Males more commonly have trouble with stress management, anger, and self-esteem. Females, on the other hand, tend to struggle more with trauma and regularly leave treatment earlier than men.



Men's Treatment

Our men's treatment program will help you regain self-esteem while transitioning to a sober way of life. We embrace a positive outlook on recovery and help you cope with stress in a healthy manner.

Our team has the training to combine conventional and holistic treatments to address any issues, including mental, physical, spiritual, and emotional needs. You'll gain a better understanding of your substance use, trauma, and mental issues and how to develop positive strategies and skills for relapse prevention.



Family Counseling

Addiction doesn't just touch the person using substances. It affects their loved ones and friends, causing them to struggle with their relationships and feel like they can't trust those around them. It's important to involve loved ones in the recovery process, as it supports both the person in recovery and the people they love. It allows them to rebuild relationships and educates them about the disease and how they can support the person in recovery.



Clinical Rehabilitation

Red Oak Recovery is proud to provide clinical rehabilitation at our men's treatment center. We have a team of seasoned professionals who have decades of experience in addressing the needs of young adults battling substance use, mental health conditions, and trauma. Through our programs, we provide dynamic treatments and work collaboratively with both clients and their loved ones. We will help our clients create treatment plans that meet their unique educational, emotional, and developmental needs.



12-Step Addiction Recovery

At Red Oak Recovery, we utilize the 12-Step recovery process, as we believe that for recovery to be successful, the client needs to commit to mindful living and receive an open and non-judgemental approach. Not every aspect of the 12-step approach will resonate with every client, so we welcome each person to take what they need and leave the rest. We strive to create an environment where young adult men can feel free to be themselves and build trust with those around them. We strive to root the process in each person's unique journey.

WHY DO WE USE A 12-STEP PROGRAM?



ACCORDING TO RESEARCH FROM THE COCHRANE LIBRARY, THOSE WHO PRACTICE THE 12 STEPS MAY BE MORE LIKELY TO REMAIN ABSTINENT (CLOSE TO 22-37% OF THOSE WHO PRACTICE THE 12 STEPS REMAIN ABSTINENT, WHEREAS ONLY 15-25% OF THOSE WHO DON'T PARTICIPATE IN THIS PROGRAM ARE ABLE TO REMAIN ABSTINENT).



THE SAME STUDY SAYS THAT THE 12 STEPS ARE EQUALLY EFFECTIVE IN HELPING TO REDUCE THE INTENSITY OF ADDICTION IN COMPARISON TO NON-12 STEP OPTIONS.



FOR FURTHERMORE, 80% OF ECONOMIC STUDIES SUGGEST THAT 12-STEP PROGRAMS PROVIDE SUBSTANTIAL COST SAVINGS, WHICH ULTIMATELY REDUCE HEALTHCARE COSTS FOR PARTICIPANTS.

IN THE FIELD OF ADDICTION TREATMENT, MOST EXPERTS ACKNOWLEDGE THE FACT THAT THERE IS NO ONE SIZE FITS ALL TREATMENT TYPE. HOWEVER, RESEARCH INDICATES THAT THE 12-STEP APPROACH, COMBINED WITH OTHER TREATMENT OPTIONS, CAN SIGNIFICANTLY IMPROVE OUR CLIENTS' TREATMENT OUTCOMES. TO DETERMINE WHETHER OUR 12-STEP TREATMENT PROGRAMS CAN SUPPORT YOUR RECOVERY, PLEASE CONTACT RED OAK RECOVERY TODAY AT 888-627-7099.



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- Yoga therapy
- Meditation therapy
- Experiential therapy
- Adventure therapy
- Wilderness therapy

With the proper combination of holistic healing, we can replace the client's triggers with healthy methods of coping. Doing so allows them to conquer their trauma, mental health issues, and substance disorders, allowing them to attain lasting recovery.



Addiction Therapy Services

Holistic therapies are only part of the treatments we provide at Red Oak Recovery. Our addiction treatment programs also offer a range of therapeutic options, which we'll tailor to the unique needs of the client. We provide a variety of evidence-based treatment options, which are



Holistic Healing

Addiction is a condition that significantly impacts the user's body, mind, and soul, which can leave a lasting impact if one doesn't find the appropriate treatment. Holistic treatment addresses the damage to the user's entire person. For instance, our holistic treatments include:

treatments that experts in substance use disorder treatment, such as:

- Cognitive-behavioral therapy
- Dialectical behavior therapy
- Group therapy
- Individual therapy
- Psychotherapy

Through these therapies, we can help you get to the root of your addiction, allowing you to understand why you began using drugs or alcohol. Once you understand the cause of your addiction, then we can begin to help you develop healthier coping mechanisms. To learn more about how our addiction therapy programs can support your recovery, please contact Red Oak Recovery today at [866.457.7590](tel:866.457.7590) or use our online form.



Trauma

Trauma is any experience that causes psychological pain or injury. Unfortunately, this condition is rarely as simple as its definition. A situation that is traumatic for one person may not be traumatic for someone else. However, situations that may be traumatic may include:

- Living through a natural disaster
- Witnessing or experiencing a motor vehicle accident
- Experiencing a physical or sexual assault
- Suffering physical, emotional, or sexual abuse
- Witnessing or experiencing violence in the community

Many people attempt to cope with the effects of loss, grief, and trauma by abusing drugs and alcohol. This action can be unhealthy and have lasting impacts on your mental and physical health. Through trauma-informed treatment, our clients can begin healing by identifying and understanding the emotion you're struggling with and their causes. Then, we help them understand where they want to go in the future.



Mental Health Services

Another common cause of substance use disorders is an underlying mental health condition. Research shows that over 9 million suffer from both an addiction and a mental health condition, and, regardless of which caused the other, it is critical to find concurrent treatment for both conditions. This type of treatment is called dual diagnosis treatment. At Red Oak Recovery, we provide a range of dual diagnosis treatment options, including:

- PTSD treatment
- Anxiety treatment
- Depression treatment
- Disordered eating treatment

With dual diagnosis treatment, we help clients learn to cope with their symptoms and their substance use. With the help of dual diagnosis treatment, we give our clients the best possible chance for long-term recovery.



HOW CAN TRAUMA LEAD TO ADDICTION?

Research shows that there is an unusually high comorbidity between those with **PTSD and substance use disorders**.

In victims of childhood trauma, over **39%** were dependent on **alcohol**.

In the same group, **more than 34%** of participants abused **cocaine**.

Over **6%** of participants were addicted to **heroin and opiates**.

Nearly **45%** of participants struggled with a dependence on **marijuana**.

One of the primary reasons we offer **trauma treatment** as part of our addiction treatment programs is that trauma and addiction often go hand in hand. Many clients relapse if they don't get treatment for both concerns concurrently because they don't know how to cope with their trauma without substance use. Fortunately, at **Red Oak Recovery**, we utilize a trauma-informed treatment approach, which allows us to help our clients overcome their trauma.

The logo for Red Oak Recovery, featuring the text "RED OAK RECOVERY" with a stylized oak leaf icon above the word "OAK".

Red Oak Campus and Facilities

Our Red Oak Recovery facility includes our men's campus and is set in the North Carolina wilderness to give you peace of mind and the comfort of a natural setting during your treatment. The men's campus has stunning views and comfortable living areas. Along with our peaceful decks and outdoor meditation areas, the men's campus provides a unique experience, unlike any other treatment facility.

Begin Treatment at Red Oak Recovery

Are you ready to take the next step to a fun, healthy, and sober lifestyle? If so, join us at Red Oak Recovery in Leicester, North Carolina. Our beautiful campus is the perfect place to begin your life-changing treatment. Additionally, our treatment programs offer comprehensive care on the individual level to guide you to lasting recovery. We offer a range of addiction treatment programs, including:

- [Alcohol addiction treatment](#)
- [Heroin addiction treatment](#)
- Cocaine addiction treatment
- Meth addiction treatment
- Opioid use treatment

Don't let your substance use, trauma, and mental health issues take control of your life. Our high-

quality drug treatment programs can make all the difference for you and your loved ones. Contact us today at [866.457.7590](tel:866.457.7590) to begin your journey on the road to recovery.

Recieve the Red Oak Experience Today!

CALL NOW AT 866.457.7590

CONTACT US ONLINE

