



Holistic Healing

Find addiction treatment help
today at Red Oak Recovery!

866.457.7590

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When it comes to addiction, it affects a person's mind, body, and soul. As such, you need treatment that will address each aspect of the damage that your addiction has done to you. When you get in touch with our North Carolina treatment team, you'll find that our clinicians are here to help. With our holistic treatment options, we can address the challenges and damage that addiction has done in your life.

At Red Oak Recovery, we're here to help young adult men overcome **addiction and mental health conditions**. To learn more about the treatment options we offer, contact our expert treatment team today by calling **866.457.7590**.



A Holistic Healing Approach

A holistic healing approach involves treating the whole person. At Red Oak Recovery, we provide comprehensive care that considers emotional, spiritual, and physical wellness while helping you reach lifelong sobriety. Only treating one of these areas may lead to temporary recovery. If there are unresolved triggers that motivate an individual to relapse, maintaining strong recovery is difficult. However, with the right combination of holistic healing methods, these triggers are replaced with healthy coping mechanisms. This why working hard to discover the root of behavior is so important. Above all, your ability to conquer mental health

issues, trauma, and substance use and reach lasting recovery is what matters most to us.

Our holistic healing paradigm leads to sustainable freedom. Young men and women completing our **young adult rehab programs** will have learned, practiced, and developed skills. You'll learn about nutritional balance, physical engagement, positive pro-social coping mechanisms, and sound social interactions. All of these skills promote a healthy lifestyle.

We offer an abundant amount of individual and group therapy (at least 25 hours each week led by dually-licensed, masters-level clinicians), **family counseling**, traditional **12-step addiction recovery**, teamwork, acupuncture, adventure therapy, and more. We are person-centered, meeting clients where they are mentally, physically, and spiritually—not where they think they should be. Our flexible length of stay allows for a self-change process that follows the client's rate of change, not that of a "one size fits all" approach.



Holistic Healing for Dual Diagnosis

For many people, substance use begins with mental health conditions. For some individuals, a mental illness started their addiction. They were battling symptoms of depression or anxiety and started

using substances in an attempt to self-medicate those symptoms. Unfortunately, trying to self-medicate these symptoms quickly requires more substances to get the same result, otherwise known as dependence. **Dependence on substances** can quickly lead to addiction.

Alternatively, some substances can cause symptoms of mental illness. The more of the drug you take, the more symptoms of mental illness appear. Unfortunately, because you've developed an addiction to the substance, you cannot just stop using substances.

In these cases, mental health conditions and addiction must be addressed simultaneously. With the help of holistic healing, we can give you the tools to manage both conditions, allowing you to live a happier and healthier life. **Yoga and meditation therapy**, for instance, can be an effective way of managing your anxiety. It's important to ask about the holistic healing options for recovery when you get treatment.

Options For Your Recovery

Each person's experiences with addiction are unique. The factors that led to your substance use will not be the same as the person next to you. By that logic, your treatment program should also not be the same as the next patient's. At Red Oak Recovery, we offer individualized treatment plans, meaning that we tailor the treatment we provide to the patient's unique needs. We offer a range of comprehensive treatment options as part of our approach to holistic healing.

Wilderness Therapy

At Red Oak Recovery, we are proud to provide a unique eco-therapy treatment strategy to many of our treatment programs. One of our specialized treatment programs is **wilderness therapy**. This treatment method allows you to solidify your goals while teaching you fun and exciting new skills. Wilderness therapy promotes healthy physical and mental health habits in a relatively structured environment. This treatment option may include:

- **Rock climbing**
- **Whitewater rafting**
- **Ziplining**
- **Rop courses**
- **Hiking**



With the help of wilderness therapy, we allow you to develop the peace of mind and confidence that may not have been a part of your life in addiction. Are you ready to use wilderness therapy and other holistic healing methods to overcome addiction? If so, please reach out to Red Oak Recovery today at 866.457.7590.

Trauma Therapy

According to the National Council for Behavioral Health, 223.4 million people in the United States have experienced some form of trauma. Furthermore, about 90% of those seeking

behavioral health treatment state that they have experienced trauma.

For many people, trauma is an integral part of their addiction. Perhaps they began using substances in an attempt to rid themselves of the traumatic experience. Alternatively, perhaps they experienced trauma while they were using drugs or alcohol. If you have experienced trauma that led to your addiction or was caused by your addiction, it's critical to find a holistic healing approach that includes **trauma therapy**. This type of therapy allows you to identify the emotions fueling the trauma. You can also determine where these feelings stem from, strategies you can use to cope with these feelings, and, ultimately, how to heal.

Experiential Therapy

Experiential therapy is an integral part of our holistic healing approach at Red Oak Recovery. This therapeutic modality allows those who struggle with alcohol or drug use to work through their feelings in a healthy way. Additionally, many people enjoy this treatment because, unlike other treatment options, we implement this therapy in a creative studio or outside. Through this treatment, you can express yourself through art or music, volunteer with your friends, or learn about your strengths and weaknesses in nature. When you enroll in an experiential therapy program, you'll find that you have a stronger understanding of yourself. You'll also test your boundaries and learn to manage stress without using substances.

Group Therapy

In many cases, addiction and mental health conditions cause you to feel like you're alone. No one has the same experiences you do, but many people struggle with similar challenges. As a result, a group therapy program allows you to learn from

the people around you and allows you to build them up at the same time. Many of our treatment options can take place in a group setting, allowing you to learn and grow in a range of ways.

Nutritional Therapy

Another unique aspect of our holistic healing approach is our nutritional therapy program. At Red Oak Recovery, our staff and patients work together to cultivate our gardens. We then prepare meals that can heal your body from the damage substance use causes, such as malnutrition and neglect. This practice not only teaches essential life skills but also allows you to learn about the importance of a healthy and well-balanced diet.

Get Treatment at Red Oak Recovery

At Red Oak Recovery, each of our staff members is a masters-level clinician. In other words, we are capable of providing the treatment you need for your addiction. Our treatment team offers a range of addiction treatment programs, including:

- **Alcohol addiction treatment**
- **Heroin addiction treatment**
- **Meth addiction treatment**
- **Opioid addiction treatment**
- **Prescription drug addiction treatment**

Contact Red Oak Recovery today at **866.457.7590** to learn more about the holistic healing options available at our treatment center.

Recieve the Red Oak
Experience Today!

CALL NOW AT 866.457.7590

CONTACT US ONLINE