



ASSISTANCE IN RECOVERY

Improving lives together

Individual Coaching

Individual Coaching services provide clients with licensed clinicians who keep individuals and families on track in their recovery through weekly calls and check-ins, meetings, journal entries, goal-setting assignments and more. All components create ownership of one's own recovery, putting the individual in control and providing the building blocks from which to maintain lasting recovery and the strength to overcome what may feel like the natural impulse of the disorder.

Individual Coaching services include:

- A personal clinician to liaise with the individual and family
- Help in creating and pursuing goals in the process
- Assistance in adhering to the steps in the process
- Clear direction and a trusted ear to voice concerns or victories
- A structured safety net for catching relapse before it happens or recoup of the individual to receive swift and adequate help

Sometimes all it takes is an understanding ear. The individual coaching services provide this and more. This service also acts as an intelligent means to lasting recovery, while maximizing what is, in all actuality, an investment. Treatment is never cheap and recovery is never easy. By enlisting the help of individual coaching, the person takes advantage of the most appropriate means to stay on the path of recovery.