

# ATCIC

## Road to Recovery

Aftercare Component



# Treatment Philosophy

Road to Recovery believes that effective treatment for co-occurring disorders must be strength-based and take a multidisciplinary approach. We understand that these disorders can be chronic in nature and we are committed to providing the support and expertise to help our clients start to rebuild their lives by focusing on building trust, learning to communicate their needs, and striving for overall improved health.

We utilize both a 12-step approach and Cognitive-Behavioral model in our treatment efforts.



# From Treatment To Recovery


The goal of treatment is not achieved with the completion of primary treatment or initial abstinence.

The primary goal should be to "increase the probability of continuing recovery by reducing the relapse risk factors."

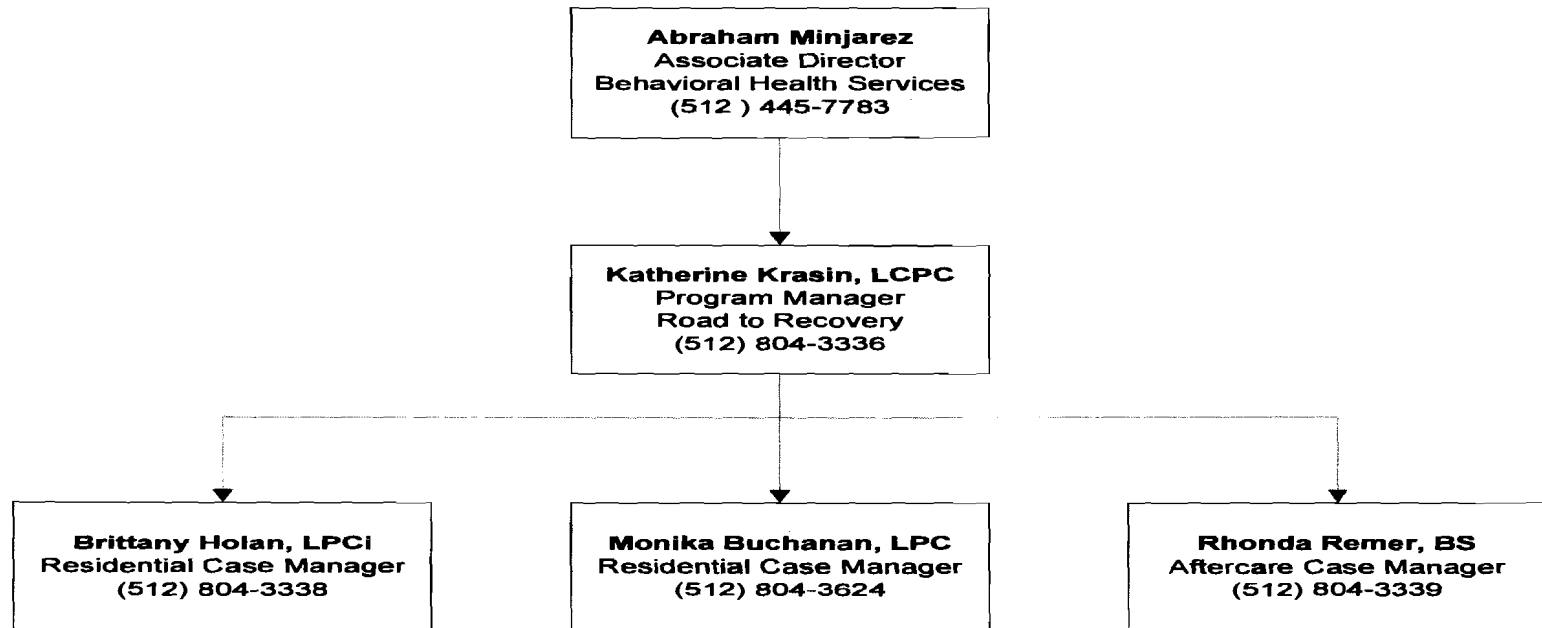
Therefore, the primary objectives of aftercare should be to:

1. Help the client to maintain stabilization of biological, psychological, and social functioning in the community;
2. Promote a positive lifestyle; and
3. Solidify the gains made in treatment.

Adapted from Substance Abuse Aftercare and Post Treatment Follow Up Guidelines, Substance Abuse Program Office, October 2001. Florida Department of Children and Families



# Road to Recovery Organization Chart



**General Information:**  
Genevieve Tarlton Hearon Respite Recovery Building  
403 E 15<sup>th</sup> St.  
Austin, TX 78701  
Front Desk: (512) 804-3551

# AFTERCARE SERVICES

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# Questions

