



LEGACY HEALING CENTER

LIVE YOUR LEGACY

Motivational Enhancement Therapy

| Health and Nutrition

| Certified Recovery Coaching

www.legacyhealing.com

1-888-LEGACY5

ABOUT US

Legacy Healing Center: A Better Life!

Legacy Healing Center is a premier behavioral health provider specializing in the comprehensive treatment of addiction and mental health. Legacy uses an individualized client-centered approach, designed to build hope, create support networks and achieve long-term health and healing.

Our mission is to lay the foundation for everyone who enters our community. At Legacy, each client will learn to recover, address underlying issues and get on track to achieve a better life than they ever dreamed possible.

We know from personal experience that our holistic healing approach can help people to not only deal with addiction, but to thrive in life free from toxic substances and the lifestyle compromises that comes with them.



Healing Path to Recovery

Being set free from toxic substances and the compromising behaviors that come with it is our main focus. Recovery from addiction is only the beginning of the journey to a better more fulfilling life.



A Typical Day May Include

- ◆ Healthy Meal Preparation
- ◆ One-one Therapy Sessions
- ◆ Recovery Coaching
- ◆ Fitness Classes
- ◆ 12-Step Meetings
- ◆ Group Therapy
- ◆ Meditation

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LEVELS OF CARE

1

PARTIAL HOSPITALIZATION

2

INTENSIVE OUTPATIENT

3

OUTPATIENT

4

FAMILY

Our Programs are Designed and Conducted by a Multi-disciplinary Team of Professionals with over 300 years of Combined Experience in the Field Of Substance Abuse and Mental Health



OUR CLINICAL PROGRAM

PARTIAL HOSPITALIZATION



25 Hours
of Individual,
Group and Family
Psychotherapy

- Small Process Group (3X Weekly)
- Psychodrama
- Family Sculpting
- Music Therapy
- Self-Esteem Group
- Grief, Shame and Forgiveness Group
- Life-Skills Group
- 12-Step Meeting

INTENSIVE OUTPATIENT



9 Hours
of Individual,
Group and Family
Psychotherapy

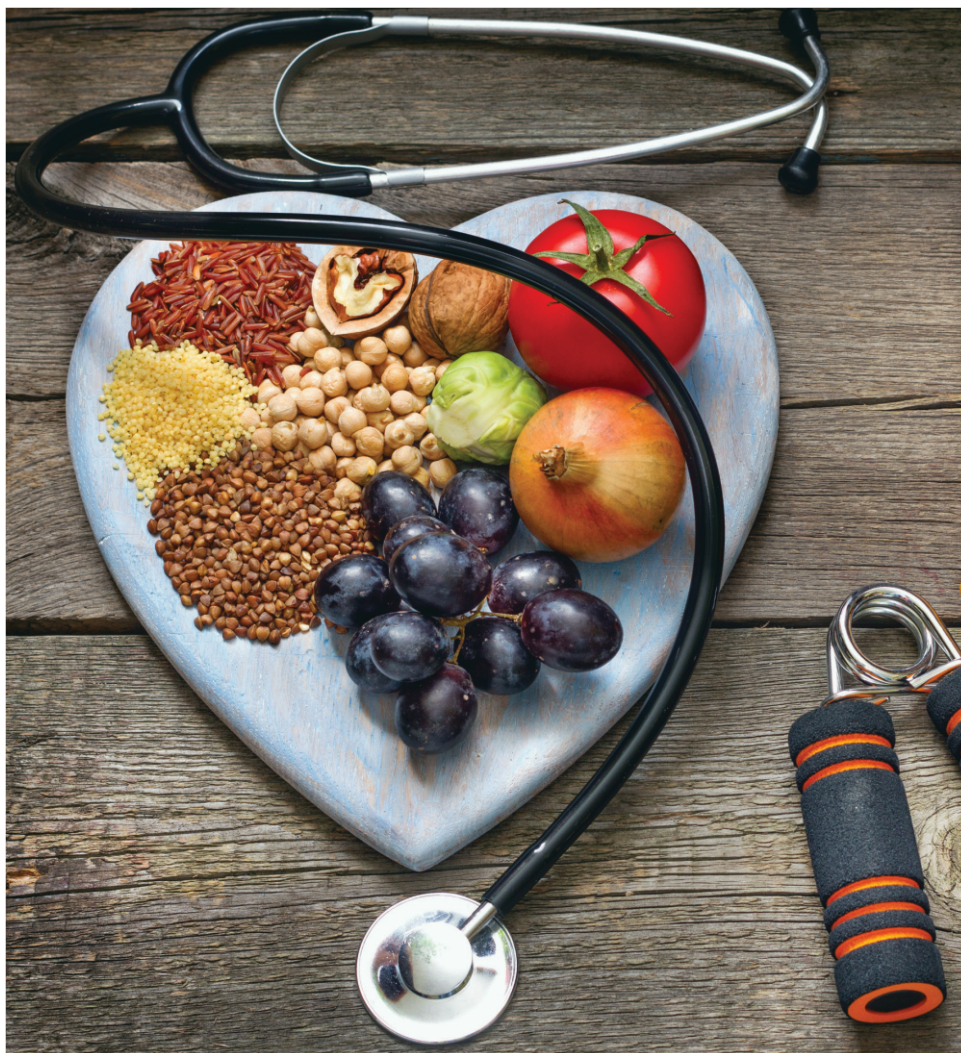
- Luxurious Housing
- Relapse Prevention
- Academic Assistance Training
- Vocation Assistance Training
- Resume Building
- Mock Job Interview

OUTPATIENT



3 Hours
of Individual,
Group and Family
Psychotherapy

- Weekly Alumni Speaker Therapy
- 1 Hour of Group Therapy
- 1 Hour of Individual Therapy
- Monthly Social Outings
- Recovery Action Plan (RAP)
- Sober Coach Concierge



LEGACY HEALING SERVICES

GENDER SPECIFIC PROGRAMS

Our Skilled Team provides State-Of-The-Art Treatment through various Therapeutic Modalities

- Medical Treatment
- Organic Juicing for Nutrition
- Individual and Group Psychotherapy
- Mentoring
- Aftercare Planning
- Career Services
- 12-Step Immersion
- Meditation and Mindfulness
- Personal Fitness Training
- Nutrition Counseling
- Spirituality

LEGACY HEALING SERVICES

MOTIVATIONAL ENHANCEMENT THERAPY



Motivational Enhancement Therapy (MET) is a counseling approach that helps individuals resolve their ambivalence about engaging in treatment and stopping their drug use. This approach aims to evoke rapid and internally motivated change.

HEALTH AND NUTRITION



Eating a healthy, nutrient-dense diet is a critical step towards healing from addiction. We offer nutrition counseling and full meal plans to help detoxify and strengthen the body. We incorporate delicious 100% organic cold pressed juices to replenish the body with nutrients that many have been deprived of.

CERTIFIED RECOVERY COACHING



Prior to leaving Legacy, clients will have developed a relationship with a personal recovery coach who will be there to provide support and guidance through the transition back to society. This person will help to implement long-term recovery plans, assist with things like applying for jobs or school and navigating relationships with family and friends. Most importantly, this person will be a caring, consistent ear to talk to and shoulder to lean on.



Ladies and Gentlemen Caring for Ladies and Gentlemen

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CONTACT US

LEGACY HEALING CENTER

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WE ACCEPT MOST INSURANCE PLANS



MEDICAL MUTUAL



BlueCross
BlueShield

Humana



Cigna

aetna



UnitedHealthcare

Anthem



Don't See Yours? Call Us Today!



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SAMHSA
Substance Abuse and Mental Health
Services Administration



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1425 West Cypress Creek Rd, Suite 201
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Legacy Healing Detox (LHD)
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