




The Parent's Guide to Residential Treatment



  
**MOMENTUM**  
Recovery

# The Parent's Guide to Residential Treatment

For Young Adult Men & Women



If you have a son or daughter who is struggling with substance use and mental health challenges, you're probably wondering: How did we end up here? Such issues don't develop overnight. Addiction takes time to put down roots. At the same time, doing the work to help your child live a better, happier life of belonging and purpose requires thoughtful progress and planning. At Momentum Recovery, we developed a four-phase approach to young adult treatment that gives young men and women the time and tools they need for healing — and to develop a true sense of belonging for the very first time. If you're considering residential treatment for a loved one, this is what to expect.



# PHASE ONE: DOCK

## Primary Addiction Treatment



After a period of turmoil, the Dock is where our clients find refuge. Community members move into our comfortable residential housing in Wilmington, NC, and meet the peers who will walk with them on their recovery journey. From there, each day is spent deep in the work of recovery. From dual-diagnosis counseling to group therapy and more, your loved one will begin to uncover the hidden emotional wounds and challenges that lie beneath their struggles. As appropriate, family members will participate in the treatment plan as well, joining family therapy sessions to help the entire family unit heal. In addition, community members begin to find the joy in life again through adventure-based therapy activities like surfing, kayaking, fishing, and other experiences that the beautiful North Carolina shore offers. As they begin to find safety, serenity, and stability, so, too, will you and the rest of your family.

# PHASE TWO: ANCHOR

## Extended Care



The Anchor phase is all about putting down roots in recovery. Similar to an intensive outpatient program, the Anchor phase begins to offer more autonomy and flexibility as community members sketch out their new life clean and sober. Half of the day is spent in treatment, with group sessions and activities similar to the Dock. Outside of treatment hours, community members can begin to practice their new life skills and coping mechanisms in the real world. Some community members begin to take classes at the nearby university, while others may pursue part-time employment or volunteer opportunities. Through it all, they find connection and stability in our sober living, the Harbor. However their new lives take shape, community members — and their families — can ride the waves of early recovery secure in the knowledge that their support system is still connected and close at hand.





# PHASE THREE: HARBOR

## Sober Living



Belonging and connection is the opposite of addiction. For that reason, maintaining a healthy community of peers in recovery is crucial for each community member. As they complete the Anchor phase of residential treatment, community members live in a spacious sober living home in the Wilmington, NC, area. Private bedrooms and bathrooms give each individual more autonomy, while welcoming community spaces help foster long-lasting, healthy relationships of support and care. You can trust that while your loved one begins to venture further afield in recovery, they'll still have a safe harbor to return home to.



# PHASE FOUR: COMPASS

## Change Management



As our community members head out to the horizon at last, they don't do so empty-handed. The Compass phase ensures that they have the tools they need to stay on track. While living on their own, community members continue to work with their dedicated case manager and therapist to help navigate early recovery. Staying connected to the local recovery community and participating in ongoing adventure-based therapy activities ensures that the healthy habits developed in Phases One through Three only continue to get stronger. Meanwhile, regular drug testing and other support structures give community members and their families the confidence they need to move forward with accountability and focus.





# Start Your Journey Today

Every successful journey requires a map, and the four-phase approach ensures that Momentum Recovery community members stay heading in the right direction. If you're ready to begin the journey of recovery for your loved one and your family, contact our caring admissions team today. You don't have to go it alone.

888-513-5049  
MomentumRecovery.com

5027 Wrightsville Ave  
Wilmington, NC 28403

