

Why our
Vision is

Different

- Solution focused cognitive restructuring approach.
- Slow introduction into real world/real life applications.
- Structured relapse prevention plans intentionally tested in real-world environments, with built-in support for returning to the facility to reflect, recalibrate, and reinforce recovery.
- Customized nutrition plans developed by dietitians to support recovery, wellness, and lifestyle goals.
- Integrated education in financial literacy, career development, and essential life skills.



TURNING POINT BEHAVIORAL HEALTH

A Progressive Pathway to Lasting Recovery

Milestone 1 (0 - 30 Days): Building the Foundation

Clients embark on their journey to **cognitive awakening**. This stage is stabilizing and **preparing the mind for change**. Clients discover the deep connection between exposure and relapse as they begin to reshape how they respond to triggers through our innovative **trigger extinction approach**. Clients who complete this stage are not just thinking about recovery, they *believe it's possible*.

Milestone 2 (30 - 45 Days): Redefining Sober Living

Stage Two moves clients into **real-life rehearsal** within a safe and structured environment. With limited outside exposure, clients begin to **redefine what sober living truly feels like**, shifting from fear of sobriety to a genuine sense of possibility. Clients' sober routines foster pride, clarity, and stability, sparking a powerful **cognitive shift** away from old patterns.

Milestone 3 (45 - 60 Days): Claiming Recovery

This stage is about **empowerment and ownership**. Clients are equipped with **new tools, strategies, and opportunities** to put recovery into action. They establish their **personal recovery pillars**, the anchors that will sustain their sobriety for years to come. With strong guidance, clients move from simply being "in treatment" to **actively living recovery** as they carry out their **real recovery plan** while preparing to transition into Intensive Outpatient Programming.

Milestone 4 (60 - 180 Days): Real World Recovery

Our Intensive Outpatient Programming is where recovery is **tested, strengthened, and proven**. Clients step into the real world with the full support of our program behind them, continuing therapy, accountability, and peer connection while embracing independence. This milestone ensures recovery isn't left at the facility; it becomes a **way of life**. Clients emerge from this stage not only sober, but **resilient, empowered, and prepared for long-term success**.

Get In Touch

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