



SOBRIETY SOLUTIONS

Pennsylvania • New Jersey

“Focusing on The Solution”

GET HELP NOW
(833)-880-HELP
sobrietyolutions.com



Why Choose Sobriety Solutions

Our specialized addiction treatment programs are open to individuals who need structure and support in their recovery process.

Sobriety Solutions is a family owned and operated treatment program, applying evidenced-based practices with a 12-step approach to recovery. Our programs have flexible daytime and evening hours to ensure our clients can meet their professional and family responsibilities while acquiring the skills to live happy, joyous, and free.

Let us tell you about how we can help you or your loved one today...

SOBRIETY SOLUTIONS

Our mission is to guide those struggling with addiction toward a path of lasting sobriety. We offer tailored treatment settings, programs, and services to promote long term recovery.

At Sobriety Solutions, we provide a combination of therapies; individual, family, and group to meet a clients tailored needs. We offer an evidence based treatment approach to address individuals and families unique needs. As a family owned and operated business, we understand addiction may be a family disease but recovery is a family process.

Our vision is to cultivate personal responsibility, promote healthy behavioral habits, and incentivize recovery through a variety of treatment techniques for our clients. We provide our clients with additional services so they have the opportunity to be successful in their path of recovery. We provide our clients with further support such as medical services, family therapy, parenting support, job training, social services, and legal services as they move towards recovery. As they recover, our clients are able to stay connected with our alumni program to help them continue down the path of recovery.

Our goal is to empower you and your loved ones while you work to overcome the challenges presented by the disease of addiction. Whether you or a loved one are struggling with substance abuse, Sobriety Solutions can help you discover how rewarding a life in recovery can be.



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Sobriety Solutions understands that the first steps towards a path of recovery can be daunting. Here are answers to some questions you may have about admitting to a treatment program.

What is addiction?

Drug addiction is the most severe form of a substance use disorder (SUD). An SUD develops when a person's continued use of alcohol and/or drugs causes significant issues, such as health problems, disability, and failure to meet life responsibilities. Addiction is a complex chronic brain disease characterized by drug craving, seeking, and use that persists even in the face of devastating life consequences.

How do I know if someone is addicted or using drugs?

The signs of drug use and addiction can vary depending on the person and the drug, but some common signs are:

- ✓ impaired speech and motor coordination
- ✓ bloodshot eyes or pupils that are larger or smaller than usual
- ✓ changes in physical appearance or personal hygiene
- ✓ changes in appetite or sleep patterns
- ✓ sudden weight loss or weight gain
- ✓ unusual smells on breath, body, or clothing
- ✓ changes in mood or disinterest in engaging in relationships or activities

How quickly can someone become addicted?

There is no easy answer to this common question. Vast differences affect a person's sensitivity to various drugs and likelihood of addiction vulnerability. While one person may use a drug one or many times and suffer no ill effects, another person may overdose with the first use or become addicted after a few uses. While people who are addicted may believe they can stop at any time, most often they cannot and need professional help to quit.

How can I find help with addiction?

If you or a loved one has a problem with addiction and needs help, please contact us at **(833)-880-HELP**. Your treatment specialist can provide information on a treatment program that meets your individualized needs and guide you through the admission process.

What is withdrawal?

Withdrawal describes the various symptoms that occur after a person abruptly reduces or stops long-term use of a drug. For example, physical symptoms of heroin withdrawal may include restlessness, muscle and bone pain, insomnia, diarrhea, vomiting, and cold flashes. Without medical attention, withdrawal can be deadly.

How long does drug and alcohol treatment take?

There is not a set period of time that applies to everyone when it comes to treatment. Many residential treatment programs offer 30-day programs. Many individuals benefit from aftercare treatment program, such as 60-day, 90-day, and even longer treatment to help further develop and maintain a steady recovery path.

What is the importance of doing an aftercare treatment program?

Studies find that those who spend three months or longer in treatment programs have better rates of long-term sobriety. Longer programs afford the opportunity to focus on the root causes and behaviors behind the addiction, and more time to practice sober living behaviors.

What happens if you relapse?

Relapse should not be viewed as failure but should be seen as opportunity to reassess one's path and seek treatment to provide the support and help needed in order to maintain sobriety. Treatment options are always available.

How much does treatment for drug and alcohol cost?

Insurance is often accepted for drug and alcohol treatment. Acceptability of insurance will vary according to each treatment program. You can work with your treatment specialist to find a treatment program that is covered by your insurance and payment options.

If you would like more information about your choices for addiction treatment, please contact us at (833)-880-HELP. Our treatment specialists can help you understand the costs, benefits, and options that you have when it comes to your recovery.

Sobriety Solutions of Pennsylvania

Intensive Outpatient Program

- 3 days per week, day or evening groups
- 9:30am to 1:00pm/6:00pm to 9:00pm
- Group Therapy
- Family Therapy
- Individual Therapy with Therapist and Psychiatrist

**Times subject to change*

Outpatient Program

- 1 day per week
- 6:00pm to 7:30pm
- Group Therapy
- Family Therapy
- Individual Therapy with Therapist and Psychiatrist

**Times subject to change*

Program Services

- Individualized care and personalized treatment plans
- A compassionate, dedicated team of professionals
- Specialized groups including vocational training and life skills support
- A confidential environment with the highest privacy standards
- A family program that supports healing for both clients and their loved ones
- Psychiatric Assessment
- A family oriented community in which clients can start their journey towards recovery
- Daily transportation
- Vivitrol available

Sobriety Solutions of New Jersey

Intensive Outpatient Program

- 3 days per week, day or evening groups
- 9:30am to 1:00pm/6:00pm to 9:00pm
- Group Therapy
- Family Therapy
- Individual Therapy with Therapist and Psychiatrist

**Times subject to change*

Outpatient Program

- 1 day per week
- 6:00pm to 7:30pm
- Group Therapy
- Family Therapy
- Individual Therapy with Therapist and Psychiatrist

**Times subject to change*

Program Services

- Psychoeducational groups providing both cognitive and dialectical behavioral therapy
- Individualized treatment
- Specialized groups including vocational training and life skills support
- A confidential environment with the highest privacy standards
- A family program that supports healing for both clients and their loved ones
- Psychiatric Assessment
- A family oriented community in which clients can start their journey towards recovery
- Daily transportation
- Vivitrol available

Sobriety Solutions Admission Process

The moment you contact Sobriety Solutions is the moment you focus on the solution, not the problems.

Our admissions process is simple. We understand that reaching out for help can be overwhelming. When you call Sobriety Solutions, you will be speaking with a caring and knowledgeable treatment specialist who will address all of your concerns, answer any questions you may have, and walk you through every step of the process.

Your treatment specialist will stay in contact with you and your family to ensure the admission process runs as smoothly as possible. Your treatment specialist will setup an evaluation on-site at your treatment location where you will complete the admission process and begin the steps towards recovery.

There is no one-size-fits-all model for addiction treatment. What works to help one addict or alcoholic find sobriety may not work for another. With varying severities of dependence from one person to another, your treatment specialist can help identify which level of care is best for you.



Contact Us

We have a treatment specialist available to help you 24/7, free of charge, and confidential. Your treatment specialist can provide you with information on each of our programs or other treatment providers.



Consultation

Your treatment specialist will work with you over the phone to complete a pre-admission assessment, a 15 to 30 minute evaluation of you or loved one's addiction history. Your treatment specialist will learn about your history to help identify what program will best for your individual needs. We will work with you as well as your loved ones or treatment provider to gather all necessary information.



Insurance coverage and payment options

To expedite the admission process, we will also collect your insurance and financial information during the initial phone assessment. Quickly, after we verify your insurance benefits and walk through co-pay and payment options, we can match you to the treatment program that best fits your individual needs.



Admission

Your treatment specialist will stay in contact with you and your family to ensure the admission process runs as smoothly as possible. Treatment specialists will also stay in contact with the residential facility and transportation staff to ensure an easy admission. Your treatment specialist will setup and evaluation on-site at your treatment location where you will complete the admission process and begin the steps towards recovery.

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“Through Sobriety Solutions outpatient program, I was able to get back to the roots of recovery without putting the rest of my life on pause for a few months. They provided phenomenal support with an individualized treatment plan that included both group sessions and one on one sessions with my counselor. Not only did I receive the treatment needed on site, but I was also able to contact my counselor throughout the course of the day if I ever needed anything. As I have moved on from outpatient therapy, I still receive monthly check in calls to ensure that I am doing everything to keep myself on the right track, and am always encouraged to reach out for support, or even just to say hello. In today’s day and age when the addiction/treatment industry continues to look at patients as dollars rather than people, I have found it extremely refreshing to have started my path to recovery with Sobriety Solutions where I was and still am treated like a valued person.

Thanks to Sobriety Solutions, and more importantly, the people who make up Sobriety Solutions, I celebrate 1 year this month!”

-Kevin E.

At Sobriety Solutions we make it a top priority to have a dynamic staff with specific education backgrounds in addiction, trauma, mental health, grief, 12 step principles, and psychiatry. These backgrounds allow us to provide specific, individualized treatment meeting the needs from those suffering with addiction. This treatment includes modalities like: motivation enhancement therapy, cognitive behavioral therapy, contingency management, community reinforcement approach, and dialectal behavior therapy. Our team includes master level clinicians with state licensing and specialized certifications. Our team provides the tools and skills clients need to succeed on their path to recovery.



Sobriety Solutions is not just addiction treatment; we are a family that wants to offer you the hope you deserve.

Notes

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is the moment you focus on the solution.***

**Sobriety Solutions
of Pennsylvania**

**1000 Germantown Pike
Suite E-2
Plymouth Meeting, PA 19462
(484) 965-9529**

**Sobriety Solutions
of New Jersey**

**200 Independence Blvd.
Sicklerville, NJ 08081
(856) 302-1362**



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