



LAKEVIEW
HEALTH
Addiction Treatment and Recovery

◀ THE WOODLANDS ▶



OUR PROGRAM

LAKEVIEW HEALTH

Founded in 2001, Lakeview Health is a nationally recognized addiction treatment and recovery center with locations in Texas and Florida. Our caring, compassionate, and professional staff help adult men and women who struggle with alcohol and substance use disorders. We understand that addiction is typically caused by underlying issues. So with this in mind, our dual-diagnosis care addresses trauma, mood disorders, depression, and anxiety. Our multidisciplinary team works to ensure individuals have the skills and healthy coping strategies to transition from a life in active addiction to a healthy, vibrant life in recovery.

We believe in delivering the best care possible. To do this we draw upon the most current research and data-informed practices to deliver an integrated health approach. Additionally, we hire staff who are compassionate, knowledgeable, and understand that addiction is not a choice.

With excellence in patient care and organizational compliance our facilities are licensed in their respective states and each holds the Gold Seal of Approval® from The Joint Commission.





COMPREHENSIVE TREATMENT CLOSE TO HOME

Lakeview Health at The Woodlands is committed to providing comprehensive, high quality clinical, medical, and psychiatric care so that individuals and families are able to live a healthy, vibrant life in recovery. Our treatment center is licensed by the State of Texas and holds the Gold Seal of Approval® for accreditation with the Joint Commission.

OUR SERVICES

The Woodlands offers two primary services, partial hospitalization program and intensive outpatient program. Our professional treatment team includes licensed doctorate and masters level therapists, a psychiatrist, registered nurse, and behavioral health associates.

PARTIAL HOSPITALIZATION PROGRAM

Partial Hospitalization Program (PHP) is typically the treatment option when 24-hour supervision is not required to maintain abstinence from intoxicating substances, and structured support for most of the day is needed to establish healthy coping skills. While in this level of our program, you attend a minimum of 6 hours of programming daily, 5 days per week and participate in 1 hour of individual or family therapy weekly.

THE DAILY TREATMENT SCHEDULE FOR PHP INCLUDES:

- ⊗ 2 hours of group psychotherapy
- ⊗ 3 hours of psychoeducational recovery life skills training
- ⊗ 1 hour of experiential therapy
- ⊗ Snacks are available between groups
- ⊗ Meals provided on-site in the Lakeview Café

Typically, individuals participate in PHP for 10-20 days, and then transition to an Intensive Outpatient Program.

INTENSIVE OUTPATIENT PROGRAM

Our Intensive Outpatient Program (IOP) is a “step-down” level of treatment after you have completed detoxification, residential, or a partial hospitalization program. While in this level of our program, you will attend a minimum of 3 hours of programming daily for 3 to 5 days per week and participate in one hour of individual or family therapy weekly.

THE DAILY TREATMENT SCHEDULE FOR IOP INCLUDES:

- ⊗ 2 hours of group psychotherapy
- ⊗ 1 hour of psychoeducational recovery life skills training
- ⊗ Snacks are available between groups
- ⊗ Meals provided on-site in the Lakeview Café

To ensure you have the support and skills you need to live a healthy life in recovery, we recommend that you participate in IOP for 4-12 weeks.



FAMILY PROGRAM SERVICES

Substance use disorders occur in the context of a larger relational system that includes partners, spouse, children, parents, and significant others. Family Program Services are offered to provide treatment to the individual's system to assist with identifying dysfunctional relational patterns and develop new ways of relating that achieve the outcome of sobriety. Family Therapy is the primary method used to facilitate recovery in the relational system. When you participate in the PHP or IOP programs you will have the opportunity to participate in individual family therapy with a licensed therapist. Group therapy is another method used to facilitate recovery in the family system. A multi-family group therapy session is offered for the significant others (spouse, partner, son, daughter, parent) to attend. The family program will provide you and your loved ones with the opportunity to learn relational recovery skills and process individual family dynamics with helpful and supportive clinical staff.

HOW IT WORKS

Getting Help

We understand that asking for help is difficult, so we try to make the process as easy as possible. All you need to do is call us. We have admission specialists available to talk with you and handle all of the details. You can reach them 24 hours per day, 7 days per week, 365 days per year at **(281) 886-0606**.

Paying For Treatment

Lakeview Health works with most commercial insurances. Our admissions specialists will verify your insurance and let you know what your specific benefits cover. We are unable to work with Medicare, Medicaid, and TRICARE policies.

REFERRING PROFESSIONALS ARE PART OF THE TEAM

When professionals refer a patient to Lakeview Health, they become a valuable part of the treatment team. We believe that a seamless support structure is critical to the healing process. We invite referring professionals to contact our Client Services team to learn more about how our Servant Leadership model enables an entirely new level of patient engagement and treatment innovation. This partnership includes a review of the clinician's assessment and treatment plan needs.

- ⊗ Weekly patient progress updates with a Lakeview Health therapist
- ⊗ On-site visits with the patient and his or her therapist for discharge and aftercare planning
- ⊗ Transitioning of patients to the referring clinician after treatment
- ⊗ Inclusion of the referring clinician's services in the Lakeview Health aftercare database



How to Refer a Patient

To initiate a referral, we invite you to get acquainted with your Lakeview Health Representative. They are seasoned experts who are your liaison to our facility. They are available to answer questions about our clinical program, connect with our staff, and facilitate the admissions process for your patient.

LakeviewHealth.com/refer

COMMUNITY COLLABORATION

On-Site Support Groups

Developing and staying engaged with your support network is vital for long-term sobriety. At Lakeview Health, community support groups can help you begin to establish your network.

12-Step Meeting

This is an open meeting held at Lakeview Health.

Family Group

For parents, partners, spouses, children, or people holding other significant relationships in a recovering person's life, you also need to begin to heal. The Family Group is a place to find support and guidance as you chart the course in the direction of wellness.





Lakeview Health

2610 Technology Forest Blvd
The Woodlands, TX 77381
www.LakeviewHealth.com
281.886.0606