

get  
live  
stay  
clean.®

RECOVERY CENTERS



Full Spectrum of  
Addiction Treatment Services

1.888.454.2897

[cleanrecoverycenters.com](http://cleanrecoverycenters.com)



*I'm here learning a different way to live.*

*- Chris*

## who we are.

Located on the beautiful central West Coast of Florida, Clean Recovery Centers provides the full spectrum of treatment options for drug and alcohol addiction. From Medical Detox, Residential, Mental Health Treatment, Day/Night Treatment with Community Housing, Intensive Outpatient with Transitional Living, and Outpatient Treatment, we offer effective solutions and psychiatric care at any stage of Substance Use Disorder (SUD).

## what we do.

Every day the plagues of alcoholism, addiction and untreated mental health issues impact millions of lives. Clean Recovery Centers offers a path to recovery whether one has reached 'rock bottom' or simply requires new life tools to

**Get Clean.**

**Live Clean.**

**Stay Clean.**



*Everyone welcomes you with open arms and treats you like family. The staff is very caring, friendly, and professional.*

*- Andrew*



## why we are unique.

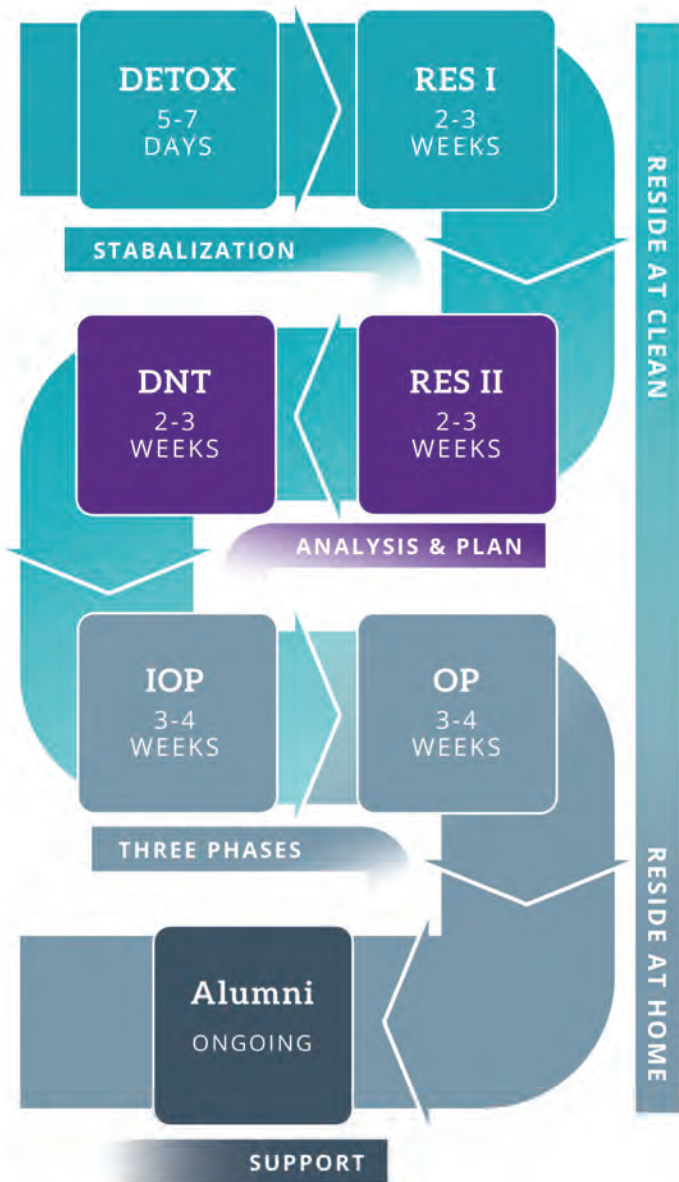
Clean Recovery Centers offers stabilization, analysis and treatment utilizing evidence-based practices, medication management, and our one-of-a-kind Three-Phase Approach of Intensive Outpatient and Outpatient Treatment. We recognize there are multiple pathways to recovery, so we design a plan that works by treating the whole person – the physical, spiritual, mental and social. Our programs focus on the client's strength; we build on what's right with each person, not what's wrong. And it's paying off – we are seeing dramatic, life-changing results in just three to six months!



*This center has a unique approach to recovery that truly works. They helped save my life.*

*- Robin*

# Recovery Flow



At Clean Recovery Centers, treatment is not a one-size-fits-all. We tailor our program to suit each clients' needs. This chart illustrates a typical flow of treatment programs, from one to the next, but keep in mind that journeys are individual, and may not follow this order or timeline on your road to recovery.

# Treatment Programs

## Medical Detox

Detoxification is a process of care provided on an inpatient basis to assist individuals with their symptoms and management of withdrawal from both the physiological and psychological effects of substance use. Certain substances, such as alcohol, opiates, and benzodiazepine drugs (benzos) during the withdrawal process can be dangerous and even life-threatening. Clean Recovery Centers offers around the clock medical care and emotional support to tackle this first step to recovery.

## Residential I

Residential treatment is provided in a structured and supervised live-in environment 24 hours-per-day, 7 days-per-week, to help individuals maintain recovery from addiction. During this treatment, clients build skills and tools that are necessary for life after detoxification. Care is medically supported, if needed, and provides evidenced based therapy with individual, group and family counseling.

## Residential Level II - Mental Health Treatment

Most people suffering from addiction have co-occurring mental health issues. Our mental health treatment focuses on the behavioral health disorders that often are left untreated with addiction (including over the counter drugs and herbs). This residential treatment program offers housing and meals in addition to treatment. This approach allows the client to focus solely on recovery in a protected environment with complete psychiatric evaluation and care.

The mental health treatment program is comprised of 5 main components focusing on trauma, identity reconstruction, cognitive self-management techniques, personal growth development strategies, and incorporates movement therapy (Evidenced based medicine and therapy).

# Treatment Programs

## Day Night Treatment (DNT) with Community Housing Program

Clean Recovery Centers offers a robust Day/Night Treatment with Community Housing Program. The goal of this treatment is to prepare clients for Intensive Outpatient Treatment and the skills necessary to combat their addiction. This is a non-residential program that provides a minimum thirty hours of services per week. Clients typically reside at Clean Recovery Centers' 24/7 monitored Community Housing during the course of this treatment.

The clinical program of DNT has four main components, designed to help clients begin changing their core beliefs and developing a balanced and clean life: Experiential Processes, Defense Mechanism Identification, Belief System Exploration, and Symbolic Integration.

## Intensive Outpatient Program (IOP)

A non-residential program that provides a minimum nine hours of services per week. Clean Recovery Centers' Intensive Outpatient Program is comparable to a residential program in effectiveness. It is designed to treat patients with medical or other mental health problems in addition to their Substance Use Disorders, along with group and individual counseling as a major component. Clients work through the First and Second Phases of the 'Clean Three-Phase Approach' that integrates the latest clinical therapy into a powerful program aimed at on-going sobriety. Clients may (though not typically) reside at Clean Recovery Centers' 24/7 monitored housing during this treatment.

## Outpatient Program (OP)

A non-residential program in which clients work through the Third Phase of the 'Clean Three-Phase Approach', providing a minimum two hours of services per week. Clients are either living at home or in a sober living environment and come to the treatment center for OP services.

*“Hands down  
BEST treatment  
program out there!”*  
- Cristal



## Three Phase Approach

### PHASE I (IOP) - Preparation.

Clients will learn about numerous leading-edge techniques critical to permanent sobriety. Phase I is typically the first 4 weeks of treatment with Group Therapy Sessions, Individual Therapy, Life Skills, The Four Agreements and part-time work.

### PHASE II (IOP) - Action.

In Phase II, clients begin to put the skills learned in Phase I into action and begin a successful integration back into society. Phase II typically lasts 4 weeks with Group Therapy Sessions, Individual Therapy, Life Skills, a Focus on Willingness and move into full-time work and more permanent housing.

### PHASE III (OP) - Transition.

Phase III is where clients begin to transition into society full-time. Clients will step down from intensive outpatient to an outpatient treatment level of care and the number of clinical sessions begins to decrease. Phase III also lasts approximately 4 weeks with Group Therapy Sessions, Individual Therapy, Life Skills and Community Service.

*“Passion, Integrity, Dedication,  
Sincerity. Just a few [of the  
words] that come to mind  
when I think about the  
folks at Clean Recovery  
Centers. - Jeff*



# Facilities

## Detox & Residential Facility

Introduced in 2020, Clean Recovery Centers Detox and Residential Facility is located a short distance from the Clean Recovery Centers Treatment Facility in Tampa, FL.



## Tampa Treatment Facility



## Housing Options

Community Housing, for DNT, and Transitional Living, for IOP/OP, provide safe and clean environments for those in treatment. You become part of a "Community" where peers and staff support one another on this journey. All Clean Recovery Centers' homes are Level 4 FARR Accredited - the Florida Association of Recovery Residences.



# Additional Services\*

## Wellness Program

As part of a whole person approach, Clean Recovery Centers integrates Wellness services that improve our clients overall physical fitness and wellbeing. Wellness services include Massage Therapy, Yoga and more!

## Kai Chi Do

Clean Recovery Centers offers a unique Kai Chi Do program with instructor Charles Robinson. Kai Chi Do is a movement meditation that can be practiced by anyone and adapted for any level of fitness. The program provides those in recovery with a proven way of restoring a sense of emotional well-being and connectedness with others.



## Life Skills through Case Management

Life skills are the skills one must have to function successfully in the world. They include effective communication, career guidance, time management, and money management. Truly successful mental health recovery is based on the ability to not only live substance-free, but to thrive. Life skills teach the practical necessities of functioning in society - setting clients up for success in life and, therefore, sobriety.

## Telemedicine

Clean Recovery Centers offers a telemedicine option within the Intensive Outpatient and Outpatient Programs (IOP/OP). Clients receive individual therapy sessions with clinical staff as well as participate in HIPAA compliant group sessions via a secure video conferencing platform. Telemedicine provides a way for clinicians and clients to interact outside of in-person sessions, keeping recovery goals on track under unique circumstances.



## Family Program

The disease of addiction has significant physical, emotional and social consequences for the individual seeking treatment and for family and significant others impacted by the disease. We view family as an essential component of a patient's ongoing recovery program and seek to involve them in the addiction treatment and recovery process.

## Alumni Program

Following any Clean Recovery Centers' treatment program, it is important for clients to remain engaged with the recovery community. Clients are encouraged to participate in Clean Recovery Centers' Alumni Program to receive ongoing support and continued success through an easy-to-use App, social media groups, meetings, and peer events in the Tampa Bay area.

\* Additional services are not a core component of treatment services offered or part of facility per diem standard program. All additional services are optional. All additional services are billed and charged for separately from medical and treatment services.



Start the BEST of your life now.



[cleanrecoverycenters.com](https://cleanrecoverycenters.com)

1.888.454.2897

[info@cleanrecoverycenters.com](mailto:info@cleanrecoverycenters.com)

## Locations



CORPORATE HEADQUARTERS  
508 West Fletcher Ave  
Tampa, FL 33612



MEDICAL DETOX CENTER  
9270 Royal Palm Ave  
New Port Richey, FL 34654

COMING SOON:

Sarasota, FL | Clearwater, FL



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