

What is iRecovery?

The iRecovery Program is designed to treat active addiction and teach sober recovery skills with the goal of long-term sobriety and recovery. iRecovery utilizes a groundbreaking holistic approach, in which sub acute medical and psychosocial needs are met.

Our Program includes intensive group and individual therapy, administered by Recovery Specialists. Also, in collaboration with various local groups, our Program offers community support and assistance with re-integration upon discharge.

How does iRecovery work?

The iRecovery Program consists of several weekly group therapy sessions and weekly private sessions. Group therapy is the modality of choice when treating Substance Use Disorders. Two distinct models are used: Psycho-Educational groups and Psycho-Educational groups and iRecovery clinicians.

The Psycho-Educational groups meet once weekly and here patients gain in-depth insight into their and here patients gain in-depth insight into their disease and the best treatment pathways available. The Process groups meet twice weekly and are based on the Mutual Aid Model. The Mutual Aid Model is an alliance of individuals working on common problems and goals to create helping relationships.

These sessions are a vital ingredient to the recovery process. Finally, the private sessions are used to augment the work done in the group model.

Medication Assisted Therapy

iRecovery welcomes patients who are part of a Methadone, Suboxone or Vivitrol maintenance program. We view medication assisted therapy as a very effective tool in achieving sobriety. iRecovery facilities have established relationships with the major methadone clinics in Connecticut and use innovative techniques and delivery methods to best serve our residents and their needs.

Discharge Planning

The iRecovery discharge plan helps the patient towards a relapse-free experience. Together, the iRecovery Specialist and the resident will develop an aftercare program that includes outpatient and finding a sponsor in a recovery group near to the patient's discharge location.

Discharge instructions will be provided to include a calendar of meetings, educational materials, and other local community supports. Finally, periodic post-discharge follow-up phone calls are made to the clients to ascertain their new experience.

**iRecovery is available at
iCare locations in:**

- Bloomfield
- Farmington
- Hartford
- Manchester
- Meriden
- Rocky Hill

For admission information: Please call our iCentral Referral Line at 860.812.0788



The Mission

The mission of iRecovery is to successfully treat Substance Use Disorders, thereby ending the cycle of hospitalization, discharge, relapse, decompensation, and re-hospitalization. Our Program is designed for those individuals who need skilled nursing or sub acute care coupled with substance abuse counseling. It is our mission to engage these patients in our multi-modality Recovery Program, so that by the time they are medically ready for discharge we have stabilized their addiction.

Upon leaving the Program, clients would be equipped with the knowledge, experience and community support systems to continue the iRecovery process. This lessens the likelihood of relapse or re-hospitalization. We ask prospective participants in our Program to be open to the idea of a life of abstinence from alcohol and the illicit use of chemicals. We make this request while being fully aware of the ambiguous feeling towards such a lifestyle change that is inherent with those who suffer from Substance Use Disorders.

Special Considerations

The iRecovery Program supports a patient population with a unique and sometimes complex set of challenges. With relapse and patient safety in mind, we have developed protocols that address the following areas:

- Admission Adjustment/Integration/isation
- Medication Management
- Environmental Safety
- Community Reintegration/Discharge

About the iCare Health Network

iCare Health Network (IHN) provides management, operating and consulting services to skilled nursing communities and other healthcare providers. Through its managed communities IHN offers a range of services including medical, short-term rehabilitation, long-term care, behavioral health, substance use management, and memory care & support services. IHN manages ten such communities in Connecticut including four Touchpoints Rehab centers, six Greater Hartford Memory Care Centers, and 60 West.



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