

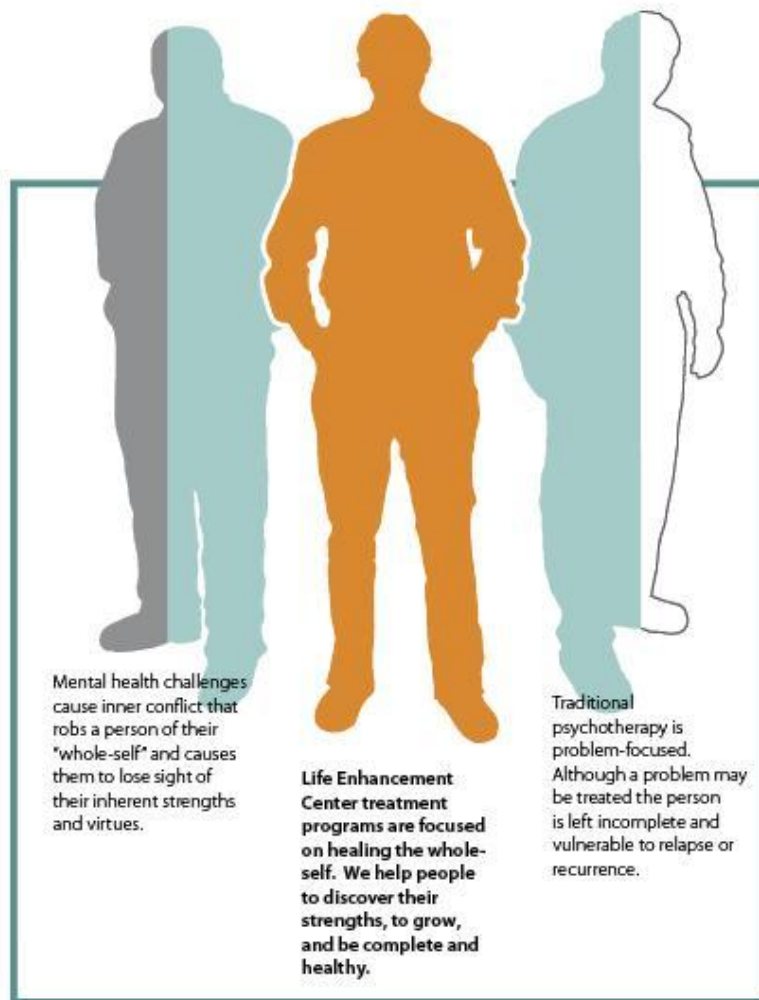
Thinking Rehab? Think Again!

| SERVICES | LIFE ENHANCEMENT CENTER | TRADITIONAL REHAB FACILITY |
|---|--|--|
| Treatment Philosophy | personalized long-term recovery and sober living (12+ months) in the real world that uses individual, family, and community resources | short-term sobriety (30-90 days) and pampered vacation retreat that is “cookie cutter” or “assembly line” and occurs in a controlled environment |
| Outcomes/Results | <ul style="list-style-type: none"> • 95% of LEC clients sustain negative readings for cocaine, benzodiazepines, amphetamines, opiates, and marijuana at discharge. • LEC client’s depression and anxiety symptoms reduce by 57%. • LEC clients report a 41% improvement in relationship satisfaction. • LEC client’s work, social, and leisure satisfaction improves by 48%. | ? |
| Age Ranges | adolescents and adults | adults only |
| Science-Based | American Society of Addiction Medicine, National Institute of Drug Abuse, and Substance Abuse and Mental Health Services Administration | most are based on treatment staff personal recovery experiences |
| Detoxification | use detox from first day of treatment | require detox prior to facility admission |
| Relational Therapy | 2-3 hours per week of either Multidimensional Family Therapy, Behavioral Couples Therapy, or Gottman Couple Therapy | usually not offered |
| Individual Mental Health Therapy | 2-3 hours per week of Cognitive-Behavioral Therapy | usually limited to just substance abuse therapy, 1 hour per week |
| Group Therapy | 2-3 hours per week consisting of multi-family groups and therapist monitored social networking | 4-6 hours per week |
| Psychological Testing | provides comprehensive treatment to avoid drug and alcohol relapse | not offered |
| Co-Occurring Disorders | trauma, anxiety, depression, ADHD, bipolar | most treat the substance addiction, not the whole person |
| Treatment Staff | all Master’s and Doctoral level clinicians who have graduate coursework in dependency and addictions | usually Bachelors level, sometimes a Master’s level clinician, and mostly post high school psych technicians |
| Treatment Directors | both are Doctoral level trained clinicians in dependency and addictions, and compulsive and addictive behavior treatment | usually no graduate level training in psychology/addictions or Master’s level; some have graduate level training in business management |
| Clinical Case Management | representation at court and resolution of legal charges | not offered |
| Recreational Therapy | various natural outdoor and indoor activities | equine therapy and adventure-based activities |
| Transportation | home-based intervention so personal transportation not required | pay to be shuttled by facility van with set schedule |
| Medications | antidepressants and addiction blocking medications as necessary | most discourage use of established addiction recovery and mental health medications |

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|----------------------------------|---|--|
| Drug Testing | use of toxicology laboratory to screen for 600 prescription drugs, alcohol, and all illegal drugs | most only screen for 5-7 illegal drugs and alcohol using dip sticks that are not as accurate |
| Sober Tracking | telephone-based drug intoxication detection system | not offered |
| Vocational Training | job placement and skills training | cannot work while in rehab |
| Gender Specific Treatment | personalized treatment for unique needs of males and females | usually male focused interventions |
| Spiritual Resilience | 12 step programs | 12 step programs |
| Recovery Management | includes client empowerment, resource development, education and training, monitoring and support, and advocacy | ? |
| Health and Nutrition | access to certified health counselor to eliminate drug cravings | most have a professional culinary chef offer healthy meals |
| Program Cost | flexible 6 level range between \$450-\$6,450 per month | starting at \$7,500 per month, upwards of \$47,000 per month |
| Cost per Service | \$95-\$145 | \$791-\$4,363 |



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