

Resource Handout: What to Expect in Treatment

Purpose

To help employees understand the treatment process, feel prepared, and know what support is available during recovery.

1. Admission & Orientation

- **Welcome & Intake:** Employees complete intake paperwork and undergo an assessment to identify needs.
- **Orientation:** Introduction to daily schedules, program expectations, and the facility.
- **Community Connection:** Opportunity to meet peers and staff in a supportive, safe environment.

At BTG: Clients are welcomed into a warm, home-like setting, fostering comfort and safety from day one.

2. Daily Structure

- **Therapy Sessions:** Individual and group therapy to address challenges and build healthy coping skills.
- **Educational Workshops:** Learning about addiction, recovery, and personal growth.
- **Holistic Activities:** Wellness practices such as meditation, exercise, or creative expression.
- **Peer Support Meetings:** Encouragement through shared recovery experiences.

At BTG: Our clients benefit from evidence-based therapies *and* holistic care like yoga, acupuncture detoxification, amino acid therapy, and creative expressions.

3. Treatment Approaches

- Evidence-based therapies such as CBT, Motivational Interviewing, and trauma-informed care.
- Holistic supports for mind, body, and spirit.
- Co-occurring mental health support if needed.

At BTG: We integrate traditional and holistic therapies in a personalized plan tailored to each client's unique needs.

4. Length of Treatment

- Treatment plans are individualized—ranging from short-term intensive care to longer structured support.
- Levels of care often include residential, day treatment, or outpatient programs, with aftercare to support ongoing recovery.

At BTG: We provide a full continuum of care—Residential, PHP, IOP, and Alumni programs—to ensure smooth transitions.

5. Supportive Environment

- Safe, structured, and confidential setting.
- A focus on skill-building and long-term recovery planning.
- Staff committed to guidance and support throughout treatment.

At BTG: Our residences are designed to feel like home, offering both comfort and a strong sense of community.

Key Takeaways for Employees

- Treatment provides structure, support, and tools for recovery.
- Active participation helps ensure the best outcomes.
- Confidentiality is always respected.
- Professional staff are available to guide every step.

At BTG: We are licensed by the Virginia Department of Behavioral Health and Developmental Services and proudly accredited by CARF, making us a trusted partner in recovery.