

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 Process groups, both led by the iRecovery clinicians. The Psycho-Educational groups meet once weekly 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.

Methadone Maintenance

iRecovery welcomes patients who are part of a methadone maintenance program. We view methadone therapy as a very effective tool in achieving sobriety. iRecovery facilities have established relationships with the major methadone clinics in Connecticut.

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 counseling 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.



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