

overall treatment experience. These services help clients develop and apply coping skills in everyday situations, identify and avoid triggers, connect with community resources, establish budgets, find employment, maintain appointments, and a number of other daily living needs.

### **Bowen Center is:**

- Largest Community Mental Healthcare Provider in Indiana.
- Accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO).
- Licensed by the Indiana Division of Mental Health.
- Certified by the Indiana Department of Addiction Services.
- Certified by Blue Cross/Blue Shield and other insurance companies.
- Certified by Medicare and Medicaid.
- A member of local Chamber of Commerce.

**For more information or to make an appointment, call (800) 342-5653.**

### **Bowen Center can help.**

Bowen Center is a Community Mental Health Center offering a full range of professional services to meet the needs of individuals in Indiana. Since 1961, Bowen Center has been dedicated to providing life-changing care to families, and individuals. Bowen Center's expanding range of services for all ages includes: family therapy, marital counseling, adolescent and children's counseling, alcohol and substance use treatment, individual and group therapy, skills coaching, hypnotherapy, transitional living services, inpatient unit services, and more.

**Bowen Center's mission is to strengthen our communities and to improve the health and well-being of those we are privileged to serve.**

# ADDICTION RECOVERY SERVICES

We're the hope.

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# ADDICTION RECOVERY SERVICES

Addiction Recovery Services are individualized and client-centered to meet the unique needs of each client. Bowen Center offers both Outpatient and Intensive Outpatient levels of care with specific interventions matched to particular client goals. Outpatient services are between 1 and 8 hours of treatment per week. Intensive Outpatient services are at least 9 hours of treatment weekly. Within each treatment category, the following services are available to address a wide variety of problem areas including substance use, dual disorders, trauma, criminal thinking, and medication management.

## Matrix Model

The Matrix Model combines several research-based techniques including cognitive-behavioral approaches, 12-step engagement, and motivational enhancement to target clients' behavioral, emotional, cognitive, and relational issues.

## Moral Reconciliation Therapy (MRT)

Moral Reconciliation Therapy is a treatment strategy that seeks to decrease recidivism and increase moral reasoning. Its cognitive-behavioral approach includes elements from multiple psychological traditions and takes the form of group using structured exercises and homework assignments.

## Domestic Violence

This program is designed for individuals who have engaged in, or are at risk of acts of domestic violence. This treatment intervention will challenge cognitive thinking errors, encourage introspection/reflection, and equip individuals with alternative solutions to addressing anger.

## Anger Management

Anger Management teaches the causes of anger, as well as how to recognize and control anger triggers. It also develops effective communication strategies and the ability to stop angry conversations before they get out of control. The focus is on challenging thinking errors and looking at alternative ways to manage difficult emotions.

## Seeking Safety

Seeking Safety is a therapy to help people feel safe from trauma/Post-Traumatic Stress Disorder (PTSD), and substance use difficulties. This treatment is offered in group or individual format, with clinical guidelines and client assignments to address a diversity of topics.

## Medication Assisted Treatment

Medication Assisted Treatment is available for individuals recovering from opioid or alcohol use. Medication Assisted Treatment is helpful in maintaining abstinence from problem substances by eliminating the desire/benefit to use and/or managing the withdrawal process in a safe and more comfortable manner.

## Opioid Treatment Program

Bowen Recovery Center is a specialized Medication Assisted Treatment service that utilizes methadone to assist with opioid recovery. Bowen Recovery Center includes counseling services within the clinic to meet all client needs during their recovery path. This treatment program is a highly managed and regulated option with frequent interaction between the client and the treatment/medical team.

## Individual Therapy

Individual Therapy is offered for one-on-one intensive work around client concerns that are more appropriately addressed in a private setting. It is also used for treatment planning and goal setting, which are important tools that lead to successful outcomes. Individual Therapy can cover topics such as trauma, family of origin and family system patterns, relationship issues, dual occurring behavioral addictions (gambling, sex addiction, food disorders, etc.) and dual-occurring mental health disorders (depression, anxiety, etc.).

## Family Therapy

Addiction recovery not only affects the individual struggling with substance or behavioral addiction but impacts the entire family. The involvement of significant relationships in treatment is vital for the health of the client, as well as the family members. Family Therapy is provided to incorporate education, healthy communication, relational dynamics, and other related areas that can influence the client's ability to sustain recovery.

## Community-Based Rehabilitation Services

Recovery is a 24-hour responsibility and often requires services that are not easily provided within the walls of an outpatient facility. Community-Based Rehabilitation Services are available to assist clients with a variety of tasks in their home or other recovery environments in order to enhance their