

## What is Alternative Recovery Tools?

Alternative Recovery Tools (ART) is a program that follows a **Structured Relapse Prevention Model**. This program was designed for anyone who has used an opioid/opiate whether prescribed or not and is now using a replacement drug (methadone, suboxone or naltrexone) to provide them with the essential support for making a change in their in their lives.

ART uses a **strengths based** and **problem solving approach** to encourage client empowerment and to guide clients as they construct change strategies. ART also uses **cognitive behavior therapy (CBT)** to assist clients as they move past problematic ways of thinking and acting, towards more healthy methods of thinking and acting. ART also helps client's change their problem focused thinking towards a **solution focused** pattern of thinking. ART is a **client-centered** program that involves collaboration between the therapist and the client. ART also involves the use of **motivational interviewing** to increase client motivation to change, as well as build client self-efficacy. Clients are guided through the **stages of change** model utilizing tools appropriate for their stage of change.

ART, like **Crossroads: C4PE** believes in **harm reduction** to minimize the harm substance use can have in all areas of a person's life.

ART is a structured program that will work with clients where they are at, to create and reach goals that they help determine, with resources that are readily available to them.

## The Program

Alternative Recovery Tools follows a 12 week program, with the client coming in for 2 sessions per week (1 hour each). The program begins with an individualized intake assessment and a signed code of conduct. After the assessment, and based on the client's current needs, the program includes these topics:

- ⤴ **Motivation building**
- ⤴ **Coping with cravings**
- ⤴ **Problem solving**
- ⤴ **Problematic thinking, feeling & acting**
- ⤴ **Relaxation training**
- ⤴ **Anger management**
- ⤴ **Assertiveness training**
- ⤴ **Boredom and loss**
- ⤴ **Support systems**
- ⤴ **Dealing with anxiety**
- ⤴ **Relapse prevention**

While some members of the program are going to be on prescribed medications (i.e. Methadone, Buprenorphine, Naltrexone, etc.) it is expressed in the code of conduct that participants will not be under the influence of **non-prescribed** drugs or alcohol when they come for therapy.

There are fees associated with this program, however Crossroads is an approved Green Shield service provider for family benefits. We have also been approved by various employers and benefit providers to bill directly. Please inquire if you are eligible.

The ART program is delivered in group therapy format.

## Is the ART Program for You?

We will work with you to empower the discovery that change is possible. Change can also be possible in manners that you define, as you and the therapist work together to create goals to work towards. We will also work with you to provide you with structure in the form of homework assignments aimed at applying what we discuss with you in therapy in your daily life. ART also introduces accountability for change and action as well as working within the boundaries of your. As well assist you to define the strategies that are needed to institute change in your life. The ART program is aimed at providing real, hands on, change. The facilitator/therapist will be there with you every step of the way on your journey toward personal change.

This program may be for you if any of the following conditions apply:

- ⤴ You want to make a change in your life regarding your drug/alcohol use
- ⤴ You have decided that you are changing your drug/alcohol use and have begun participating in a drug replacement therapy program (methadone, suboxone or naltrexone)
- ⤴ You ever attempted to modify your substance use before and need support, education & encouragement to do so.
- ⤴ You need help preventing relapse.

If you believe that ART is a good fit for your needs, then please call us to schedule an intake appointment.

## About Us

**Crossroads** is a not for profit organization dedicated to helping those with addiction or anger management challenges. Our doors opened in April of 2007 to serve Windsor and Essex County. We offer a wide variety of programs and services to meet your needs.

**Crossroads** is not only the agency's name, but more specifically the agency philosophy. Instituting change in one's life is not an easy undertaking and will not come about overnight or without a great deal of effort.

At **Crossroads**, we believe very strongly that anyone undergoing behavioral changes in their personal lives must be convinced that the end result will be worth the effort to do so. Clients are supported, encouraged and guided through their personal changes with a positive oriented focus. Please feel free to call if you have any further questions/concerns regarding programming here at Crossroads.

Additional programs available at **Crossroads** include:

- ♣ **Road Ahead** (relapse prevention)
- ♣ **Alternative Conflict Resolution** (anger management)
- ♣ **Group and individual therapy** to deal with a wide variety of other issues.
- ♣ **Women's Support Group** to deal with a wide variety of women's issues

**If you find that you are struggling with addiction in your life right now, please contact us today....**

**Crossroads: Centre for Personal Empowerment**

**1980 Ottawa St. Lower Unit**

**Windsor, ON**

**N8Y 1R7**

**Phone: 519-252-5456**

**Fax: 519-252-8230**

**Email: crssrods@mnsi.net**

Check out our website at:  
**[www.crossroadsc4pe.ca](http://www.crossroadsc4pe.ca)**



## Alternative Recovery Tools (ART)

**A Structured Relapse Prevention Program  
For Opioid and Alcohol  
Addiction  
Clients Utilizing  
Pharmacotherapy**