

What is Alternative Recovery Tools?

Alternative Recovery Tools (ART) is a program that follows a **Structured Relapse Prevention Model**. This program was designed for any person who is using an opioid (i.e. Methadone, heroin, etc.), whether prescribed or not, to provide them with the essential tools for making a change in their substance use and 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 help clients move past problematic ways of thinking and acting, towards more healthy ways 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 also 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 & 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 intoxicated when they come for therapy.

There is a fee for each session, 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.

Recovery Tools for You?

We will work with you to empowering 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. This also introduces accountability for change and action. We will also work within the boundaries of your life to help you to define the strategies that you need to accomplish change. This program is aimed at providing very real, hands on, change. We will be there with you every step of the way on your change journey, and we utilize proven therapy techniques.

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

- ⤴ Has anyone ever told you that you need to change your substance use behavior, whether or not you agreed or disagreed with them?
- ⤴ Have you ever thought that your substance use may not be a good idea?
- ⤴ Have you ever attempted to modify your substance use before?
- ⤴ Are you ready to modify your substance use and need help doing so?
- ⤴ You need help preventing relapse.

If you think that ART is a good fit for you, 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 problems. 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 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 various 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



Alternative Recovery Tools

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