



THE RANCH  
at  
**DOVE TREE**  
Lubbock, Texas

# Residential PROGRAM



**One of the nation's leaders in the treatment of substance use disorders and the creation of innovative recovery support planning.**

**We are in-network with most major private insurance plans to ensure the best coverage possible for your treatment.**

**Customizable and individualized treatment designed to accommodate the unique needs of clients.**

The plains of West Texas provide an environment for quiet reflection to develop an understanding of addiction and the impact that it had on the individual's life as well as the lives of others. Recovery focused, The Ranch at Dove Tree is where people can rebuild their lives and change the direction of their future. Our master's-level clinicians deliver high quality treatment for substance use and co-occurring disorders.

## LEVELS OF CARE OFFERED

**Collegiate Recovery Program**



**Traditional Adult Program**



**Medically-assisted Detoxification**



**Residential Treatment**



**Structured Intensive Outpatient Services**



**Male and Female Extended Transitional Living Options**



**Active Alumni Association in multiple locations**

**Call today for a confidential consultation: (800)218-6727 [RanchAtDoveTree.com](http://RanchAtDoveTree.com)**



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The Ranch at Dove Tree's Residential Program focuses on gender-specific programming with an emphasis on developmentally appropriate and trauma specific counseling. The evidence-based program models that we use include: 12-Step facilitation, contingency management, mindfulness, cognitive behavioral therapy and motivational enhancement. These models are validated by scientific research for use in the field of addiction treatment.

### Groups each week focus on the following topics:

- ★ 12-Step focused recovery
- ★ Gender-specific group therapy
- ★ Intensive individual therapy
- ★ Daily process group with individual therapist
- ★ Trauma-informed therapy (EMDR when eligible)
- ★ Mindfulness and meditation
- ★ Cognitive Behavioral Therapy (CBT)
- ★ Experiential therapy
- ★ Health and wellness center with certified trainers and a dietician (education/activities)
- ★ Hypnotherapy to assist in anxiety reduction, smoking cessation, reduction of cravings, and pain reduction (if desired)

### Trac9

The Ranch at Dove Tress utilizes Trac9, an assessment tool which focuses on addiction treatment and the recovery process. This tool utilizes standardized assessments to track your progress. Trac9 looks at 9 different areas: depression, anxiety, stress, visual response of cravings, verbal response of cravings, spirituality, commitment to sobriety, optimism, and quality of life. These weekly assessments are used to collect information so that personalized ongoing treatment can be developed.

With over a 90% participation in family week, this is essential to recovery. The clients' and their families will gain knowledge about the disease concept of addiction and begin the process of healing familial relationships. We encourage and educate family members to find their own recovery, as well as provide support to their addicted loved ones. Clients and their families attend various educational and therapeutic groups, including multi-family groups and individual family therapy.

- ★ We will work with your insurance company to ensure the best coverage possible for your plan.
- ★ We are in-network with most major commercial insurance plans.



OUR MISSION  
[ Improve the lives we touch ]

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