

Residential PROGRAM



THE RANCH
at
DOVE TREE

A nationally-recognized leader in:
Collegiate recovery
Substance use disorder treatment
Behavioral health care
Continuum of care
Life skills for higher education

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.

RanchAtDoveTree.com | (800)218-6727

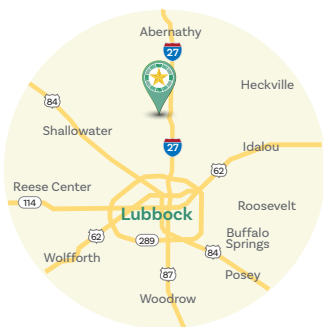
Groups each week focus on the following topics:

- ★ 12-Step focused recovery
- ★ Gender-specific group therapy
- ★ Intensive individual therapy
- ★ Daily process group with individual therapist
- ★ 3-day comprehensive family education program; multi-family therapy groups; individual family therapy
- ★ Trauma-focused therapy (EMDR)
- ★ Contingency management approach to behavioral issues
- ★ Mindfulness and meditation
- ★ Cognitive Behavioral Therapy (CBT)
- ★ Experiential therapy
- ★ Health and wellness center with certified trainers and a dietician (education/activities)

Recovery Focus

The Ranch at Dove Tree is where people rebuild their lives and change the direction of their future. The plains of West Texas provide a therapeutic setting that is warm, welcoming, and creates the necessary healing environment for the challenging work of recovery. In this setting, our master's-level clinicians deliver high quality treatment for substance use and co-occurring disorders.

- ★ 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.



1406 Quinlan Street, Lubbock, TX 79403

"The Hub of the Plains" in West Texas,
Home of Texas Tech University

