



Sana at Stowe 2023

Integrative Health Programming & Integration

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Recovery Partners of Vermont

Compassionate Care
Supporting Individuals in Accessing Their
Strength to Heal

Integrative Recovery



Why We Offer A 4-Week Program

Guiding clients home to themselves

There is growing evidence to support that 28 days of treatment demonstrates more effective outcomes in sustaining long-term recovery from substance use disorders. The longer you are in treatment, the greater your chances are for success. Here is a breakdown of what you will explore during your 28-day recovery journey at Sana

4-Week Program

Mind Body Soul



Integration



Nurturing clients through their recovery journey guided by our comprehensive Integrative Health Program: An integration and collaboration of medical, clinical and wellness programs and specialists.





4-Phased Program

Spoke and Hub Model

All spokes feed into the hub model. Each spoke stands alone and interconnects as each one effects the whole.

- ✓ 4 phases program: nurture, ground, transform, sustain
- ✓ Multimodality approach provides diversity & interdisciplinary approach to care.
- ✓ Collaboration between all care teams to ensure the quality, safety and appropriate care
- ✓ Processes to ensure high quality, aligned care

Integrative Health at Sana

Clinical Offerings Infused with Wellness

- DBT: Dialectical Behavior Therapy
- CBT: Cognitive Behavioral Therapy
- NVC: Non-Violent Communication
- Commitment Therapy
- Relapse Prevention
- Peer Support Groups
- Nursing Education
- RESET (pillars of health)
- SMART (Stress Management & Resilience Training)
- Nutrition
- Individual and Family Counseling
- Therapeutic Massage
- Acupuncture
- Energy Touch
- Yoga
- Meditation
- Breath Work
- Mindfulness
- Aromatherapy
- Sound Healing
- Recovery Art
- Health Coaching
- Kitchen Wellness
- Yogic Wisdom for Healing
- Expressive Arts
- Exercise -walks, snowshoe, yoga, tennis, pickleball, basketball, swimming
- Independent Exercise
- Self-Care Activities
- Writers for Recovery Workshops

4-phased approach

Medically-guided detox ~ Therapeutic assessments&treatment~ Wellness integration

- *Medical Stabilization*: Tender first stages of detox; building safety and support through medical evaluation and development of detox plan, medical guidance, clinical assessments and wellness modalities such as healing touch, aromatherapy, acupuncture and restorative yoga practices. Beginning to identify continuing care needs.



4-phased approach

Medically-guided detox ~ Therapeutic assessments&treatment~ Wellness integration

- **Recovery Initiation** : Guiding patients to step back into their bodies through individual counseling, peer support, group psychoeducation and wellness programming and family involvement. Patients begin to rebuild their strength through nutrition, walking or gentle movement, massage and acupuncture, grounding practices that include yin yoga, meditations, breath work, guided imagery. Patients begin to build a foundation for recovery.



4-phased approach

Medically-guided detox ~ Therapeutic assessments&treatment~ Wellness integration

• *Recovery Practice*: Integration of wellness tools and therapeutic strategies that have been introduced while continuing to explore through reflection, listening, feeling and process through conventional and experiential pathways. Patients explore beyond our core curriculum and begin to put practices in place that they find supportive. Further exploration thorough 1-on-1 counseling, therapeutic and wellness strategies that align with individual recovery goals.



4-phased approach

Medically-guided detox ~ Therapeutic assessments&treatment~ Wellness integration

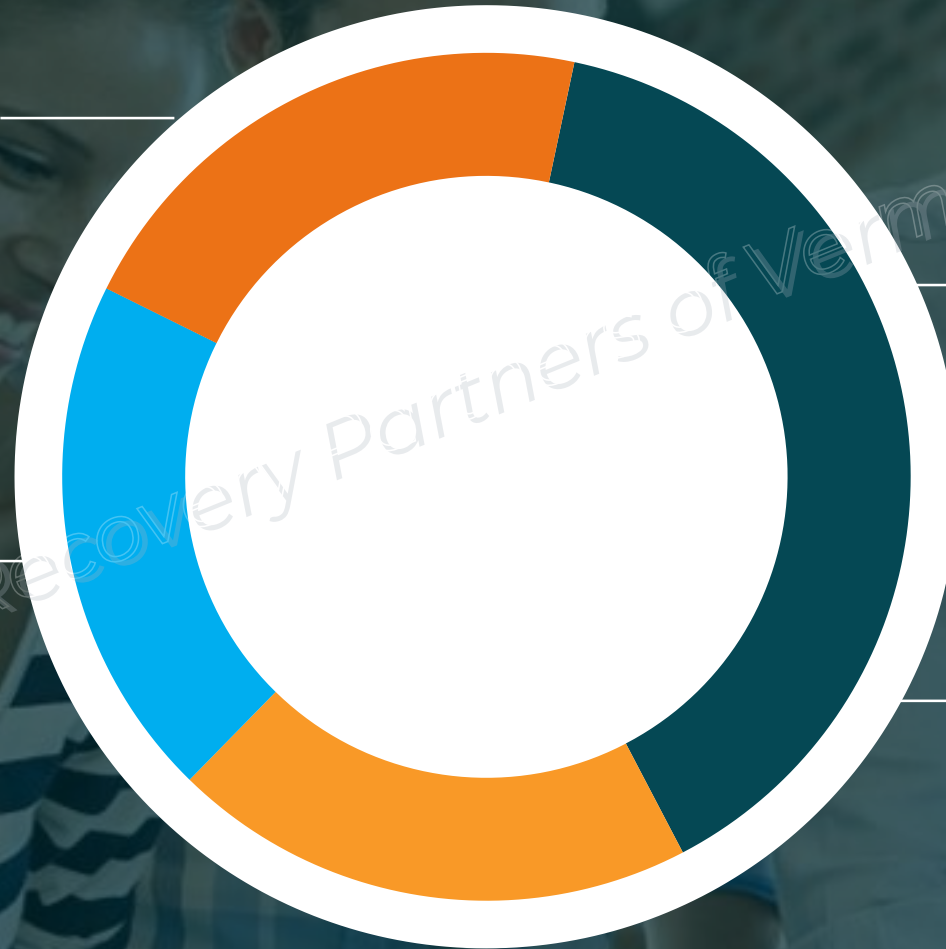
- *Transition and Re-entry*: Finalizing resiliency toolkit and continued care plan, including cultivation of daily practices to support transition and recovery. The clinical and wellness path will inform this for each patient. Integration of family during this final phase to facilitate a deeper level of understanding and to support the transition home.



Timeline: Dependent on LOS

Phase 2
6 days:
Recovery
Initiation

Phase 1
5 days:
Medical
Stabilization



Phase 3
11 days:
Recovery
Practice

Phase 4
6 days:
Transition
and Re-entry

Sustained Recovery

It takes a village

Continued Care Planning

Preparing for patients' discharge starts at admission.

IOP

PHP

Peer Recovery: AA, NA, Dharma, etc.

Counseling

Recovery Coaching

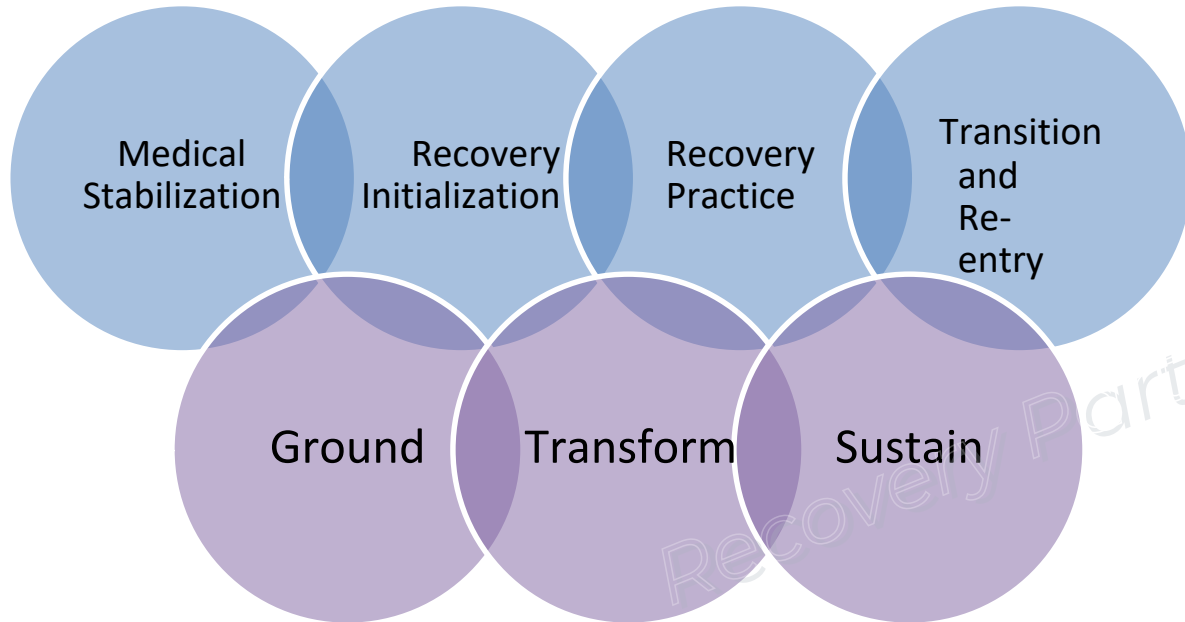
Wellness : coaching, body work, yoga

Family Support and Integration

Family Counseling

Engaging Families in discharge planning

Offering Family Support



DATA

Challenges and Needs

Satisfaction Surveys

BAM

What we have

learned What is

called for now



You can't stop the waves,
but you can learn how to surf

Develop Resilience Tools

- Increased Awareness
- Reclaim Attention
- Choose Attitude
- Practice!

Building Our Toolkits for Health & Wellbeing

- What: Your tools
- Why: Motivation
- How: Plan
- Pain Points: Risks
- Strategies: Other Tools



RESET: Pillars of Health

Rest~Exercise~StressResilience~EatingWell~TakingCare (self care)

ABC's of MINDFULNESS

Attention

A quality of mind that
is awake, aware,
and that knows what
is happening



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Recovery Partners of Vermont



Sit up~ pay attention ~aim ~sustain

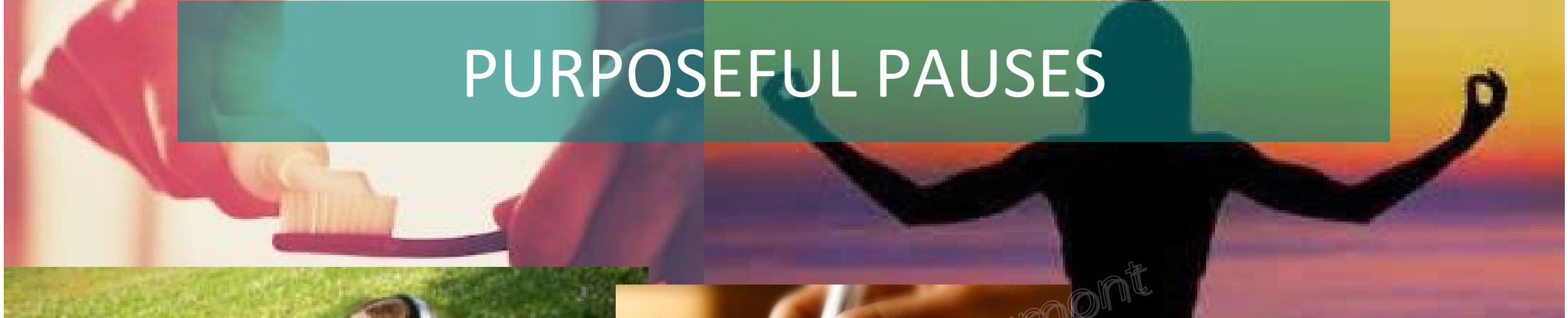
Commit to
Daily Practice

(5-10 minutes)

Create Mindful Moments



PURPOSEFUL PAUSES





COMPASSION Caring & Connection Connection

Building Our Toolkits for Health & Wellbeing

- What: Your tools
- Why: Motivation
- How: Plan
- Pain Points: Risks
- Strategies: Other Tools



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Questions?

Thank you

Recovery Partners of Vermont