

EXPERIENCE, TRUST, DEPENDABILITY



LIFE- RECOVERY COACHING


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Your Road to Recovery

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LIFE RECOVERY COACHING

Life Recovery Coaching may be beneficial for individuals in early recovery from addiction and mental health disorders. Most newly sober people are adjusting to a new way of life. Many have found a new sense of self and for the first time confident in their ability to move forward in life. They are living in a safe setting and possibly attending an outpatient program nearby. This is an excellent start! However, a lot happens between outpatient treatment, sober living and recovery meetings. For that reason, we look to fill those gaps to ensure sobriety and sustainability.



We provide a comprehensive **LIFE RECOVERY COACHING PROGRAM** that assists individuals with growth and success post-residential treatment. Recovery Coaching uses a strength-based model and places a high emphasis on improving present life and reaching goals for the future. The recovery coach is an addition to a therapist, sober house manager and sponsor. We are the mortar between the bricks.

We also provide a level of accountability that the indigenous recovering community cannot be expected to provide. At Drew Horowitz & Associates, LLC we understand the array of barriers that prevents individuals from defining, joining and remaining in healthy environments. These barriers may be internal, such as low motivation, emotional struggles, medical conditions, mental health diagnosis or even spiritual confusion. There may also be external barriers that prevent them from safely meeting their needs related to housing, employment, nutrition, socialization and transportation. Our goal is to assist our clients to overcome these barriers so that they can find and sustain recovery from addiction and mental health.

HOW DO WE DO THIS? Our program works around and between already scheduled events, such as treatment, therapy, AA meetings and personal obligations. We schedule 3-4 hours of individual coaching per week and engage our clients in 3-4 hours of group/community events per week. We have found that the combination of individual and group is crucial to the development and success for our clients. A typical group outing may include a trip to a local sporting event or restaurant. In this capacity, we use real life situations to challenge our clients to grow. We believe that people grow when they are in the community versus behind closed doors.

Our services are not intended to replace therapy or treatment. We are used to enhance the recovery and treatment experience by building off of existing treatment plans and client strengths.

We would be grateful to partner with you on the road to recovery...