

## Addiction Recovery

After detoxification has been completed, BrainRecovery can begin.

### **Our clients experience 4 stages of recovery.**

Stage 1: Reduction of cravings and increase in cognitive abilities/judgment function and relapse prevention.

Stage 2: Decreased impulsive behavior while optimizing cognitive function and relapse prevention. Stage 3: Emotional control, regulation, and maturity. Stage 4: Recovery coupled with autonomy which equates to independence and reintegration into society.

The BrainRecovery program for addiction improves brain capabilities and increases IQs and cognitive abilities. Cognitive training, combined with our proprietary therapeutic imprinting technologies focus on eliminating the triggers that lead to relapse. We believe in an integrated approach and work in conjunction with therapists, psychologists, psychiatrists and other healthcare professionals in order to maintain the best continuum of care for the client.

Our programs have great success with the following addictions:

- Alcohol
- Street Drugs
- Prescription Medications
- Eating Disorders
- Gambling

### **Crossroads AfterCare Program**

Our AfterCare Program targets the brain to actually shift behavior patterns, which allows the individual to make proper rational choices, thus breaking the relapse cycle.

### **How is Crossroads' addiction recovery program different?**

Crossroads has developed a comprehensive and integrated approach to substance abuse and addictions.

**Crossroads AfterCare Program** is a 12 month intensive program focused on removing triggers that lead to relapse. It focuses on repairing areas of the brain that may be damaged and are adversely affecting our cognitive abilities. This includes the expressions of hyper-impulsivity, high suggestibility, poor judgement, poor reasoning and emotional recovery.

#### **Phase I- Detox**

The Detoxification phase of addiction recovery takes place within an in-patient fully supervised facility. Crossroads Institute works with a number of well known Addiction Clinics around the

country. After the client has eliminated the toxins in their system, they are then ready to embark on our program along with their therapeutic programs.

### **Phase II - AfterCare and ContinueCare Program**

This program should be considered an adjunct and a perfect compliment to a long term care programs provided by a case manager/therapist/psychologist/psychiatrist. It is strictly focused on the neurophysiology, which is necessary for full and lasting recovery.

The goal of the program is to enable the brain to fully support the nervous system. This will allow optimal age-appropriate performance to occur, substance free. The individual can then become integrated back into a healthy lifestyle. The intent is not only for recovery but also to eliminate relapse tendencies.

We do this through healing the brain and the body while improving cognitive abilities. This then allows an individual to fully participate in their life's mission. When cognitive abilities are compromised through substance abuse or other traumatic reasons, the brain perceives this as an injury. Therefore; we treat this as such. In our studies, even though an individual may be mature and in their 20, 30, 40, 50 and so on, it is not unusual for us to find the judgment centers functioning at the level, much lower. In some cases, these individuals may be functioning at a third grade level in social function, which is inappropriate for their chronological age. This can create a confusing and perplexing lifestyle.

As cognitive abilities improve, emotional and regulation control also improve, leading to fewer triggers for relapse. Our success is measurable with increases in: \* IQ: 21 points \*Cognitive Abilities: 23.3 points \* Learning: 24 points \* Recall: 37.8 points \*Memory: 29 points