

suburbanlife

Recovery Centers of America at Devon:
Full team support for local families and individuals struggling with addiction

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More than 100,000 Americans died from drug overdoses in the past year—the highest number ever recorded—including many people in our local neighborhoods across the Philadelphia suburbs. Sadly, of the estimated 20 million Americans who are currently abusing alcohol, prescribed medications, or illegal drugs, less than 10 percent receive treatment. In order to reach more individuals struggling with addiction, barriers to treatment must be broken down. Recovery Centers of America (RCA) at Devon systematically removes these barriers to recovery with a treatment approach that has saved thousands of lives.

Immediate Affordable Assistance

The RCA Mission Center answers the phones and admits patients 24 hours a day, seven days a week, 365 days a year, and provides convenient, complimentary transportation to treatment. RCA provides multiple options for treatment, including inpatient treatment, virtual and in-person outpatient treatment, and mental health primary outpatient services. These programs are provided in-network with most major insurers, drastically reducing out-of-pocket costs for families and making recovery within reach.

The comprehensive team approach utilized at RCA Devon also includes interventions, family programming, specialized evidence-based programs with their own “treatment neighborhood,” and a supportive alumni association after treatment. Patients are not alone in their journey of recovery with the Devon team’s expertise and support from start to finish.

Interventions: Removing the First Barrier

Should a loved one not yet be ready to accept that they need help, RCA offers family intervention services at no additional cost. With an estimated 90 percent success rate of helping the family system motivate someone to get treatment, an intervention can help a



reluctant loved one acknowledge their substance use problem and seek necessary help. The RCA team of professional, qualified interventionists use a nonjudgmental, nonconfrontational approach.

“Remember, the sole purpose of an intervention is to motivate your loved one to seek help, not criticize or offend them wherein they start to shut down or tune out,” says RCA’s Certified Intervention Professional Rob Strauber, a leader of more than 1,900 interventions. “Family, friends, and others invested in your loved one’s life can use intervention service to demonstrate concern and love and to discuss the devastating

effects of substance abuse. Look at it as helping your loved one access treatment before they feel fully ready or hit their ‘rock bottom.’”

An intervention can be a detailed process, so it is critical to work with a qualified professional who can understand your loved one and family, prepare participants before the intervention, moderate the intervention to ensure that the conversation stays on track, and help transition that person into an appropriate treatment program. All RCA interventionists are highly trained and hold Certified Intervention Professional accreditation to support families throughout this journey.

The Family’s Role in an Individual’s Recovery

Families play an integral role in all substance use disorder treatment settings. Education about the disease, family support groups, and family therapy can be fundamental to the success of a patient’s recovery. RCA conducts weekly live webinars and events, addressing the unique needs of families impacted by addiction, how to best help a family member struggling with addiction, and helping the entire family recover and heal.

RCA at Devon features a Seeds to Recovery program that digs deep to educate families on the root causes of addiction and how to support a loved one on the road to recovery. With monthly meetings open to the public at no cost, they also help families connect in a positive way and develop healthy communication and coping strategies.



Recovery Centers of America provides multiple care options, including inpatient treatment, virtual and in-person outpatient treatment, and mental health primary outpatient services.

Additionally, for family members of anyone enrolled in Discover, Devon's young adult inpatient treatment program, RCA offers specialized support through the Families RISE program. This program helps families learn how to provide needed support and encouragement while also establishing healthy boundaries and setting realistic goals.

RCA Family Expert Trish Caldwell says, "Addiction is truly a family disease that is painful for the whole unit. But an individual's success in treatment and recovery can be greatly impacted by their family's involvement on the road to recovery. By supporting families, they can take an active role in this process, which can make all the difference in treatment success."

Treatment Success with Smaller Patient 'Neighborhoods'

The effectiveness of treatment at RCA Devon is strengthened by treating patients within specialized groups or "neighborhoods" as they navigate through inpatient treatment. With specialized programs for first responders, young adults, older adults, and those who have relapsed, patients can navigate the treatment process alongside individuals with similar treatment needs who support and understand each other.

"We developed the 'neighborhood' concept to meet our patients expressed desire to receive treatment amidst similar-aged individuals or those with comparable backgrounds," says Steve Wicke, CEO of RCA Devon. "We also know that treatment provided in a group of peers is much more effective. It has been the key to our patients' successful recovery."

Support After 'Graduation': The RCA Alumni Association

Recovery from a substance use disorder is ongoing, and being a part of a support system is critical. To help patients sustain long-term



recovery, RCA created an Alumni Association. The Alumni Association hosts multiple daily in-person and virtual recovery meetings, provides opportunities for alumni to speak to and inspire current patients, and hosts sober, fun-filled events.

"Assisting others keeps you grounded and creates opportunities to reconnect with other recovery-focused individuals and groups," says Christy Eichinger, Alumni Coordinator for RCA Devon. "The time our patients spend with us in our programs is only the beginning of a lifelong recovery journey. Staying connected with recovery and others who have shared similar experiences in life and at RCA can greatly increase your chances of success."

The RCA Alumni Association provides important opportunities for individuals to meet new people, try new things, and see new places, all while being connected with a strong support network. ■



**If you or a loved one are struggling with addiction, do not wait to get help.
Visit www.recoverycentersofamerica.com/Devon
or call (610) 673-0752 for immediate assistance.**