

ARISTA RECOVERY

Welcome to Arista Recovery

Supporting Families Through the Recovery Journey

Hello Families,

A message from Terijo "JoJo" Deck — Family Support Specialist

Having a loved one enter treatment can bring relief, hope, fear, and many questions, often all at once. Addiction affects the entire family, and you should not have to navigate this experience alone.

Think of me as your family's treatment liaison and go-to connection throughout your loved one's time at Arista Recovery. I am here to help you understand what to expect, access helpful resources, and connect with the appropriate team member when needed.

How I Can Support You

- Help you understand the treatment process and what to expect
- Provide family education, guidance, and resources
- Support healthy communication and family involvement
- Help your family prepare for what comes next
- Connect you with the appropriate member of the treatment team

An Important Reminder

Your love, patience, and support matter. But recovery is something your loved one must actively choose and participate in. You cannot control or fix their recovery, and you are not expected to. My role is to help you understand how to support your loved one in healthy, productive ways while also caring for yourself.

This packet will answer many common questions and provide guidance for your family during treatment and beyond.

Have a Question?

No question is too small. Please call or text me whenever you need guidance or support.



Warmly,

Terijo "JoJo" Deck

(913) 276-7234

familysupport@aristarecovery.com

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What Is Treatment Like

Stages of Medication Management

Medication management may vary depending on the program. Here's how it works:

1 Detox Protocol

If your loved one requires a detox protocol, it will be covered as part of their treatment.

2 Post-Detox Medication

Once the detox process is complete, if your loved one requires additional medications:

- They will be responsible for the co-payment or cost of these medications.
- Medication costs are not included in the treatment fees.

3 Continued Need for Meds

Upon discharge:

- Medications that a patient should continue after discharge will be prescribed and sent to their preferred pharmacy.

General Treatment Overview: Arista Recovery Journey

Arista Paola — Residential Care

1 Medical Detox

- 24/7 medical supervision to safely manage withdrawal symptoms
- Medication support and clinical care to increase comfort and safety
- Preparation for the next phase of treatment and recovery

2 Residential Treatment

- Structured, immersive treatment in a supportive environment
- Individual therapy, group counseling, and evidence-based clinical care
- Focus on building coping skills, relapse prevention, and long-term recovery

Arista Overland Park — Outpatient Care

3 Partial Hospitalization Program (PHP)

- Full-day treatment with intensive clinical support while increasing independence
- Continued therapy, psychiatric care, and recovery skill development
- Ideal transition from residential treatment with a high level of accountability

4 Intensive Outpatient Program (IOP)

- Flexible treatment schedule designed to support work, school, and family responsibilities
- Ongoing individual and group therapy focused on relapse prevention and life skills
- Helps clients maintain recovery while navigating everyday life and responsibilities

At Arista Recovery, clients typically begin treatment in Kansas through detox and residential care. As they progress, many transition to our Overland Park programs for PHP and IOP, allowing them to continue building recovery skills while increasing independence. **Every recovery journey is different, but each phase is designed to build upon the last and support long-term success.**

What Is Treatment Like

Understanding Arista's 5-Phase Recovery Model

1. Stabilization & Medical Support

The journey begins with a strong foundation. In our 24/7 medically supervised environment, we help clients safely detox from substances and manage symptoms of physical dependence.

2. Personalized Treatment & Clinical Care

With stabilization complete, clients transition into a personalized treatment experience. Together with our clinical team, each individual builds a custom treatment plan focused on their goals, therapeutic needs, and long-term success. Through evidence-based therapies, group work, and individual counseling, clients are supported every step of the way by our compassionate care team.

3. Transition to Independent Living

As clients gain confidence and progress in their healing, they begin to reintegrate into daily life through our structured outpatient programs. Days are spent in treatment, with evenings in an approved sober or recovery-focused living environment. This stage builds real-world coping skills while maintaining clinical support for a smoother transition.

4. Continued Growth & Support

Recovery doesn't end when treatment does. We offer flexible, ongoing support through in-person and virtual options that allow clients to maintain their progress while managing the responsibilities of everyday life. This phase is designed to reinforce personal growth and prevent relapse through consistent connection and care.

5. Arista Alumni & Lifelong Community

Graduation is just the beginning of lifelong recovery. Our Arista Alumni Program offers a supportive network of peers, regular check-ins, group meetings, and local events. This vibrant community celebrates milestones, fosters connection, and ensures that no one walks the path of recovery alone.



First Week Expectations



The First Week Can Be the Hardest

The first week of treatment is often the most challenging part of the recovery journey. Clients may experience:

- ✓ Withdrawal symptoms
- ✓ Cravings
- ✓ Anxiety
- ✓ Doubt about treatment
- ✓ Homesickness
- ✓ Emotional ups and downs

Your loved one is in good hands. Detox is often the hardest step, but it won't last forever.

You May Hear	What It Often Means
"I want to leave."	Recovery feels uncomfortable.
"I don't need treatment."	Addiction is minimizing the problem.
"I'm fine now."	Stabilization is not the same as recovery.
"This place isn't helping."	Meaningful change takes time.
"I just want to come home."	Homesickness is common.

How Families Can Help

- **Encourage them to stay engaged**
- **Stay connected with the treatment team**
- **Trust the treatment process**
- **Focus on long-term recovery goals**
- **Avoid negotiating early discharge**
- **Offer support without enabling**

The longer a person remains engaged in treatment, the greater the opportunity for lasting recovery and positive outcomes.

Clinical & Medical Care

Clinical Care

Clients live together in a structured environment designed to function as a small community. While challenges arise, staff and peers encourage respect, accountability, and consideration for others. Positive and negative leaders naturally emerge, and the community works through these dynamics together.

Clients participate in vocational tasks and daily living activities, many of which may be new to them. Days are structured and begin early, including group therapy, individual sessions, specialty groups, educational classes, 12-Step meetings, exercise, and other activities that support personal growth and recovery.



Clients get free time for assignments, meals, and relaxation.

Medical Care

Our Medical Department evaluates all clients in higher levels of care, including an initial history and physical, psychiatric evaluation, ongoing mental health assessments, medication management, and consultation for other medical concerns. It is important to understand that these providers are not therapists. Clients often expect the psychiatrist to serve as their counselor; however, psychiatrists primarily assess, diagnose, manage crises, and prescribe medications, while counseling services are provided by the client's therapist.

Some medical services may be provided by licensed nurse practitioners or physician assistants, all of whom are highly qualified and work closely with our treatment team. Clients are also subject to random drug testing throughout treatment. If a test result is positive, you may be notified by our nursing staff. Should any medication-related concerns arise, our medical providers remain in close communication with nursing staff to ensure timely resolution.



To ensure individualized clinical and medical protocols, a drug screen will be administered to your loved one upon admission. Additionally, random drug screens will be administered throughout their treatment stay to ensure their safety and compliance with treatment plans.

Medication Policy

Medication management varies by program. If your loved one requires a detoxification protocol, the medications associated with that process are included as part of treatment. Once detox is complete, clients are responsible for any co-pays or costs associated with ongoing prescription medications, as these expenses are not included in treatment fees. In most cases, medications are returned to the client upon discharge. However, controlled substances and narcotic medications are subject to separate policies and procedures.

Continuing Care & Discharge Planning

Discharge Plans

Discharge planning is a process that begins as soon as your loved one's treatment plan is created. What this means is that your loved one's therapist and case manager will work diligently on formulating a safe and comprehensive discharge plan throughout treatment.

Many times, our clients begin to focus on their discharge due to feeling homesick or experiencing cravings. **This distracts from the recovery process and hinders clients from gaining all they can from their time in treatment.** Please be assured that we ensure all clients have individualized continuing care plans in place by the time of their discharge.

Here Is How Discharge Planning Works:

- **Ongoing Planning:** Your loved one's therapist and case manager will work diligently to create a safe and comprehensive discharge plan throughout treatment.
- **Focus on Recovery:** Sometimes, clients may begin to focus on discharge due to homesickness or cravings. This can distract from the recovery process, so we encourage clients to stay focused on gaining as much as possible from their time in treatment.
- **Individualized Care:** Rest assured, all clients will have an individualized continuing care plan in place by the time of discharge.
- **Treatment Length:** The length of stay and treatment plans vary from client to client, and we typically recommend a full spectrum of care.
- **Continuum of Care:** Recovery is an ongoing process. As clients progress, our clinical team will recommend the most appropriate next level of care, which may include PHP, IOP, outpatient services, or another treatment provider based on individual needs. We strongly encourage clients to follow clinical recommendations and complete the full continuum of care whenever possible.
- **Sober Living:** We highly recommend sober living during lower levels of care, as it provides added structure, accountability, and peer support in early recovery. Sober living facilities operate independently of Arista, and clients are responsible for any associated housing costs. Our case management team can assist with placement recommendations.
- **Other Aftercare Recommendations:** Aftercare plans may include individual therapy, medication management, and participation in AA, NA, SMART Recovery, or other recovery support services.
- **Transition Planning:** Aftercare recommendations will be discussed with both clients and their families throughout treatment to help ensure a smooth transition and support long-term recovery.

The National Institute on Drug Abuse (NIDA) has found that individuals who remain engaged in treatment for at least **90 days** have significantly better recovery outcomes. Following the recommended continuum of care helps **reduce relapse risk** and supports **long-term recovery.**

Continuing Care & Discharge Planning

Many of our clients are on different treatment plans, and the length of stay varies from client to client. We typically recommend a full spectrum of care, which can include transitional levels of care such as Detoxification, Residential Inpatient, Partial Hospitalization (PHP), Intensive Outpatient (IOP), and Outpatient. As clients move through these different levels of care, they may transfer to Arista's outpatient facility or to other treatment centers. Depending on the facility, lower levels of care, such as IOP, may have housing costs associated with sober living facilities, which we highly recommend.

Sober Living Support

- Sober living may be recommended during lower levels of care such as IOP
- Housing costs may apply depending on the facility
- Case managers assist with placement at reputable sober living facilities
- Sober living is independent of Arista
- Arista cannot assist with sober living expenses

Sober living residences are sometimes referred to as "halfway houses."

Continuing Care Recommendations

- Continued individual therapy
- AA/NA meetings & sponsorship
- SMART Recovery
- Medication management
- Ongoing support planning
- Alumni & peer support programs

These recommendations are discussed with both you and your loved one throughout treatment to help ensure a safe transition into the next phase of recovery.

Recovery Doesn't End at Discharge

Recovery is a lifelong process. Continuing care recommendations may include outpatient treatment, sober living, recovery meetings, medication management, family support services, and alumni engagement.



How Will I Be Involved in My Loved One's Treatment

Release of Information

Clients sign consents for the release of information (ROI), which allows us to communicate with you about their treatment. However, clients have the right to revoke that consent at any time. If this occurs, we are no longer able to share information and may not be permitted to confirm or deny their presence in treatment due to confidentiality laws. While we encourage clients to notify their loved ones if they revoke consent, we cannot require them to do so. We understand this can be difficult and appreciate your patience as we work to protect your loved one's privacy and rights.

Telephone Communication

Communication guidelines vary by program, but all clients will make a "safe call" upon admission so you know they have arrived. Within 48–72 hours, your loved one's therapist will contact you with program-specific information. Most programs also have an initial phone blackout period to help clients focus on treatment and adjust to their new environment. Afterward, phone privileges are based on treatment progress and may be monitored to support a safe recovery community. **We encourage phone conversations to remain supportive and avoid discussions involving conflict, negotiations, or unresolved issues.** If there is important news to share, please speak with your loved one's therapist first and consider scheduling a family session.

Emergency Contact

If your loved one is hospitalized for a medical or psychiatric reason, you will be notified if they have designated you as their emergency contact. We will provide updates whenever possible; however, once a client is admitted to a hospital, their care is managed by the hospital team, and we may have limited access to information. During this time, you can help by encouraging your loved one to sign any necessary releases so the hospital and our team can communicate and coordinate care.

Personal Funds, Care Packages & Cigarettes

Clients should bring an adequate supply of cigarettes upon admission if they choose to smoke. Additional cigarettes may be purchased through our approved online ordering process. *Arista does not manage client funds, and clients are responsible for the cost of cigarettes, medication co-pays, and other personal expenses.*

We encourage letters and messages of support in place of care packages, as words of encouragement can be a valuable part of the recovery process.

Family Counseling & Support Services

Family Support Services

- Weekly Family Check-In Calls
- Monthly On-Site Family Workshop
- Weekly Family Support Group
- Family Therapy & Education

Weekly Check-In Calls
Throughout your loved one's stay, we will connect with you regularly to provide support, resources, education, and guidance. These conversations can help families improve communication, establish healthy boundaries, navigate difficult situations, and better support recovery at home. Support may include book and podcast recommendations, intervention guidance, self-help tools, processing space, and open Q&A. Our support does not end at discharge. We will continue to check in with you throughout your loved one's first year of recovery.

Weekly Family Support Group
Join other families in a clinician-led support group, available both in person and virtually. These sessions provide a safe space to learn, share experiences, and connect with others who understand the challenges of loving someone in recovery. Join by visiting www.aristafamilysupport.com on Thursdays at 6:30 p.m. CT.

Monthly Family Weekend
Our monthly Family Weekend offers an opportunity to reconnect with your loved one and actively participate in the recovery process. Families engage in guided programming focused on rebuilding trust, improving communication, strengthening relationships, and preparing for life after treatment.

Family Therapy & Education
Our family therapy services provide compassionate, evidence-based support for families navigating the challenges of addiction and mental health. Led by experienced professionals, we create a space where loved ones feel heard, understood, and empowered. Families in need of additional support can also be connected with appropriate community and national resources.







Proud to Support the Families of Our Clients

FAMILY SUPPORT GROUP

Recovery is a Family Process

Meetings Available on Thursday Nights

When one person enters recovery, the entire family has an opportunity to heal. Addiction affects families emotionally, physically, financially, and spiritually. Connect with others who understand the challenges of loving someone struggling with addiction while learning healthy tools such as boundaries, communication, self-care, and family recovery principles.

JOIN US IN PERSON OR VIRTUALLY VIA MICROSOFT TEAMS!

Address: 9401 Reeds Road, Suite 101, Overland Park, KS 66207

Open to families of Arista Recovery clients and anyone seeking support, education, and connection! Join us from 6:30–7:30 p.m. CT.

To join virtually, please visit www.aristafamilysupport.com



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Questions or Concerns?

Our team is available to support you throughout the treatment process. Please reach out to us at any time for guidance or assistance.

aristarecovery.com | familysupport@aristarecovery.com