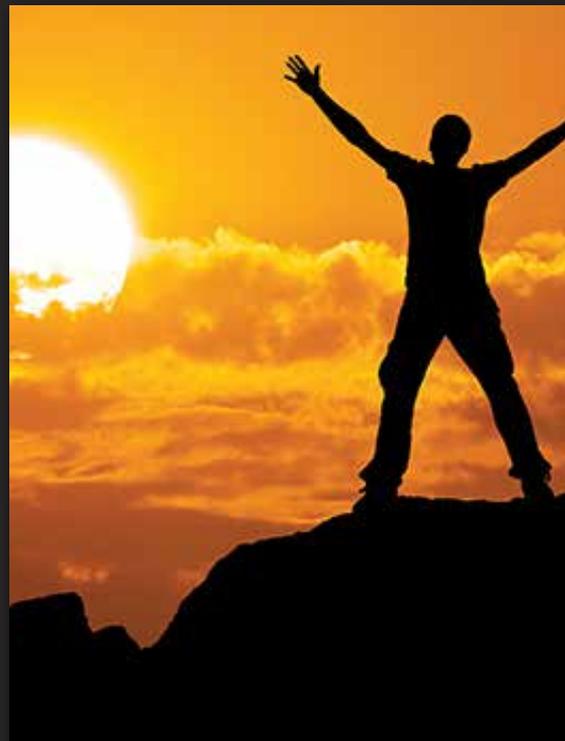




OMEGA RECOVERY

Transformational Healthcare



GO ON THE GREATEST ADVENTURE OF YOUR LIFE!



OMEGA RECOVERY • MAUI RECOVERY • BRIDGEWAY RECOVERY
COUNSELING AUSTIN REHAB HAWAII SOBER LIVING AUSTIN

OMEGA RECOVERY Counseling & Wellness

At **OMEGA RECOVERY**, we treat both addiction and mental health disorders and offer a full continuum of care for adults and adolescents, including the attendant mental health and screen addiction issues that many young people face today.

More than just treating “disorders,” which are often times merely the symptoms of deeper distress, **OMEGA RECOVERY** helps people who may be struggling to undergo a transformative evolution into a self-actualized state. We strive to shift a person into a deeper, more meaningful and embodied way of living by using a variety of traditional evidence-based, experiential, and less-traditional therapies:

- Motivational Interviewing (MI)
- Dialectical Behavioral Therapy (DBT)
- Psychoeducational Classes
- Nature Immersion
- Somatic Therapy
- Japanese Karate as Therapy
- Mindfulness Meditation
- Relapse Prevention
- Psychodrama
- Cognitive Behavioral Therapy (CBT)
- Group and Individual Therapy
- Stress Reduction Classes and Groups
- Flotation Therapy
- “Hero’s Journey” Archetypal Work
- Yoga
- 12-Step Education
- Breathwork
- Eye Movement Desensitization and Reprocessing (EMDR)



OMEGA RECOVERY RESIDENTIAL OPTIONS

BridgeWay Sober Living

At BridgeWay Recovery, we know that the first few months of sobriety are the trickiest: cravings can still be very strong; emotions can be raw; triggers can be especially powerful. That's why living with others walking the same path can help strengthen your recovery.

At BridgeWay, we think there's no better place in America to get and STAY sober than in the vibrant, dynamic, creative, culturally rich community that is often voted one of America's best cities. Our program is different from others you may have experienced. We provide upscale, holistic, sober living in downtown and central Austin at the most affordable prices while offering additional services such as:

- Gym Membership
- Daily yoga classes, Olympic pool, sauna, jacuzzi, meditation, fitness classes at Townlake YMCA (voted the country's best YMCA)
- Monthly community events
- Monthly maid service
- Community resource center with computers and staff support
- 12-panel UA testing for added accountability - all without insurance billing



Omega Recovery Extended Care

For many individuals beginning their journey, the transition from a highly structured inpatient facility to traditional independent living environments (sober living and returning home) can be challenging. Omega Recovery Extended Care provides a supportive and secure transition to those individuals with less than 90 days of sobriety who are not quite ready for the independence of sober living. We also specialize in supporting residents who struggle with the challenges of a Dual Diagnosis and need additional support.

Our Extended Care Program also provides:

- Life Skills Development via house-provided educational groups and workshops
- Employment Success with resume building, job interview coaching, and accountability
- Academic Support for clients who desire to get back on track with their education
- 24/7 staff-supervised activities and engagement throughout the day and overnight
- 12-step recovery augmentation or support
- Fun in Sobriety through nature immersion, fitness, events, and a full activities schedule

Omega Recovery programs also include a strong clinical component and focus on psychological assessments, experiential therapies, clinical services, group therapy and individual therapy to supplement the structure in the house.



Maui Recovery: Residential Wellness

Maui Recovery is for people who are looking for more than what traditional rehabs have to offer; it's for people who want to break free of toxic habits while going on the greatest adventure of their lives in one of the most magical places on the planet!

What Makes Maui Recovery Unique?

- A centrally located pristine, private, and tranquil setting 400 ft. from the ocean.
- Mindfulness meditation and engaged living that cultivates a true spiritual life.
- Adventure therapy twice per week on excursions throughout magical Maui that include surf therapy, hiking and snorkeling.
- An inward psychological program that focuses on Jungian concepts and the Hero's Journey as a path towards self-actualization.
- Integration of Hawaiian culture and traditions in treatment.
- Deep Cathartic Emotional work targeting repressed shame, pain, grief, anger, guilt and low self-worth that often cause compulsive behaviors and addictions.
- Trauma-informed treatment that targets and addresses past trauma stored in the psyche.

Maui Recovery is the only treatment center in the world that utilizes Therapeutic Lifestyle Changes, The Maui Hero Project, and the Mythic Adventure programs to break the cycle of addiction and help clients live a healthier and more meaningful life.





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**CONTACT OMEGA RECOVERY TO DISCUSS YOUR UNIQUE
NEEDS AND HOW OUR PROGRAMS CAN HELP.**

1710 Evergreen Avenue
Austin, Texas 78704

512-598-6860

Intake@OmegaRecovery.org
OmegaRecovery.org

Available 24 hours a day.



The "Omega Point" is a term used to describe the pinnacle of human consciousness evolution.