



TREE HOUSE RECOVERY® PDX

Sustainable Addiction Recovery for Men





OPTIMIZING

MIND

&

BODY

Our unique approach to substance abuse treatment focuses on the mind/body connection to build sustainable, healthy lives. Because we believe that simply removing substances is not enough, we equip you with the skills and knowledge needed to live lasting healthy, happy and fulfilling lives. You will face, process and conquer your challenges under the care and guidance of our carefully chosen staff with beautiful Portland, Oregon as a backdrop. The empowered, joyous man who graduates after successful completion of our program has very little in common with the man who arrived here on day one.



REWIRE THE BRAIN

with ABI THERAPY

A modern evolution of experiential therapy takes it to the next level by rewiring the pre-frontal cortex with an MMA based platform, utilizing mirroring exercises.

- **Regulating emotions**
- **Interpersonal attunement**
- **Decision making skills**
- **Stronger prefrontal cortex**
- **Leadership skills**
- **Teamwork skills**
- **Develops planning ability**
- **Build essential friendships**








UNDERSTAND ADDICTION

with ADDICTION EDUCATION

Understanding addiction is essential in removing its power. Our clients receive a comprehensive addiction education, including how drugs and alcohol affect the body, brain, thinking and behavior in both the short and long term.

- Identify unhealthy behaviors
- Implementation of Healthy Behaviors
- Become aware of involuntary behavior
- Interpersonal development

A man with dark hair, wearing a white dress shirt and a dark tie, is speaking and looking towards the camera. He is standing in front of a chalkboard. On the chalkboard, there is a large circle drawn with white chalk. The circle has several tick marks along its circumference. To the right of the circle, the word "Tolerance" is written in chalk, and below it, the word "Bottom" is written. The man's mouth is open as if he is in the middle of a sentence. In the foreground, the backs of two people's heads are visible, suggesting he is addressing a group.

"The tactics of healing the brain are real, and
we feel it work within the first month"

- Donny V, Graduate

BALANCE BRAIN CHEMISTRY

with ESM FITNESS THERAPY

Balance Brain Chemistry while getting Fit; our purpose built holistic fitness therapy sessions bring our clients to top physical shape and balance brain chemistry without medications.

- Better sleep
- Reduced anxiety / depression & fatigue
- Reduced drug cravings
- Improves ability to think more clearly
- Builds self confidence
- Builds a healthy body image





OWN YOUR RECOVERY

with ONE ON ONE THERAPY

Understand how You Work; every Tree House client benefits from individual therapy on a daily basis, helping them to develop the skills and insights necessary to overcome addiction.

- **Take Ownership over personal recovery**
- **Addresses the variables for chemical dependency**
- **Clear Strategies for Sustained Recovery**
- **Insights that Promotes Wellness**
- **Personal Mastery**






RECONNECT AND RESTART with **RECOVERY IN ACTION**

Practice makes Perfect; From triathlons to camping to obstacle course races, Tree House clients experience group bonding and a sense of victory through fun sober adventures that allow our men a real world lab to practice and master lifestyle concepts for life after treatment.

- **How to have healthy sober fun**
- **Bond with teammates**
- **Be attuned to dynamic environments**
- **Real world context to everything taught in treatment**
- **Learning how you work as an individual**
- **Healthy social platforms that broaden a sober world view**
- **Understand healthy ways of living after treatment**



"They won't let us fall, and push us to reach new
limits that none of us even knew were possible"

-Brendon B, Graduate

BEGIN YOUR JOURNEY

Call Us Today (855) 202-6085

All calls are 100% confidential and our Treatment Advisors are available 24/7. We are here to guide you through our simple 3-step admissions process.

1. Call

When you call our toll-free number, you will be greeted by our Admissions Counselors who are uniquely qualified to help you through this time.

2. Arrange

Our Admissions Counselors will help ensure that Tree House is an option. With many avenues available, we will find an arrangement that works.

3. Arrive

On the day of your arrival, your Admissions Counselor will greet you, guide you through the intake process and welcome you to Tree House.

All you have to do is show up and want to change.
That's what I did, and I can truly say I love my self today"

- Stephen W, Graduate





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PORTLAND, OR