



INNOVA

helping
people heal
from alcohol
and other
drug dependencies



NOVA treats the illness of chemical dependency

NOVA Counseling Services are provided from a state-of-the-art facility designed and constructed specifically to give clients an environment in which they can find comfort and peace of mind.



NOVA has a safe, structured environment for people who have lost control of their lives

addiction is a disease

Addiction is a disease of brain chemistry. Many persons suffering from the disease experience personality fragmentation, health problems and estrangement from family and friends. Often, they have employment and sometimes legal issues.

addiction

The paradox of chemical dependency is that the affected person is convinced that there's nothing wrong. In the process of this progressive disease, the addict develops intractable denial which is supported by anger, blaming others and self-destructive behaviors. The lack of reality-based thinking progressively separates the addict or alcoholic from everyone and everything that provides meaning and purpose. It is an intensely painful state both for the chemically dependent person and the affected family members.

chemical dependency

Treating addiction is a complex and demanding process. Successful treatment requires a unique combination of skills and attributes with which to integrate the person back to self and reality. NOVA's high quality treatment process involves staff with extensive experience, understanding, gentleness, toughness, sensitivity and patience.

patience

Above all, effective and lasting treatment is marked by an essential element – caring. At NOVA, compassion is the quality that people sense most during the intense self-discovery experience. Caring is the catalyst that creates trust. From trust comes acceptance and ultimately, commitment to the tasks of recovery.

trust

NOVA's staff and programs are grounded in the belief that the 12 Steps of Alcoholics Anonymous are the surest way to help people recover. We believe that education about the illness and caring feedback are the cornerstones for change. The 12 Step process leads to a new perspective of self and surroundings.

NOVA services

Nova is a licensed provider of special care for people suffering from alcoholism and other drug dependencies. Our medical director is a psychiatrist and our experienced staff hold advanced degrees or specialized education. Our compassionate, dedicated staff includes counselors who have suffered from addictions personally.

in-patient care

In-patient care at NOVA Counseling Services is for people who have lost control of their lives and need a safe, structured environment to learn about their addictions, coupled with therapy to change the attitudes and behaviors that accompany chemical dependency.

Aftercare is a distinct part of our program. Additionally, we offer a full complement of outpatient services, including assessments, family counseling and referral to planned intervention services for people who resist treatment or view it as a weakness.

make amends

dedication

new perspectives



what is the NOVA approach?

People leave
NOVA saying,
“It’s not like other
treatment experiences.”
They say our treatment
staff is remarkably hand
picked for their various
areas of expertise.



comprehensive care

We don’t treat symptoms; we treat the illness. Treatment involves balancing the whole person in order to address physical, societal, emotional, mental and spiritual needs.

individualized treatment plans

The treatment team focuses on the individual’s unique needs and circumstances. An assessment identifies strengths and weaknesses and an individualized treatment plan is developed with stated goals and objectives.

goals

the 12 step-process

The 12 Steps are a cornerstone of our treatment philosophy, an approach that has proven effectiveness.

objectives

group support

Group sessions are the crux of the treatment experience. In sharing struggles, pain, frustrations, guilt, confusion and accomplishments, people see in others what they have felt and experienced. When the self-imposed isolation begins to recede, clients come to realize they are not alone and that there is hope for a new beginning.

family-centered treatment

Addiction affects the whole family. When appropriate, family involvement in treatment is essential. Change doesn’t happen in a vacuum. And when one person starts to get healthy, it becomes desirable to examine the roles within the family. Families involved in our Saturday Family Program frequently comment on how their personal awareness has been raised. Often family members experience the same hope as their loved ones in treatment. When recovery is a family experience, it strengthens relationships and is the foundation for building new and better lives.

building a new and better life

solidifying employer relationships

Turnover in the workplace is expensive, so most employers are receptive to the idea of treatment. With a client’s approval, we facilitate the development of a stronger relationship with the employer because it significantly enhances continuing recovery.

recovery: a continuing experience

Before clients complete a stay at NOVA, they and the counselors develop a customized aftercare program. Recovery is valued as a way of life. It is a healing process that is ongoing, a process meant to give strength for life.

procedures, requirements and insurance

NOVA accepts adults 18 years or older with alcohol or other drug dependencies. Screening for appropriateness is done at the time of initial contact.

Prior to treatment, each person is screened by a medical doctor. Medical screenings are necessary to determine appropriate treatment and begin a course of physical well-being.

recovery for life

healing

*strong relationships
well-being*

NOVA
accepts
adults
who are
at least
18 years old.



*balance
the whole
person*

*a new
beginning*

The Terra Program

Terra is NOVA's transitional living program

Clients entering The Terra Program benefit from living and working in a therapeutic community. Terra is appropriate for persons who are not yet ready to return to lives, families and communities after completing primary care at NOVA or another inpatient facility. Terra is a safe place for these clients to practice their 12 Step skills. Residents in The Terra Program participate in group and individual counseling. They attend Alcoholics Anonymous (AA) and/or Narcotics Anonymous meetings and share in tasks associated with responsible living. Individual spiritual growth is fostered through on-site contact with consulting clergy and AA members.

In a therapeutic community, residents continue to work on life skills. Clients receive vocational and financial counseling; in many cases they are able to work at Step Industries, Inc., an organization managed and operated entirely by recovering people. This unique opportunity provides residents with a track record and verifiable employment experience which are helpful when they reenter the job market.



continuing
recovery

what is the terra program?

Terra is NOVA Counseling Services' licensed group-living environment for chemically dependent adults who have completed primary inpatient treatment. Terra offers a caring environment for 10 - 12 individuals to participate in a four-stage program in order to prepare their return to family, jobs and communities.

Twenty-four hour supervision is directed by a multi-disciplinary team including a medical director, drug and alcohol counselors and a consulting clinical psychologist.

what are the four stages of the program?

The Terra Program is designed to gradually and systematically reinforce a healthy self-concept by providing tools and skills to develop constructive relationships with others.

Stage 1 - the new resident becomes familiar with Terra and its living environment.

The primary expectation is for the resident to develop a personal plan for continuing recovery. Residents are encouraged to attend three to four 12-Step meetings weekly.

Stage 2 - the resident implements a personal plan for recovery. Counseling focuses on personal growth, employment, social relationships and spiritual needs. As the resident demonstrates increased self-responsibility increased personal freedom is extended.

Stage 3 - the resident plans to return to the community and independent living. Development of social ties and a support system outside Terra is encouraged. At this time, residents may be requested to take on a mentor role with a new resident.

Stage 4 - the resident leaves. The residents are encouraged to maintain contact with the program for support and to role model and mentor current residents. Additional, advanced aftercare counseling services from NOVA Counseling Services are also available.

independent living

caring

are families involved at terra?

Family members of chemically dependent people are affected by the illness and require their own programs for recovery. From the first day of treatment, Terra counselors are in touch with the resident's family. Family conferences and counseling sessions continue throughout treatment.

Participation in Al-Anon by family members is strongly encouraged. When more intensive care is appropriate, Terra counselors assist in arranging referrals for family counseling.

aftercare counseling

who qualifies for transitional living?

A candidate for treatment must be at least 18 years old and have completed primary care. They must demonstrate sufficient motivation to intend to change and accept living in a chemically-free environment. Each candidate must accept the rules and regulations of the Terra Program and be willing to cooperate in the recovery program. Candidates must possess the potential to complete a vocational training program, job placement and continued employment.

who pays for terra treatment?

Fees are paid by various county funding resources or by resident self pay. VISA or MasterCard are also accepted.

what is the aftercare success rate?

The average stay for a person at Terra is three months. Sixty-five percent of people who complete the program are clean and sober six months after discharge.

life
skills



Counseling in the Terra Program focuses on personal growth, employment, social relationships and spiritual needs.

support



R E C O V E R I N G
L I V E S

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