

OUR FACILITIES

Residents stay at one of the following homes, each of which is located on our beautiful 7-acre parcel overlooking the French Broad River in Asheville, North Carolina.

DREAM HOUSE

(For young men in early recovery)

- Spacious rooms to accommodate 19 residents
- Entertainment room with arcade games, movie theater and pool table
- House specifically built and designed to optimize the peer support-driven recovery model
- Newly constructed, spacious, contemporary open floor plan encourages accountability and transparency

RIVER HOUSE

(For young men in early recovery who are appropriate for Medication-Assisted Treatment services)

- Spacious rooms to accommodate 13 residents
- Floor plan set up to encourage clients' individual path to recovery
- Fully remodeled classic country home with spacious community porch
- Horseshoe pit and other fun outdoor activities

PINNACLE HOUSE

(For young men moving into a more autonomous, self-directed state of recovery)

- Peaceful, supportive environment specifically designed for young men
- Housing for 6 residents
- Roomy, contemporary home with fire pit



The guys at Real Recovery are therapists, mentors, parents, brothers—and most of all, friends.

They gave my son the integrity he deserved, the assistance he needed and the tools he required to continue the substance-free lifestyle he earned.

- PARENT OF FORMER CLIENT



**REAL
RECOVERY**
BY PYRAMID HEALTHCARE™

SCHEDULE A VISIT

Real Recovery is located in Asheville, North Carolina—just 2 hours southeast of Knoxville, TN; 2 hours northwest of Charlotte, NC; and 1.5 hours north of Greenville, SC.

We always welcome visits from those interested in our program, and we're happy to provide recommendations for some of our favorite lodgings, dining and activities.

ARE YOU READY FOR REAL RECOVERY?

CALL: (855) 363-REAL

VISIT: www.myrealrecovery.com

SOBER LIVING FOR YOUNG MEN

STRUCTURED, ADVENTURE-BASED SOBER LIVING AND AFTERCARE



TRADITIONAL AND MAT-SUPPORTED PROGRAMS

WHO WE ARE

We are an adventure-based and brotherhood-focused sober living and aftercare program for young men.

WHY WE DO IT

We believe every young man willingly seeking recovery should get the opportunity to achieve his full potential mentally, physically and spiritually.

WHERE WE ARE

Real Recovery is nestled in beautiful Asheville, North Carolina—a highly sought-after destination for outdoor living with a strong, supportive recovery community.

WHAT WE DO

Our program is based on the 12 steps, but we also believe that positive activity is critical for a young man's recovery. Our program provides:

- Individualized support
- Adventure-based wilderness recovery activities
- Morning meditation
- Group meetings and Sunday dinners
- Job and academic support



A BROTHERHOOD THAT PROVIDES LOVE AND SUPPORT

Every resident undergoes a selective interview and evaluation process. We are age and gender specific, serving young men ages 18 to 28. Violent and sexual crime offenders are not appropriate for services at Real Recovery.

Real Recovery is a highly structured program in a casual environment. All staff are trained and certified Substance Abuse Counselors. We offer IOP, OP and aftercare services.

PROGRAM FEATURES

- Structured daily activities
- Structured substance use outpatient treatment
 - 6 weeks of substance abuse intensive outpatient treatment, 3 times a week
 - 3 weeks of outpatient, 2 times a week
- Ongoing aftercare, once a week, individual
- Individual therapy
- Family therapy on a monthly basis
- Intensive case management
- Vocational & educational support
- Life skills/resume building
- 24-hour house manager on shift
- 4:1 client-to-staff ratio (40 residents total)
- Random, frequent and thorough drug and alcohol screening

MONTHLY COST INCLUDES:

- Housing with 24-hour staffing
- Groceries each week for preparation of all meals
- Access to substance abuse intensive outpatient program and outpatient services to encourage development of coping skills necessary for long-term recovery
- Daily check-in house meetings and participation in local support groups for substance abuse
- Vocational services and educational support
- Life skills training and money management education
- Case management services
- Two to three adventure/experiential activities per week
- Overnight trips and paid activities (movies, paint ball, etc.) included for Dream House clients only *Available to clients of River House for an additional cost
- Daily transportation
- House computers with internet access
- Sports team participation (basketball, soccer, etc.)
- Medical and psychiatric evaluations
- New linens and towels
- Gold's Gym Membership (Dream House only)
- Sunday suppers (current residents and alumni gathering)
- Medical, psychiatric and substance abuse treatment services to be billed to client's commercial insurance
- Comprehensive post-discharge living plan
- Referrals to additional behavioral/physical health services (including primary care physicians and specialty therapists) as needed

A RESPONSIBLE APPROACH TO MAT-SUPPORTED STRUCTURED LIVING

- Medication is dispensed and administered in our state-licensed addiction treatment facility with partnering on-site pharmacy.
- No medication leaves our treatment facility or is allowed to enter the residence.
- Real Recovery's board-certified addiction psychiatrist prescribes all medication.
- Clients participate in treatment programming up to 3 days/week at our Intensive Outpatient Program.
- Weekly drug screens are conducted to ensure all medications are at intended therapeutic levels.