



# From Admission to Aftercare:

A Family-Centered Guide  
to Recovery with Arista





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# Welcome to Arista Recovery

## A Message from the Arista Team

Welcome, and thank you for allowing us to be a part of your journey. Whether you're preparing to enter treatment yourself or supporting someone you love, know that you're not alone. At Arista Recovery, we believe that recovery isn't just about breaking free from substances — it's about healing the mind, rebuilding the spirit, and restoring the connections that matter most.

We know the road leading here hasn't been easy, but making the decision to seek help is one of the bravest things a person or family can do. And, while the process can feel overwhelming, we're here to guide you through every step — from the first phone call to long after treatment ends.

Arista is not a one-size-fits-all program. Our approach is deeply clinical, trauma-informed, and centered around the individual and their support system. We combine evidence-based therapies, holistic practices, and family integration to create an experience that promotes lasting recovery.

**Whether you're reading this as a parent, spouse, sibling, friend, or someone seeking treatment for yourself—welcome. You're in the right place.**



## Why We Created This Guide

At Arista Recovery, we know that addiction affects more than just the individual, and healing from it requires more than just 30 days in treatment. It requires education, support, structure, and a willingness to grow – together.

This guide was created to help you:

- Understand what to expect before, during, and after treatment
- Feel more prepared as a family or partner
- Learn how to provide the right kind of support without losing yourself in the process
- Discover the importance of aftercare and long-term healing

Here, we bring together the insights of licensed clinicians, recovery alumni, family members, and addiction experts. It's built from real stories, real experience, and most importantly, real hope.

**So, take a deep breath. You don't need to have all the answers today.  
We'll walk you through the rest.**





## Preparing for Treatment – Body, Mind, and Life

### Why Preparation Matters

Deciding to enter treatment is a courageous step, but it's also a big one, and preparing for treatment ahead of time can reduce stress, increase commitment, and set the foundation for long-term success.

At Arista Recovery, we take a whole-person approach to healing. That means we don't just focus on stopping substance use — we help our clients prepare mentally, physically, emotionally, and logistically for the journey ahead.

### Preparing Your Body

Entering a residential or partial hospitalization program means your body is about to go through changes, especially if you're detoxing.

To support a smoother transition, it's important to:

- **Avoid farewell indulgences:**  
Turning to substances one last time before treatment only increases the risk of overdose or complications during detox.
- **Prioritize sleep:**  
Establish a sleep routine now, as rest is a critical tool for emotional regulation and physical healing during early recovery.
- **Stay hydrated and nourished.**  
Try to eat healthy foods and drink water. Also, it's important to limit caffeine, sugar, and processed foods in the days leading up to admission.
- **Start gentle movement:**  
Engaging in walking, stretching, or light activity can support mood and reduce anxiety as your start date approaches.

# Preparing Your Mind

Treatment requires emotional readiness, even if you're still feeling scared or unsure. Here are a few mental steps that can help:

- **Let go of control:**  
You won't have your phone, daily routine, or outside obligations during treatment – that's intentional. This is time to focus inward.
- **Identify your “why”:**  
Write down what brought you here—your goals, your pain, your hope for the future. Bring it with you.
- **Talk through your fears:**  
Whether with a trusted loved one or intake specialist, voicing your concerns helps take away their power.
- **Practice openness:**  
Treatment is most effective when you're honest, willing to participate, and open to change — even when it's uncomfortable.

# Preparing Your Life

Managing the details before you enter care can relieve unnecessary stress later. Here's a simple checklist to consider:

## Legal & Financial Prep:

- Notify your employer and request FMLA if needed (treatment is protected by federal law)
- Set up bill payments or designate someone to manage them
- Reschedule legal obligations (courts often accommodate verified treatment)

## Household & Pet Care:

- Arrange care for children, pets, or dependents
- Let neighbors know if you'll be away
- Pause subscriptions, mail, or utilities if needed

## Communication Prep:

- Let friends and family know where you'll be
- Share emergency contacts with your treatment center
- Write letters to loved ones if you want to maintain connection during phone-free periods

### **What to Bring to Arista:**

- A list of current medications and prescriptions
- Comfortable clothing for 1-2 weeks
- Personal hygiene items (alcohol-free, non-aerosol)
- Insurance card, photo ID
- A journal, recovery books, or faith-based items if desired

**A full packing list will be provided by Arista Recovery's admissions team.**



## **Support Starts Before Treatment Begins**

If you're a family member or partner, your role matters now more than ever. Support your loved one by:

- Encouraging them as they get ready for treatment
- Reassuring them of your belief in their recovery
- Avoiding blame, shame, or last-minute pressure
- Beginning your own emotional preparation for change

**Preparation is the first step toward a better future, and treatment opens the door to make it a reality.**





# Understanding Addiction as a Family Disease

## It Doesn't Just Affect One Person

Addiction is often misunderstood as a personal failure. In reality, it's a chronic, relapsing disease that affects the brain, behavior, and emotional functioning of the person struggling with it. And, just as important – it affects everyone around them, too.

At Arista Recovery, we treat the individual, but we also support the family. Why? Because addiction rarely exists in isolation. It causes ripples that impact relationships, communication, trust, finances, and emotional health.

Recognizing this is a critical part of healing – not just for the person in treatment, but for the entire system around them.

## What's Really Happening

Addiction alters brain function, especially in three key areas:



### **The reward system (dopamine):**

Substances hijack this system, leading to compulsive behaviors & cravings.



### **The prefrontal cortex (decision-making):**

Long-term use impairs impulse control and judgment.



### **The amygdala (stress response):**

People in early recovery often feel overwhelmed, anxious, or emotionally reactive.

### This is why people with addiction:

- Continue with substance use, despite consequences
- Struggle with mood, sleep, and memory
- Are not able to “just stop” because someone asks them to.

Understanding these biological impacts helps shift the conversation from blame to support.



## The Family's Emotional Experience

If you've loved someone struggling with addiction, you've likely felt a whirlwind of emotions. Common reactions include:



### Anger

"Why are they doing this?"



### Resentment

"Everything revolves around their problem."



### Fear

"What if something happens to them?"



### Guilt

"Did I cause this?"



### Helplessness

"I've tried everything."

These are all normal responses. And they deserve to be addressed with care, not ignored, suppressed, or dismissed.

# Common Family Dynamics in Addiction

You may recognize some of these roles or patterns within your own family system if someone you love struggles with substance use:

- **The Enabler:**  
Protects the person with addiction from consequences, often unintentionally prolonging use
- **The Scapegoat:**  
Acts out to draw attention away from the addiction
- **The Hero:**  
Tries to make everything look “normal,” often taking on extra responsibility
- **The Lost Child:**  
Becomes quiet and emotionally distant
- **The Mascot:**  
Uses humor or distraction to ease tension

These patterns are not your fault, but becoming aware of them is the first step in shifting them.

## Codependency vs. Healthy Support

Codependency happens when your identity and emotional state revolve around another person’s struggles. It can look like:

- Constantly rescuing your loved one
- Avoiding your own needs
- Feeling responsible for their emotions, relapse, or success
- Staying silent to avoid conflict

Healthy support, on the other hand, involves:

- Encouraging treatment & accountability
- Setting boundaries with love
- Prioritizing your own emotional well-being
- Being present without controlling

You can love someone and still say “no.”  
You can care deeply and still protect your peace.

## Family Healing Starts Here

At Arista Recovery, we offer family therapy, education, and support groups because we know that recovery is strongest when families heal together.

Whether you’re a spouse, parent, child, or friend—you matter in this process. And you deserve just as much support as the person in treatment.



**"Addiction may begin with one person, but recovery is a family affair. Healing starts when we all step into the process—together."**



## **The Arista Experience – What Treatment Looks Like**

### **What Makes Arista Recovery Different**

At Arista Recovery, we've created more than a treatment center. We've built an environment centered on compassion, structure, and innovation.

Our approach blends clinical excellence with holistic care, empowering individuals and families to heal not just from addiction, but from the trauma and pain that often drive it.

**We believe in meeting each person where they are and helping them build a future that's rooted in stability, connection, and purpose.**

# Levels of Care at Arista Recovery

Every journey is unique. That's why Arista offers a full continuum of care to match each client's needs, including:



**Medical Detox:** For clients who need a safe, supported withdrawal process with 24/7 medical supervision.



**Residential Treatment:** A highly structured environment with intensive therapy, daily routines, and round-the-clock care.



**Partial Hospitalization Program (PHP):** Clients live on-site or at a recovery residence while attending full-day clinical programming.



**Intensive Outpatient Program (IOP):** Step-down care with flexible daytime or evening groups, ideal for reintegration into everyday life.



**Outpatient & Aftercare Support:** Ongoing counseling, recovery coaching, and alumni services to promote long-term success.

## A Day in Treatment

While schedules vary by level of care, here's what a typical day might look like in our residential or PHP program:

### Morning:

- Breakfast and mindfulness
- Group therapy: CBT, DBT, trauma recovery
- Individual therapy or case management

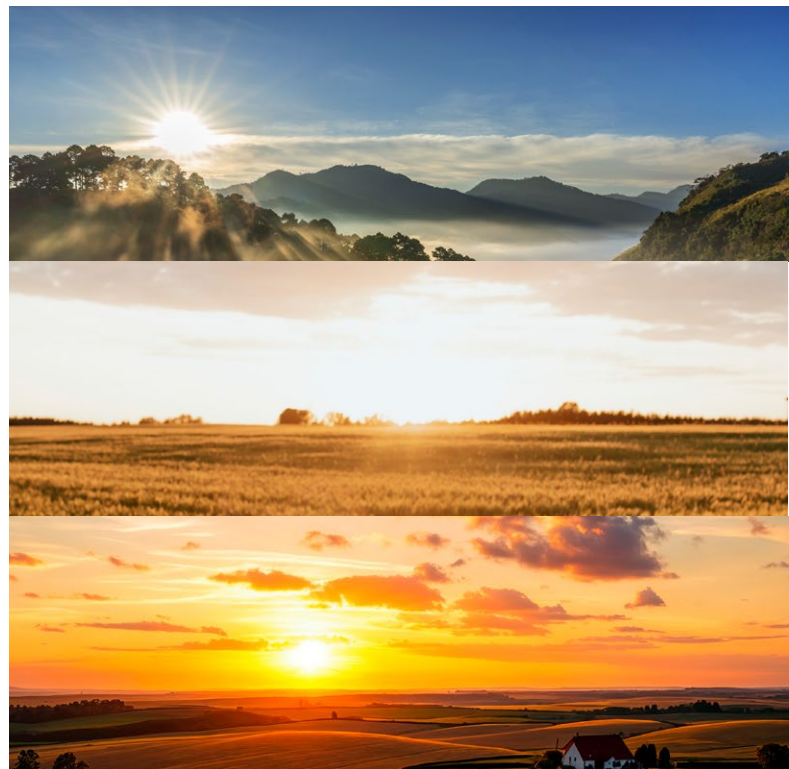
### Afternoon:

- Lunch and process group
- Experiential therapy (music, art, yoga)
- Life skills or psychoeducation session

### Evening:

- Dinner and recreational activity
- 12-step or recovery peer group
- Reflection, journaling, and quiet time

**Structure creates safety — and safety creates space to grow.**



# Clinical & Holistic Therapies We Offer

We combine evidence-based practices with expressive, hands-on healing to reach the whole person.

We offer many therapy options at Arista, including:

 Cognitive Behavioral Therapy (CBT)

 Dialectical Behavior Therapy (DBT)

 Motivational Interviewing

 Trauma-Focused Therapies

 Family & Couples Therapy

 Horticultural Therapy

 Art & Music Therapy

 Values Clarification, Goal Setting, and Life Skills

 Yoga, Nature Walks, Equine-Assisted Therapy

Many clients arrive thinking that therapy won't work for them, but we make it our mission that they leave with the tools, insight, and confidence they never thought possible.

## The Role of Family During Treatment

Family members are encouraged to participate in their loved one's care through:

**Weekly therapy sessions  
(phone or Zoom)**

**Educational webinars and  
resources**

**In-person family weekend  
once a month**

**Dedicated support from  
our clinical team**

This isn't just their recovery. It's yours, too. Family healing is one of the strongest indicators of lasting success, and we'll walk with you through it.

## What You Won't Find Here

We're not about shame, punishment, or outdated models of care. You won't find harsh confrontation or one-size-fits-all solutions.

You will find compassionate clinicians, structured days, and a treatment experience designed to heal — not just treat symptoms.



### **A Message to Families:**

You might not recognize the version of your loved one that walks into treatment, but we promise, the real them is still in there. Our job is to help them find themselves again and show them (and you) that recovery is not only possible, but worth it.



## **Partner & Parent Perspectives – Support That Makes a Difference**

### **You Matter in This Journey**

Whether you're a parent, spouse, sibling, or close friend—your role in your loved one's recovery is powerful. But it can also be confusing, overwhelming, and emotionally exhausting. Many family members ask:

**“What am I supposed to do now that they're in treatment?”**

The answer isn't one-size-fits-all, but it does start with this truth:

You are not responsible for their recovery, but you are essential to their support system.

# For Parents:

## Shifting from Control to Connection

Parents often carry the most visible weight of a loved one's addiction. You've likely tried everything — pleading, tough love, rescuing, hiding the truth — and still felt powerless.

**At Arista, we help parents shift from “fixer” to “supporter.” That means:**

- Letting go of the idea you can control outcomes
- Communicating with calm consistency, not emotion-driven reaction
- Establishing boundaries without guilt
- Focusing on your own healing and growth, too

You may feel tempted to monitor everything your child does after treatment. Instead, try building trust slowly through supportive check-ins, realistic expectations, and continued family therapy.

**“I stopped trying to manage his recovery and started working on myself. That's when everything changed.” — Arista Parent**

# For Partners:

## Rebuilding Trust & Reshaping Expectations

Addiction can strain romantic relationships by weakening trust and communication. When a partner enters treatment, it often brings relief, but it can also stir feelings of grief, resentment, or fear.

**Some common questions partners have about the treatment process include:**

“Will they still be the same person?”

“What if I don't know how to support them, or if I'm too angry to try?”

“How do we rebuild a relationship that addiction damaged?”



**Arista Recovery knows this can be hard, so we encourage couples to:**

- Participate in joint therapy when appropriate
- Discuss boundaries around relapse, finances, and communication
- Avoid the “parent” role — your partner must own their recovery
- Work on your own healing, not just theirs

**Healthy relationships require two healthy individuals. That starts with giving each other space to grow.**

## Realistic Expectations After Treatment

It’s natural to hope that treatment will “fix everything.” But recovery is not a straight line, and your loved one will still be learning how to live life differently even after treatment has ended.

Here’s what supportive expectations can look like:

- ✓ They take responsibility for showing up to meetings or therapy
- ✓ They communicate openly and ask for help when struggling
- ✓ They show gradual improvements—not perfection
- ✓ They commit to long-term plans, like aftercare or alumni support

**Relapse is always a possibility, but that doesn’t mean it’s a sign treatment has failed. Instead, it simply shows that more support is needed.**

## What to Say (and What to Avoid)

### Helpful Language:

“I’m proud of you for doing this work.”  
“I know recovery is a process, and I’m here to walk it with you.”  
“How can I best support you today?”

### Avoid Saying:

“Haven’t you already gone through this?”  
“You better not mess this up again.”  
“Why aren’t you better yet?”

**Encouragement goes a long way. So does giving grace — for them and for yourself.**





## You Deserve Support, Too

Often, family members focus entirely on their loved one and forget they need healing just as much.

### You might benefit from:

- Al-Anon, Nar-Anon, or SMART Recovery Family & Friends
- Private therapy
- Journaling or support groups
- Educational webinars offered through Arista

**Remember:** Healing for one creates healing for all. You don't have to carry this alone.



# Life After Arista – Planning for Long-Term Success

## Discharge Is the Beginning — Not the End

Graduating from treatment is a powerful milestone, but it's not the final destination. The weeks and months immediately following treatment are often the most vulnerable. That's why Arista Recovery places a strong emphasis on continuing care, also known as aftercare. It's the bridge between intensive treatment and real-world independence, and it's where new habits, relationships, and routines truly take root.

## What Is Aftercare?

This type of support is a personalized plan designed to keep your loved one supported and accountable after discharge. It may include:

Individual therapy or psychiatry

Group counseling (in-person or virtual)

Alumni programming and sober events

Recovery coaching or mentorship

Family therapy and educational check-ins

12-step or alternative peer groups (SMART Recovery, Refuge Recovery)

**The goal is simple:** to provide connection, structure, and clinical support in real-life environments.

# Arista's Commitment to You

Before your loved one leaves Arista, our clinical team will work closely with them (and with you, if appropriate) to create a detailed healing plan for after you or your loved one leave intensive treatment.

This plan may include:

- Referrals to trusted outpatient providers
- Scheduled appointments already in place
- Medication management, if needed
- A relapse prevention strategy
- Peer support or sponsor connections
- Family roles and boundary agreements

**We don't just send clients off with a plan —we follow up, stay involved, and help them reintegrate safely and gradually.**

## Tips for Supporting the Transition

Once your loved one comes home or steps down to outpatient care, your role shifts again.

Here's how you can help:

### ✓ **Be patient**

Reentry into daily life can feel overwhelming, even with a solid foundation. Expect emotional ups and downs.

### ✓ **Stick to routines**

Encourage structure, such as consistent sleep, meals, meetings, and check-ins to help ground recovery.

### ✓ **Avoid substances in the home**

Keep the environment as safe and temptation-free as possible — especially early on.

### ✓ **Watch for warning signs**

Isolation, lying, mood swings, or skipping recovery appointments may indicate struggle.

### ✓ **Have a plan for relapse**

Know what steps to take if they return to use. This isn't failure, it's feedback.



# What Recovery Looks Like in the Real World

Contrary to popular belief, recovery doesn't mean someone is always happy, strong, or perfect.

## Real recovery includes:

- Making amends and rebuilding trust gradually
- Learning to regulate emotions without substances
- Building a sober social life from the ground up
- Managing mental health or trauma alongside sobriety
- Replacing shame with purpose

**It's messy. It's powerful. It's worth it.**

## Long-Term Healing for the Whole Family

Families should also continue their healing after treatment ends.

### Consider:

- Scheduling ongoing family therapy
- Attending recovery events or workshops together
- Creating healthy traditions that support wellness
- Reassessing boundaries and roles as things evolve

**Just like your loved one, you deserve ongoing support and care.**



**"Recovery is not a finish line—it's a lifestyle.  
And you don't have to walk it alone."**



## Resources & Support – Tools for the Journey Ahead

### You Are Not Alone

Whether you're stepping into recovery for the first time or continuing the journey alongside someone you love, support is available. The path ahead may have challenges, but you don't have to walk it without guidance.

This section includes trusted tools, helpful organizations, and contacts to help you navigate life after treatment with confidence and clarity.

# Crisis & Support Hotlines

## **Arista Recovery Admissions & Support Line**

(Available 24/7)

☎ (866) 368-6719

🌐 [www.aristarecovery.com](http://www.aristarecovery.com)

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## **SAMHSA's National Helpline**

(Substance Use and Mental Health Services Administration)

☎ 1-800-662-HELP (4357)

Free and confidential 24/7 resource

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## **National Suicide & Crisis Lifeline**

☎ 988 or text 988

For immediate mental health support nationwide

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# Family & Peer Support Groups

## **Al-Anon & Alateen**

Support for families and teens affected by someone else's addiction

🌐 [www.al-anon.org](http://www.al-anon.org)

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## **Nar-Anon Family Groups**

For friends and families of people with substance use disorders

🌐 [www.nar-anon.org](http://www.nar-anon.org)

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## **SMART Recovery Family & Friends**

Science-based alternative to 12-step support

🌐 [www.smartrecovery.org/family](http://www.smartrecovery.org/family)

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## **Young People in Recovery (YPR)**

Community-based recovery support for young adults

🌐 [www.youngpeopleinrecovery.org](http://www.youngpeopleinrecovery.org)

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# Online Resources & Education

## Shatterproof

Addiction education, treatment locator, and family resources

 [www.shatterproof.org](http://www.shatterproof.org)

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## Partnership to End Addiction

Tools for parents, including texting support

 [www.drugfree.org](http://www.drugfree.org)

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## The Recovery Village Resource Hub

Free eBooks, webinars, and guides

 [www.therecoveryvillage.com/resources](http://www.therecoveryvillage.com/resources)

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# Recommended Reading

- “Beyond Addiction: How Science and Kindness Help People Change – Jeffrey Foote, PhD”
- “Codependent No More – Melody Beattie”
- “It Takes a Family – Debra Jay”
- “In the Realm of Hungry Ghosts – Gabor Maté, MD”

# Arista Recovery Alumni & Family Support

At Arista, support doesn't stop after treatment ends.

Our alumni and family programs include:

- ✓ Monthly alumni events and sober activities
- ✓ Virtual recovery check-ins and peer-led groups
- ✓ Ongoing family therapy and workshops
- ✓ Referral networks for outpatient care, therapists, and recovery coaches

**Stay connected. Stay supported. Stay empowered.**

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## Final Words from the Arista Team

Recovery is not just about stopping substance use. It's about rediscovering who you are, what you value, and how to rebuild a meaningful life.

Whether you're beginning this process or continuing it, we hope this guide has shown you that healing is possible. You're not broken. You're becoming. We're honored to walk this journey with you — every step of the way.

**"Recovery isn't about going back.  
It's about moving forward—together."**