



Recovery Associates Group, At
Southwind, PLLC

CAPABILITY STATEMENT

"There is no better exercise for the heart than reaching down and lifting someone up"

ABOUT US

Our team of multidisciplinary providers have a profound attunement to the subtleties of communication. The provider's ability to listen, not only to spoken words but also to the unsaid and the nuances, transforms the client's therapeutic space into a safe sanctuary that promotes healing, growth and recovery

OUR VISION

We equip our clients with skills that empower them to successfully transition from clinical management to self-management using the most advanced research data on evidenced-based treatment models and integrative care.

CORE COMPETENCIES

Individual/Group/Family/Couples Counseling can help if you're experiencing any of these signs:

- Mood swings
- Harmful thoughts
- Significant life changes
- Sadness
- Loneliness
- Work stress
- Divorce
- Anxiety
- Suicide Prevention and Crisis Management
- Overusing substances to bring relief
- Poor sleep and diet
- Severe nervousness
- Apathy
- Intrusive thoughts
- Grief
- Lack of motivation
- Chronic PTSD
- Internal Family Systems

OUR SERVICES

- Partial Hospitalization Program
- Adult Intensive Outpatient Program
- Family Program
- Adolescent Intensive Outpatient Program
- Individual Therapy
- Medication Management
- Group Therapy
- Specialized trauma program for Veterans
- EMDR
- Trauma Focused Groups for Adolescents
- Divorce Recovery Support Group
- Dual Diagnosis Group
- Music and Art Therapy Group
- Grief & Loss Support Group
- Trauma Focused Groups for Adults
- Accupuncture/Acudetox
- Trauma Yoga
- Neurofeedback

PAST PERFORMANCE

We have worked with juveniles from Shelby county courts as well as court mandated cases whereas patients were court-ordered to receive treatment.

Relevant experience: We are a black owned mental health facility that is Joint Commissioned meaning we have earned the highest accreditation possible in the field of Behavioral health. The gold seal from The Joint Commission is one we are extremely proud of and one that doesn't come easily. We can proudly say we have the same accreditation as local hospitals despite is not being a mandate for the level of services we offer. We offer three levels of care, Outpatient, Intensive Outpatient program (IOP), Partial Hospitalization (PHP) .

What sets us apart, We are woman owned and operated, all of our providers are women with the majority of them holding some form of Doctorate degrees. We are clinically astute providers who offer individualized care based on each unique need. We have a combined 60 years of experience working in Behavioral health and are deeply passionate about the work we provide.

We have worked with local veterans in our specialized trauma track and were able to assist them in experiencing significant improvement in symptomology by completion of the program. Both our clients and their families reported seeing remarkable relief from acute PTSD .

We are a team of multidisciplinary providers with a wide range of diverse skills that collectively provide our clients with the best possible treatment outcome and increases the propensity for sustained progress and growth.

WHY CHOOSE US?

- At Recovery Associates, we take great pride in our comprehensive range of services designed to address the complex and interconnected issues surrounding addiction and mental health.
- Our programs include individual counseling, group therapy, family support, educational workshops, relapse prevention strategies, aftercare planning, and holistic wellness activities.
- We also offer specialized services such as dual diagnosis treatment, trauma-informed care, and gender-specific programs to ensure that all aspects of our clients' well-being are addressed.

COMPANY SNAPSHOT

- **Business Name:** Recovery Associates Group, At Southwind, PLLC
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