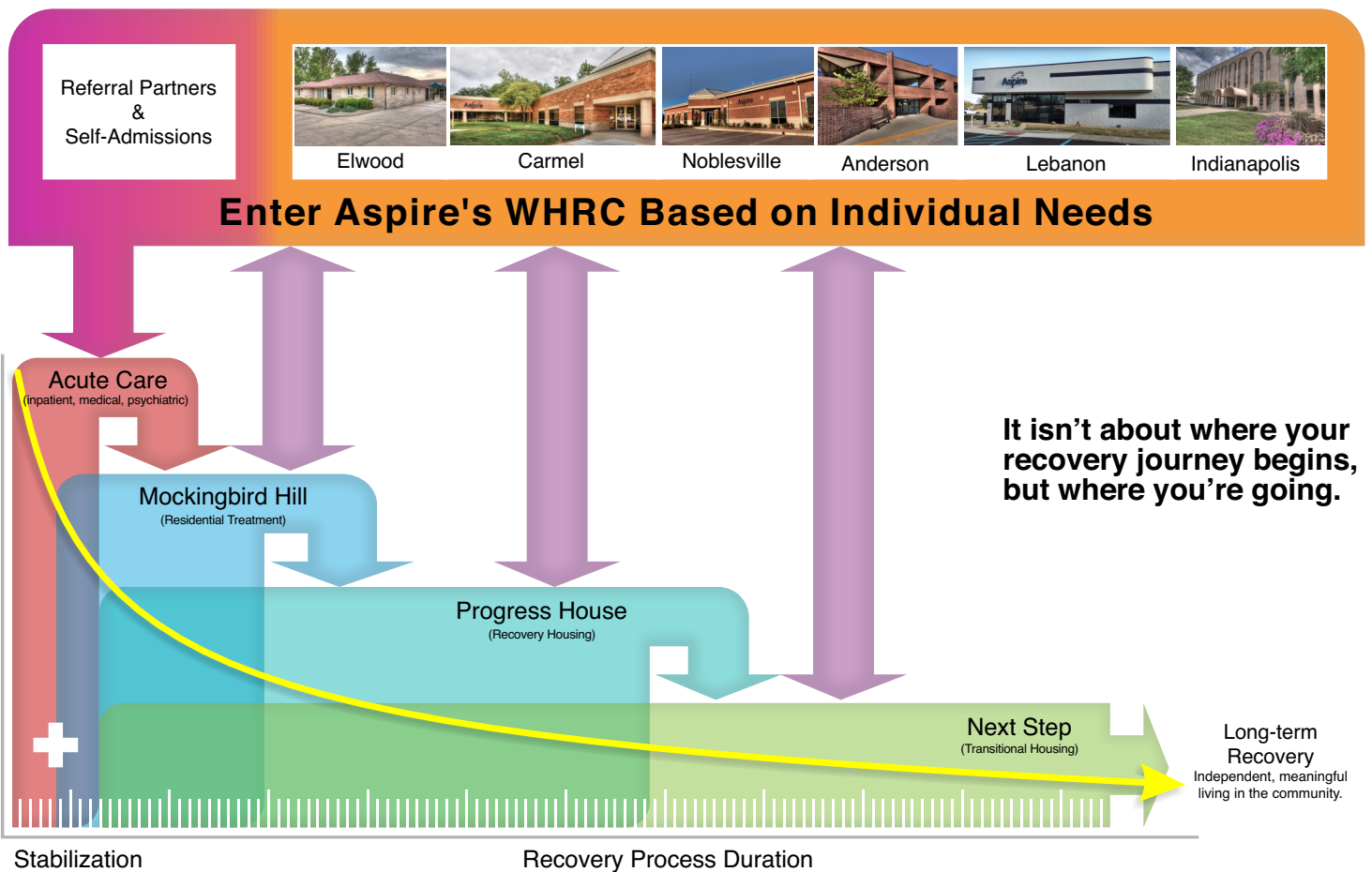




# WHOLE HEALTH RECOVERY CONTINUUM



**There is no wrong door.**

# What is a Whole Health Recovery Continuum?



Aspire Indiana Health and Progress House have joined forces to offer an evolution of addiction treatment, which we refer to as the Whole Health Recovery Continuum (WHRC).

Instead of scattering the pieces to the recovery puzzle and expecting people to find them, the WHRC brings everything needed for a highly-effective recovery program, including a stable, safe place to live.

In this continuum of care, there is no right or wrong place to enter treatment. Some may begin their recovery journey at a high-intensity treatment center, like our Mockingbird Hill Recovery Center in Anderson.

Others might go straight to a recovery residence like Progress House in Indianapolis, where they can enjoy peer support while gaining the skills and stability they need to reclaim their lives and then onto the Next Steps housing program, a network of semi-independent recovery homes.



Mockingbird Hill Recovery Center  
4038 South Ridgeview Road Anderson, IN 46013  
(765) 641-8231



Progress House Recovery Residence  
210 Shelby St. Indianapolis, IN 46202  
(317) 637-9816



Next Step Recovery Housing  
2456 N Bolton Ave.  
Indianapolis, IN 46218  
(317) 637- 9816

Wherever they enter the continuum, they'll receive the comprehensive help they need. Primary medical care. Behavioral health therapy. Peer support groups, including 12 Step Recovery Programming. Medication-Assisted Treatment (MAT). Individual case management. Education and job training. And more services -- all in one seamless continuum.

For some people, they may naturally progress from a high-intensity treatment facility through a recovery residence to semi-independent recovery housing. Others might start and leave from the same point in the Continuum. It all depends on the nature of their individual needs to chart the path their recovery journey will take.

But the goal is the same for everyone: to reach a stage of long-term recovery where the disease of substance use disorder (SUD) is no longer controlling their lives.

