



# THE HOPE IS REAL.

The full spectrum of residential and outpatient services includes:

*Individual and Group Counseling*

*12-Step Recovery Fellowships*

*Life Skills Training*

*Family Education*

*Job Readiness*

*Recreation*

*Disease Concept Education*

*Support Relations*

*Relapse Prevention*

*Alumni Activities*



Where one day at a time...

...turns into a *Lifetime*

## How to get help

Call our Admissions Office  
(210) 734-6362, Press 1

A qualified intake counselor will help you begin your journey into Recovery. San Antonio Lifetime Recovery offers moderately priced recovery programs with various funding alternatives available.

## LEARN MORE

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

San Antonio Lifetime Recovery

\_lifetime1963

@SAltr1963



To donate, please email  
[development@litr.tx.org](mailto:development@litr.tx.org)

Address:  
96 Crossroads Blvd  
San Antonio, TX 78201  
Phone: (210) 734-6362

# Lifetime RECOVERY

Chemical Dependency Treatment Center

Changing Lives Through  
Comprehensive Treatment of Substance Abuse



## Restoring Hope for Men, Women and their Families

Established in 1963, Lifetime's substance use disorder programs, in both men's residential and co-ed outpatient settings, have helped thousands of people. Lifetime works closely with Federal, State and County entities, Treatment Alternative to Incarceration Programs, as well as emergency rooms, detoxification facilities, and other treatment centers in identifying and placing indigent clients for treatment with the objective of reducing recidivism.

Lifetime's programs provide a continuum of care that bridge a critical gap and are available to those who have no insurance, no financial means, or must rely on the safety net programs of the community. No one is ever turned away for lack of financial resources. Every attempt is made to admit individuals into services in a timely manner. Our programs make it possible for fathers to become fathers again, for mothers to be reunited with their children, for brothers to reconnect with brothers, and for families to be restored.

**Lifetime's programs bridge a critical gap and are available to those who have no insurance, no financial means, or must rely on the safety net programs of the community.**

Lifetime Recovery is accredited by CARF, the Commission on the Accreditation of Rehabilitation Facilities. This widely recognized achievement provides referral sources, clients and their families, and the community, the assurance that Lifetime adheres to the highest standards in the provision of care. Lifetime's outpatient and residential programs utilize Cognitive Behavioral Therapy, Trauma Informed Care and Motivational Enhancement Therapies in its treatment and counseling services. These therapeutic interventions administered by licensed chemical dependency counselors (LCDC) and licensed professional counselors (LPC) follow best practices in treating substance use disorders as prescribed by the Substance Abuse and Mental Health Services Administration (SAMSHA).



**"I hold Lifetime very close to my heart, I see what it has done for me and so many others. I am very grateful those doors were open for me when I needed them."**

**Lifetime Recovery Alum**



# Our Programs:

## RESIDENTIAL TREATMENT

Lifetime Recovery's residential center is situated on a serene and private 18-acre campus in rural southeast Bexar County. This campus is the largest gender-specific residential care facility for men in South Texas.

- 45-day and 90-day intensive Residential treatment
- Programs focus on Cognitive-Behavioral Therapy and Trauma-Informed Care
- One-on-one and group counseling focused on working through the trauma to help prevent relapse

## OUTPATIENT SERVICES

Lifetime offers adult male and female Outpatient Treatment services for substance use disorders. Outpatient Counseling Services (virtual & in-person) focus on Cognitive Behavioral Therapy that helps clients understand the thoughts and feelings that influence behaviors and decision-making.

- Outpatient clients take part in 2 to 3 classes per work for a period of 3 to 6 months depending on their individual treatment plans
- Clients are provided treatment in the least restrictive setting so they can continue with their daily lives

## RECOVERY LINKS

Recovery Links programs consist of recovery coaching and recovery supportive services. This program addresses barriers that prevent a person from recovery and are not just focused on abstinence. Lifetime's trained and certified recovery coaches work with clients to:

- Create a personalized recovery plan
- Monitor their progress
- Provide referrals to supportive services

All with the goal of helping individuals become self-sufficient.

Recovery Coaching clients receive critical after care support on their path to sobriety. Lifetime coaches help the participant maintain newly developed skills and attitudes to overcome obstacles and cope with the realities of life in a healthy way. Coaches provide a support structure for the client, meeting them where they are to assist in stable, ongoing sobriety. Coaches walk hand-in-hand with a client from treatment to long-term sobriety and community involvement. Support Services offer a wide range of assistance:



Career & Education



Living Arrangements



Transportation



Wellness & Spiritual connections



Community & Fellowship

## MEANINGFUL CHANGE

Addiction is a complex, progressive disease. Lifetime Recovery recognizes that successful and lasting substance use disorder recovery is best achieved in a focused and highly structured environment. Clients learn that the delicate balance between self-reliance and support from others is crucial to their recovery. They gain the confidence necessary to maintain their sobriety when they return to their communities as they progress from destructive behaviors to positive long-term changes.

