

A GUIDE TO

INPATIENT AND RESIDENTIAL THERAPY

ADDICTION TREATMENT
AND
BEHAVIORAL THERAPY



LOCAL INPATIENT PROGRAMS

Nova Treatment Community

*Treatment Facility for Addiction and
Behavioral Health (Ages 13+)*

8502 Mormon Bridge Rd., Omaha, NE
(402) 455-8303

<https://www.novatc.org/>

North Point Nebraska

*Treatment Facility for Addiction and
Behavioral Health*

*(Adolescent Program Ages 12-18, and
Residential Program 19+)*

7215 Ontario St., Omaha, NE
(402) 698-3471

<https://www.northpointnebraska.com>

Human Services Inc

*Addiction Treatment Center (Outpatient
Adolescent Program for Youth, and
Residential 19+)*

419 West 25th St., Alliance, NE
(308) 762-7177

<https://www.hsinc.org/>

Valley Hope

Addiction Treatment Center (Ages 19+)

1421 N 10th St., O'Neill, NE
(402) 336-0008

<https://valleyhope.org/locations/nebraska/oneill-treatment-center/>

Cathedral Home

Trauma Recovery Center (Ages 12-18)

4989 N 3rd St., Laramie, WY
(307) 745-8997

<https://www.cathedralhome.org/>

*Contact a local mental health provider for more referrals and recommendations

RECOVERY IS POSSIBLE

While relapse is not uncommon, seeking help allows for those struggling to gain freedom from their disorder or addiction.

Recovery is not linear, and slip ups may occur, but it is through the ups and downs that progress is made.

YOU DESERVE FREEDOM

Everyone deserves to live a healthy life free from mental and behavioral illness. Just like physical illnesses, treatment is necessary for overall health to be obtained and sustained.

YOU ARE NOT ALONE

John Hopkins Medical Center found that "about 1 in 4 Americans suffers from a diagnosable mental disorder in a given year", and "substance use disorder affects more than 20 million Americans ages 12 and over."

FACTS ABOUT RESIDENTIAL PROGRAMS

1 Residential programs are designed for treatment of addictions, behavioral health disorders, mental health disorders, eating disorders and other co-existing disorders.

2 Treatment is recommended if the addiction or behavior interferes with a person's ability to fully function on a daily basis and experience the most out of their lives.



3 The average stay for residential treatment is 30 days, with outpatient treatment following.

4 Medical staff, including mental health counselors, nurses, and more specialists are on staff 24/7.

5 While in treatment, patients learn skills to better their mental and physical health. They also plan for how to maintain recovery in returning to school, work, and home life.

Citations
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics>
<https://www.hopkinsmedicine.org/news/articles/new-research-and-insights-into-substance-use-disorder>

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6 Mental health disorders, behavioral health disorders, eating disorders, addictions, and co-existing disorders are caused by many factors, including genetics, environment, and experiences of developmental years

7 Family and peer support is a priority in many treatment facilities, since they play a large role in staying in recovery.

