



THE AVIARY RECOVERY CENTER

Fenton and Eolia, MO
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Whole Health Recovery

The Aviary is a place where you can begin your journey to recovery on a path designed for you. Using individualized treatment plans and a strong family component, our doctorate and master's-level clinicians help you build a strong foundation for long-term recovery.

THE AVIARY APPROACH

Our Philosophy

At The Aviary Recovery Center, we approach recovery with an integrated whole health emphasis that is aimed at helping you through your recovery to become who you want to be.

Our Mission

The Aviary Recovery Center delivers evidence-based treatment in a safe, natural environment that supports recovery to enhance the wellness and productivity of the whole individual to realize their full potential.

Our Vision

By creating a safe, supportive and predictable program guided by compassionate professionals, The Aviary will be the preferred addiction treatment program.

What We Believe

The approach we take is that addiction is a chronic condition of the brain, no different than diabetes or cardiovascular disease, that requires medical treatment by health care professionals who have passion and expertise in addiction medicine. Over 80% of those struggling with addiction also struggle with a co-occurring mental health condition, or a dual diagnosis.

A whole health emphasis means we incorporate nutritional balance, emotional health, physical wellness, spirituality, and psychiatric health into the recovery process. For more about the specific approaches we take to help you become who you want to be, please see our treatment approach page on our website.

We at The Aviary believe collaboration is key for long term recovery. During treatment here, we will communicate with professionals of your choosing to ensure your transition after treatment with us is seamless. We also work with your insurance company to get the coverage and the referrals you need in order to not have a lapse in support.

It is our goal to help you work through the challenges that fueled your habits, so you can focus on your goal of recovery. Don't give up hope! The Aviary Recovery Center is the place to become who you want to be.



Residential Program

The Aviary residential program gives those suffering from substance abuse disorders a safe space to begin their path to recovery. Our 12,000 square-foot home is situated on 100 beautiful acres of nature preserve featuring two lakes, walking trails, bird feeders and a covered bridge. Most clients stay at the facility three or four weeks, receiving 24/7 care from experienced addiction and mental health professionals in a therapeutically-designed environment.

Treatment begins with a comprehensive assessment that takes into account past traumas and co-occurring disorders. We use this assessment to develop a client-specific treatment plan designed to heal mind, body, and spirit.

Clients progress through the program in incremental steps as they demonstrate mastery of key recovery skills such as self-awareness, effective communication, and relationship-building. Our master's level therapists use a variety of therapy modalities to help clients develop coping strategies to face future challenges.

Our therapy modalities include: Cognitive Behavior Therapy • Dialectical Behavior Therapy • Motivational Interviewing Trauma-Informed Therapy

In addition to individual, group, and family therapy, our program includes: Psycho-educational group sessions • Health and wellness groups • Therapeutic recreation activities • Alcohol and drug educational groups • Relapse prevention planning Collegiate/Young Adult program • Detox • Intensive Outpatient Program • PHP/Day Treatment

Aftercare

For clients who complete the residential program, we provide a detailed aftercare plan that includes support groups and other resources necessary to facilitate the healing journey.

Intensive Outpatient Program (IOP)

The Intensive Outpatient Program is designed for individuals who do not require 24/7 monitoring or who may have completed a residential treatment stay. With our flexible treatment schedule, clients may attend 3 - 5 meetings a week, with each meeting consisting of a 3-hour group session in a small group setting. The sessions are offered in the morning and early evening to provide intensive treatment with the least amount of disruption to work, life, family, and school schedule.

The Family Wellness Program

At The Aviary Recovery Center, we know that addiction impacts more than just the client. The home environment must be adjusted in order to realize long-term recovery. We have developed a program specifically for the concerned significant other. The program is designed as an educational and social support program providing tools that promote healing and recovery. Topics include education about the disease of addiction, family dynamics, safe communication techniques, self-care, and conflict resolution.

The sessions are led by a mental health/addiction professional who understands the difficulties of attempting to manage life under stressful circumstances. We treat every family member with kindness and compassion, helping everyone become who they want to be.

INSURANCE

We collaborate with insurance companies to obtain authorization for the most effective solution for you.

