

Real Recovery Solutions Expands Services in Tampa

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Tampa, FL ? Real Recovery Solutions, Florida?s highest rated sober living community, is now expanding their services. Previously, they focused primarily on providing safe, supportive living situations conducive to the recovery of men with substance use disorders. Now, they?re offering an intensive outpatient (IOP) and partial hospitalization (PHP) program to further aid them in building healthy, successful lives.

Located in northern Tampa, Real Recovery?s addiction treatment facility joins their seven sober living locations. Every location is different, to suit different clients? needs. Treatment at their addiction recovery center is individualized, too. ?Our outpatient approach combines a mixture of medical detox, behavioral and psychological therapies, and medication-assisted treatments, tailoring treatment to meet your specific needs,? Real Recovery explains on their website. They also highlight the importance of family involvement, both through resources and therapy, and are serious about promoting a positive environment even beyond their sober living arrangements.

?Our intensive outpatient program (IOP) is the perfect step for those who don?t require residential treatment, but who would still benefit from an intensive, comprehensive, and personalized approach to their recovery,? Real Recovery shares. This program allows for effective treatment that suits the client?s schedule, and allows them to return home to their loved ones at night. ?Our IOP in Tampa combines the fundamental

values of the 12-step philosophy with evidence-based therapies and treatments,? Real Recovery adds. They cite their group therapy as a key component of treatment, stressing the importance of sharing experiences and learning from one another. They also provide educational sessions to equip men in need with the necessary tools to achieve lasting recovery.

Real Recovery?s partial hospitalization program (PHP) is, according to the center, ?...designed to bridge the gap between inpatient and outpatient treatment.? Both full day and half day options are now available, allowing more freedom for individuals with work obligations or who face financial challenges that make an inpatient program unrealistic. Every treatment plan is customized to each client in their PHP, too, and they don?t only offer traditional group and individual therapy sessions ? they also incorporate yoga, meditation, exercise, and nutritional counseling into treatment.

Mental health conditions are a huge component of substance use disorders, and Real Recovery?s new services include dual diagnosis treatment to address it. Their therapy sessions tackle symptoms of depression, anxiety, and other mental health conditions on top of the traditional aspects of addiction counseling, like trigger identification and developing healthy coping mechanisms.

?At Real Recovery?s Tampa location, our programs are designed to help you navigate the path to sobriety. Whether this involves our dedicated team of therapists and clinicians for treatment, or our recovery specialists to guide you through your path to sober living, we treat a wide variety of substance use disorders,? Real Recovery states. They offer care for alcohol, opioid, meth, marijuana, benzodiazepine, and inhalant use disorders.

Of course, Real Recovery?s sober living network is still at the disposal of anyone who needs it, including individuals who complete any of the Tampa location?s new programs.

?Our mission is to provide quality addiction treatment and a safe, stable recovery environment with a strong community support system to help men successfully transition back into the real world and recover from addiction,? Real Recovery says. There are many success stories showcased on their website, and they look forward to creating even more through this expansion of their services.

Real Recovery Solutions now offers intensive outpatient treatment and partial hospitalization programs in addition to the sober living community they?ve built in the Tampa area. They also provide resources to set men up for success as they transition back into regular life. For more information, visit their website or call them at 813-373-6762.

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