



ABOUT US

Insight Northwest Recovery is an intensive outpatient treatment/day treatment program for mental health AND co-occurring disorders (substance abuse & mental health dx) for ages 13-25. These are two individual group tracks to meet the needs of the community.

Treatment provided by masters and doctoral level therapists.

OUTPATIENT TREATMENT TEACHES:

- Coping skills
- Ways of reducing stress
- Boundary setting
- Career resources
- Relapse prevention, and more

Insight Northwest Recovery is Lane County's only dual diagnosis treatment provider for teens and young adults ages 13-25.

Teenagers and adolescents are impacted by mental health conditions & substance abuse on an increasing scale.

20%+ of adolescents have a diagnosable mental health disorder.¹

11.2% of overdose deaths are aged 15 to 24 years of age.²

24% of people who with a drug disorder have an Opioid use disorder.³

Sources:

1 www.nccp.org

2 www.drugabusestatistics.org/teen-drug-use

3 www.addictioncenter.com/addiction/addiction-statistics

OUR SERVICES

TIERS OF CARE FOR BOTH TRACKS:

- Mental Health Treatment
- Co-occurring Disorder Treatment

INTENSIVE DAY TREATMENT (PHP)

Treatment Schedule
5 hours per day, 5 days a week for 4 weeks

01

INTENSIVE OUTPATIENT (IOP)

Treatment Schedule
3 hour group counseling, 3 times per week for 3 months

02

OUTPATIENT TREATMENT

Treatment Schedule
3 hour group, 1 group per week for 3 months

03

AFTER CARE

Treatment Schedule
1 hour group, 1 group per month for 1 year

04

OTHER SERVICES INCLUDE:

- LGBTQIA/Trans Specific Groups & Support
- Peer Support Groups
- Case Management
- Family Support



FOR CLIENTS

TALK TO ONE OF OUR MENTAL HEALTH EXPERTS TODAY ABOUT HOW WE CAN HELP YOU OR YOUR CHILD REACH THEIR FULL POTENTIAL.

ACCEPTING NEW CLIENTS

(541) 203-0539

info@insightrecovery.com

www.insightrecovery.com

Insight Northwest Recovery is located at 1776 Millrace Drive, Suite 202 in Eugene, near the University of Oregon, ensuring accessibility for all.

Insight Northwest Recovery will be accepting most major insurance providers including PacificSource Medicaid (OHP).

If you know someone who can benefit from our services, have them call 541-203-0539

INFO@INSIGHTRECOVERY.COM