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**FOR IMMEDIATE RELEASE**

**Long-Term Recovery Within Reach: Foundations Recovery Network Celebrates National Recovery Month**

**Brentwood, TN – September 9, 2024** – In honor of National Recovery Month, Foundations Recovery Network is proud to reaffirm its commitment to helping individuals achieve long-term recovery. With a nationwide network of facilities dedicated to treating co-occurring substance use and mental health disorders, Foundations is uniquely equipped to support those on the journey to recovery, offering a comprehensive approach to treatment that addresses both the physical and psychological aspects of addiction.

National Recovery Month is an annual observance dedicated to raising awareness about substance use and mental health disorders, celebrating the gains made by those in recovery and acknowledging the contributions of treatment and service providers. This year, Foundations is taking the opportunity to highlight our unique approach, our innovative treatment options and the thought leadership initiatives that have made us a trusted partner in the recovery process.

“Recovery is a process, not an event. Stopping drugs and alcohol is just one part of recovery. Our holistic approach ensures that we are addressing the whole person, not just the symptoms of addiction,” said Chad Koller, Vice President of Substance Use Disorders.

**Unique Integrated Care Model that Supports Long-Term Recovery**

Our network stands out from other treatment providers due to its commitment to an integrated care model that treats both substance use disorders and co-occurring mental health conditions simultaneously. This dual focus is critical for individuals whose mental health issues are often intertwined with their substance use.

“I’ve seen many people come to our facilities at their lowest points,” said Koller. “They may be unable to hold down a job and in conflict with their families. Later, when they come back and speak to our alumni groups, these same individuals will share that they now have great jobs and that their families are so proud of them. You can see them holding their chins up higher. They’re proud of what they’ve been able to accomplish, and that really is the gift of recovery.”

## Key Aspects of FRN's Unique Approach Include:

- **Integrated Treatment Plans:** Our programs are designed to treat addiction and mental health disorders concurrently, reducing the likelihood of relapse and promoting long-term recovery.
- **Continuum of Care:** Recovery is a lifelong journey, and we provide a full continuum of care that includes residential treatment, outpatient programs and aftercare services, ensuring that individuals have ongoing support as they transition back into their everyday lives.
- **Varied Treatment Options:** We offer a variety of treatment options to help ensure that individuals receive the right level of support at every stage of their recovery journey.
- **Alumni and Family Programming:** We recognize that recovery is a lifelong commitment that extends beyond the individual. Our robust alumni programs, including our innovative alumni app, provide ongoing support, community and resources to help individuals stay connected and committed to their recovery. Additionally, our family programming educates and empowers loved ones, offering them the tools and support they need to contribute positively to the recovery process.
- **Holistic Therapies:** In addition to traditional therapies like Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT), many of our facilities incorporate holistic treatments such as mindfulness, yoga and art therapy to support overall well-being.
- **Thought Leadership:** As pioneers in the field of integrated care, we are committed to advancing the conversation around addiction and mental health treatment. Through ongoing research and transparent outcomes reporting, we continually contribute to the evolving landscape of our field. Our thought leadership team and clinicians are regularly sought after for their insights and innovations, making us a respected voice in the industry.
- **Experienced and Compassionate Staff:** Our multidisciplinary team of clinicians, therapists and support staff bring decades of experience in the addiction and mental health fields, offering compassionate, expert care at every step of the recovery process.

“At Foundations, we believe that recovery is possible for everyone, and we’re here to show people that with the right support, they can reclaim their lives,” added Koller.

## Get Involved

Foundations Recovery Network invites the community to join us in raising awareness during National Recovery Month. Whether by sharing our content on social media or simply starting a conversation about recovery, every action helps to break the stigma associated with addiction and mental health disorders. For more information about Foundations Recovery Network and our services, visit [www.foundationsrecoverynetwork.com](http://www.foundationsrecoverynetwork.com).

## About Foundations Recovery Network

Foundations Recovery Network is a national network of treatment that has delivered evidence-based, patient-centered treatment for over 20 years. Our mission is to empower individuals to find their unique path to recovery from addiction and co-occurring mental health disorders so they can achieve lasting connection and stability in a recovery-focused life. Through our commitment to clinical excellence, we partner with individuals on their recovery journey by providing individualized care that actively removes barriers and embraces diverse pathways to healing. For more information, visit [www.foundationsrecoverynetwork.com](http://www.foundationsrecoverynetwork.com).