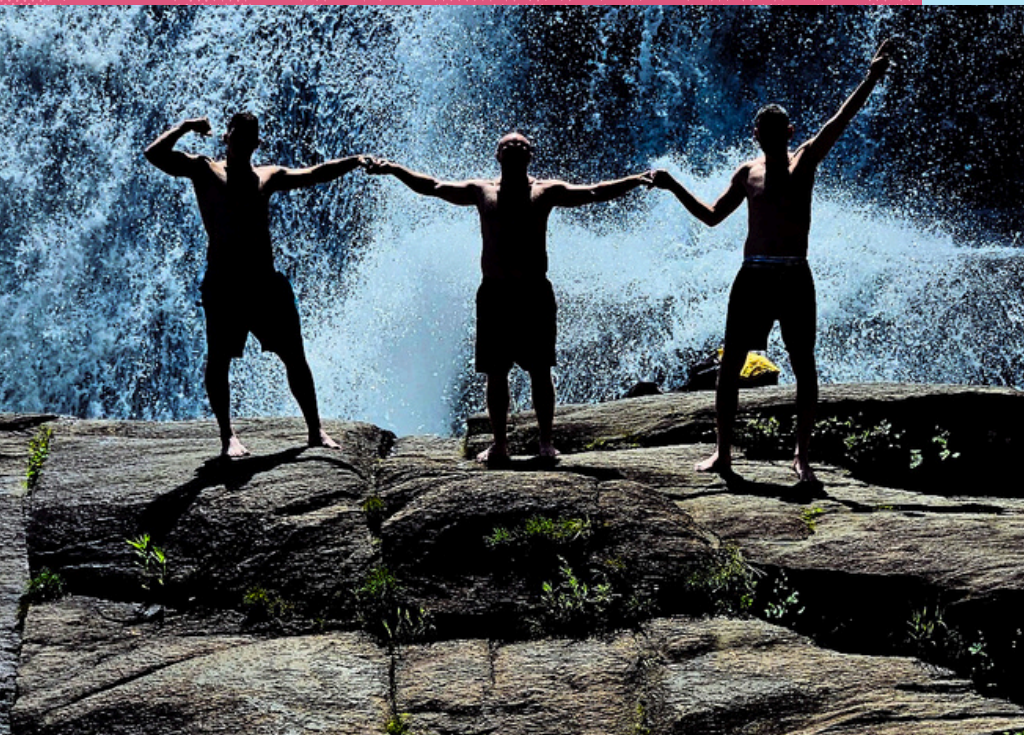




# FAQ @ Oasis

10 Commonly Asked Questions &  
Answers to Get You Started



# 1

## **WHY DO ADDICTS KEEP USING DESPITE NEGATIVE CONSEQUENCES?**

Many people start using substances thinking they can stop whenever they want. While some can quit on their own, many cannot. Research shows that long-term drug use can seriously affect the brain, even for those who manage to quit by themselves. These changes can lead to impulsive behavior, poor decisions, and a higher risk of relapse, even when someone knows the consequences.

Addiction is a cycle. Long-term substance use harms the brain, making it easier to relapse and harder to stay sober. This is why being in a supportive environment, like a treatment center, is essential for long-term recovery success.

# 2

## WHY IS ACCEPTANCE IMPORTANT?

People struggling with addiction often deny their drug or alcohol use. This denial helps them feel in control, comfortable, or safe because facing the truth can be uncomfortable. However, accepting that you have a problem is the first step toward healing.

We often think we need to change to accept ourselves, but in reality, we need to accept ourselves to truly change. Treatment is about embracing who you are and where you are in your journey. It teaches acceptance while guiding you toward a future free from addiction.



# 3

## WHAT MAKES AN EFFECTIVE PROGRAM?

No single treatment path is effective for everyone. The most effective treatment programs offer various therapeutic opportunities, personalized to each individual's needs. It addresses the person as a whole, not just the addiction, and focuses on improving all aspects of their life.

Research has also shown that the length of time spent in treatment can greatly increase the chances of successful recovery. A minimum of 3 months is recommended for a successful recovery, with longer time spent in a support group or aftercare program after treatment is completed.



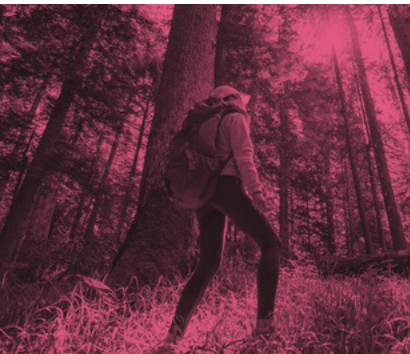
# 4

## WHAT SHOULD I LOOK FOR IN A PROGRAM?

There are some thoroughly researched elements of treatment, proven to be most effective in creating better chances of successful long-term recovery.

### These include:

- Evidence-based therapies
- Positive reinforcement through rewards or privileges
- Group therapy
- Individualized treatment plans
- Medications (as needed)
- Continued care



# 5

## WHAT IS EXPECTED OF ME IN THE PROGRAM?

In order to maintain an safe and supportive environment, those entering our treatment programs will be expected to:

- Show up on time
- Attend meetings
- Be respectful of others
- Participate in the program
- Follow any other program rules



# 6

## HOW DO ALTERNATIVE METHODS ENHANCE RECOVERY?

Along with more traditional treatment methods, Oasis Recovery also employs a wide variety of alternative treatment methods. Many of the methods listed below have been shown to positively impact brain and physical health, boost self-esteem and motivation, and provide healthy coping mechanisms.

**Our methods include:**



**ART  
THERAPY**



**ADVENTURE  
THERAPY**



**MINDFULN  
ESS**



**MEDITATION**



**NUTRITION**



**YOGA**



**IV THERAPY**

# 7

## WHAT IF I ALSO EXPERIENCE MENTAL ILLNESS?



Many clients who come to treatment centers such as Oasis Recovery Center have what is referred to as a dual diagnosis - addiction combined with another mental illness. Our staff is trained to assist you in navigating the complexities of healing from both addiction and mental illness. It can be challenging to separate what is being affected by addiction, and what is being affected by other inherent brain chemistry imbalances. We address a dual diagnosis with proper therapy, psychiatrists medication, and support to give you the smoothest recovery.



# 8

## WHAT'S IN IT FOR ME?

As humans, we are all connected through our trials and tribulations in life. At Oasis Recovery Center, our clients come in feeling broken, misunderstood, alone, and in a toxic cycle of addiction that they haven't been able to break out of on their own.

We want to feel like we have a purpose, that we belong, and that we are living a life that aligns with our values. At Oasis, we help bridge the gap between what a client is coming from to who they truly want to become.

We hope that you gain is a new version of yourself - a you with the capacity to build a life that you are proud of, a you with new ways of coping that allow you to **thrive**.



# 9

## WHAT IF TREATMENT HASN'T WORKED FOR ME BEFORE?

To be willing to try again is courageous, no matter how many times you've tried to get sober. There is no shame in starting over. Put aside self-doubt and embrace positive repetition as an antidote to the negative repetition of addiction. You may find new freedom and an abundance of change that allows for consistent and successful recovery.



10

## AM I READY FOR A TREATMENT PROGRAM?

Addiction is a cycle that can be incredibly hard to break out of. The predictability of the cycle gives the illusion of safety, even if reality is uncomfortable or downright dangerous.

The first step in breaking that cycle is the first step toward your new life. Oasis Recovery Center is here to help you on your recovery journey.

Because you deserve it.



# CONTACT US



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