ADDICTION IS OFTEN JUST THE SYMPTOM OF THE BIGGER PROBLEM.

Contact our addiction specialists at White Oak Run. Our unique program provides the ability to work through drug abuse and addiction issues that have held you captive, while treating the addiction. At White Oak Run, we believe that in order to be successful for the long term your rehab treatment must be comprised of three key elements – a medical component, a mental health component and a spiritual component.

7:00-8:30am: Breakfast/Medication
8:30-9:15am: Morning Meditation Group
9:15-12:00pm: Primary Process Group (with assigned Therapist)
12:00-1:30pm: Lunch/Relax
1:30-3:45pm: Art/Music Therapy or Psychodrama/Yoga
4:30-5:30pm: Afternoon Activity (Fitness, Hiking, Fishing, Biking)
5:30-7:00pm: Dinner
7:00-8:30pm: 12 Step Meeting
9:00pm: Relax and Reflect
11:00pm: Lights out

WE PROVIDE TREATMENT FOR THE WHOLE PERSON TO BREAK THE CYCLE OF ADDICTION.

AmeriHealth
BlueCross BlueShield
Cigna
UnitedHealthcare

White Oak Run
47 Chamber Circle Road
Walker, West Virginia 26180
866-SAVE-WVA
866-728-3982
www.whiteoakrun.com

866-SAVE-WVA
866-728-3982
INSPIRING SOBRIETY & ADVENTURE
WHO WE ARE

White Oak Run is an alcohol and substance abuse treatment center nestled in the Ohio Valley with 50 acres of scenic tranquility with lakes and forestry. Our programs are centered around HOPE and Adventure Therapy, with seven days of clinical services to allow clients to be therapeutically engaged in doing the work of recovery.

Our serene environment creates an ideal environment for recovery. Clients reside in spacious, picturesque mountain view villas overlooking the tranquil woods in the valley.

OUR PHILOSOPHY

At White Oak Run, we recognize that addiction is a disease that requires a comprehensive therapeutic approach and the active involvement of the family unit to achieve stable, long-term recovery. We recognize that alcohol and substance abuse affects individuals and families differently and that there is no one size fits all. Therefore, every client’s treatment plan is individualized to address their mental health, medical and emotional needs, incorporating relapse prevention and treatment of any trauma or co-occurring disorders.

HOPE PROGRAM

HOPE = HEART CENTERED HEALING: EMOTIONALLY FOCUSED THERAPY

Our clients are given the tools and the foundation in an environment of unconditional positive regard and re-learning healthy attachment styles in order to thrive and grow.

Clients learn how to reform, reshape, and revise their life to develop new, healthy coping skills for a foundation of success.

Dissolve feelings of shame and inadequacy in order to promote positive self-esteem and self-worth.

Clients will rewrite and construct their life story in a positive light.

Individuals are coached in the use of new communication styles to talk about old problems and develop new solutions.

White Oak Run has a genuine commitment to all clients and their concern with a showing of empathy to their path of healing.

WHY ADVENTURE THERAPY WORKS

Adventure Therapy uses the experience itself to help individuals face and overcome emotional issues, addictions, behavioral problems, along with many other challenges. It also helps individuals develop important life skills that can be beneficial to them throughout their lives.

Adventure Therapy is often conducted outdoors and activities include:

- Hiking
- Biking
- Fishing
- Kayaking
- Yoga
- Navigating ropes courses
- Rock climbing
- Zip-lining
- Cooperative games
- Fitness