



FACT SHEET - What is CHI Recovery?

CHI Recovery is a holistic, integrative and evidenced-based, Intensive Outpatient Program (IOP) that transitions participants successfully towards lifelong emotional, physical, and spiritual health. CHI Recovery has been recognized as an innovative leader in the Addiction Treatment community. Their affiliate mental and physical health providers hold advanced degrees and are expert in the field of addiction and integrative care.

Why CHI Recovery Works

Previous models for addiction recovery have been pretty disheartening and yet the [Center for Disease Control](#) (CDC) classifies addiction as an epidemic with 16% of our nation's population addicted to substances that can kill. That's one out of every ten adults!

Reports show...

- The U.S. heroin epidemic has resulted in a quadruple spike in overdose deaths across the county.
- The cost of drug and alcohol addiction is exacting more than \$250 billion annually on our nation.

Yes, the evidence is in... and it shows that addiction is overwhelming the U.S. Medical system as well as its legal system.

The standard treatment has been Twelve Step and rehabilitation programs, yet study after study has shown too many failures. The "revolving door" of Rehab is commonplace, but where is the real recovery?

CHI Recovery, Inc. is a small company located in northern California, in the town of Sebastopol. CHI offers state of the art, holistic, evidence-based addiction treatment programs (IOP and hybrid-residential), as well as interventions.

"Our methods are cutting edge because we have thrown out the standard template for addiction treatment and instead structured all of our services based on what science has proven, works," says CHI's executive director, Robin Stuart. "There is no other programs like ours in the world, at such a low price point. We are an outpatient program that integrates our participants into the community where they will live, yet we also have residential options for people who need more structure and support or who come here from other parts of the country."



Mission Statement:

We are determined to dramatically alter the effectiveness of addiction treatment, reforming care so that treatment provides the optimal chance at sustainable, long-term recovery and total health. It is our mission, vision and values that we act in cooperation with other professionals in the delivery of comprehensive, interdisciplinary treatment, emphasizing:

- Unprecedented support for our participants
- Comprehensive mental healthcare
- Total physical healthcare and core strengthening
- Remarkable level of fellowship and interpersonal engagement
- Skill enhancement opportunities
- Leadership motivation and training
- Educational and work life encouragement
- 360-degree extended care including family education and treatment, child psychologist, pain management, the treatment of dual diagnosis, youth and outpatient programs and auxiliary behavioral healthcare support services for complicated disorders
- Effective provider team interfacing using shared protocols and communication tools
- Community reinforcement

Who is Robin Stuart?



Robin Stuart is a licensed Marriage and Family Therapist and the developer and Executive Director of CHI Recovery, Inc. with over 20 years of experience treating addiction and related mental health issues. Robin specializes not only in addictions and codependency, but works extensively with adolescents, adults abused as children, couples and families. Robin is also a clinical expert in sexual abuse, physical, sexual and emotional trauma, PTSD and family systems. She has served as a clinical consultant and trainer for private and corporate sectors, as a guest lecturer at numerous universities and is available for public speaking.

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