We are in-network with most major insurance providers.

Drug & Alcohol Addiction Treatment
Recovery Centers of America

1-800-RECOVERY

Confidential assessment
Care advocate today for a no-cost
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Who do you know we can help today?

approach to addiction treatment
Breaking Free: a trauma-informed
or your loved one with
at Lighthouse can help you
Recovery Centers of America

TRAUMA PROGRAM
Lighthouse Recovery Centers of America

TRAUMA PROGRAM
Lighthouse Recovery Centers of America

on your journey
right direction
on putting you in the

Breaking Free focuses
What is trauma and how does it impact addiction?

Trauma refers to a situation where someone is rendered powerless and there is danger present. Trauma is deep and painful, and overcomes a person's ability to cope. A traumatic experience varies depending on the person — what's traumatic for one person may not be for another.

Trauma takes many shapes and forms; it could be seeing a friend overdose, a car accident, a divorce, or being homeless. Research has shown there is a direct connection between people who have suffered a trauma — whether it was during childhood or adulthood — and addiction. In fact, about 75% of people struggling with addiction have faced some kind of trauma.

Other types of traumatic experiences that can impact addiction include:

- Sexual, physical, or emotional abuse
- Bullying
- Life-threatening diseases
- Violence
- Poverty
- Natural disasters
- Sexual assault
- PTSD

Trauma takes a heavy toll on a person — so does addiction. Both need to be treated with professional, compassionate care in order for the trauma impacted person to live a fulfilling, healthy, happy life.

Breaking Free: a Trauma-Informed Program at RCA Lighthouse

Recovery Centers of America at Lighthouse can help you or your loved one take the necessary steps to start the process of recovery with *Breaking Free*: a program addressing trauma in treatment.

Trauma takes a heavy toll on a person — so does addiction. Both need to be treated with professional, compassionate care in order for the trauma impacted person to live a fulfilling, healthy, happy life. Recovery Centers of America can help you or your loved one take the necessary steps to start the process of recovery. *Breaking Free* is a 4-week course that runs alongside of addiction treatment. Topics covered include:

- Addressing Acute Stress Disorder and Post Traumatic Stress Disorder
- How to stay grounded
- Relaxation techniques
- Understanding trauma and triggers
- Dealing with flashbacks/triggers
- Understanding anger
- Tackling faulty thinking
- Resurrecting your self-esteem

*Breaking Free* isn’t about addressing trauma — it's about understanding and learning to cope with emotions, behaviors, reactions, and past experiences. You or your loved one will receive:

- Cognitive Behavioral Therapy (CBT) and here-and-now therapy
- Tools to support growth and advancement
- Peer and community support
- Trauma-informed yoga

You or your loved one will also receive a *Breaking Free* Manual. This excellent resource offers helpful pointers on staying in the moment, quick relaxation tips, anchors to reduce triggers, how to defuse anger, addressing negative thinking, and examining core beliefs.

Our support and treatment doesn't stop once you or your loved one leaves RCA Lighthouse's Inpatient program. *Breaking Through* is available in our Outpatient programs, including Intensive Outpatient (IOP), General Outpatient (GOP), and Partial Care Program (PCP).