



PROGRAM FEATURES

- Medically supervised detoxification
- In-depth clinical assessment
- Brain Spa
- Neurofeedback
- Professionals groups
- Relapse prevention process groups
- Medication-Assisted Treatment (MAT)
- Yoga & meditation
- Equine therapy
- Art activities
- Personal fitness training
- Fuel Well nutrition program
- Spiritual support
- Continuing care planning
- Family weekend intensive
- Emotional Support Dog

AMENITIES

- Outdoor pool (seasonal)
- State-of-the-art fitness center, including full basketball court
- Personal trainer
- Half-mile walking trail
- Labyrinth (walking meditation)
- Stocked fishing pond
- Disc Golf course

Situated on a sprawling Texas estate, Serenity View Recovery Center offers patients a calming retreat from the chaos of addiction. We help individuals struggling with addiction, while treating co-occurring mental health conditions, process addiction, and trauma, helping our patients realize that with treatment, a life in recovery is possible.



214.382.2551

www.serenityview.com | Princeton, TX

Serenity View Recovery Center is a Meadows Behavioral Healthcare program, accredited by CARF and The Joint Commission, and is in network with many insurance plans.

Serenity View
RECOVERY CENTER
Comprehensive Addiction Treatment
for Mind-Body-Spirit Wellness



WHAT SETS US APART?

At Serenity View Recovery Center, we offer a full continuum of care, along with leisure time for reflection and encouragement of a healthier lifestyle. Our evidence-based treatment approach is tailored specifically to those with substance use disorder, cross addiction, anxiety, and addictive thinking.

We have a strong foundation in the 12 steps, with exposure to other recovery modalities, such as Celebrate Recovery and SMART recovery. Our program focuses on the Introduction — the study of the disease, their choices that led them there — and the First Chapter — surrendering control, education of the disease, and self-forgiveness.

It's our staff that really makes the difference; we empower our patients. Serenity View is a place where they feel respected, supported, and safe. Our patients benefit from:

- Masters level and licensed clinicians
- Clinicians with specialties in trauma, addiction, EMDR, sex addiction, and family therapy
- 24-hour nursing presence
- 7-day a week psychiatry and general practice medicine availability
- Addiction-certified medical team
- On-site Brain Center with Brain Spa and brain-regulation machines
- Comprehensive aftercare planning
- Extensive alumni network



THERAPEUTIC APPROACH

Our rich clinical programming is infused with The Meadows Model of Developmental Immaturity, created by Meadows Behavioral Healthcare Senior Fellow Pia Mellody. We offer process groups, dynamic psychoeducational groups, and specialized individual work based on each patient's history.

Through a combination of one-on-one counseling sessions, group therapy, and complementary recovery activities, we provide a full, meaningful schedule of therapies proven to effectively reduce relapse rates and promote long-term recovery. Some of these therapies, treatments, and activities include:

- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy
- Motivational Interviewing
- Neurofeedback
- Eye Movement Desensitization and Reprocessing



HOLISTIC APPROACH

At Serenity View Recovery Center, we believe it's as important to heal the damage of a dysfunctional lifestyle as it is to repair the psychological damage of addiction and mental health issues. Our wellness program is intended to help our patients reduce symptoms of depression, mend self-concept, improve cognitive function, and develop healthy coping skills that aren't expected to cease when treatment does.

THE POWER OF FAMILY

Family involvement can play a vital role in a patient's recovery process. From day one, we help our patients establish the framework of their long-term recovery. We offer weekly family sessions throughout the treatment process, as well as a 2.5-day intensive family weekend that educates loved ones on how to help the patient prosper after their stay with Serenity View Recovery Center.