

*Humble Beginnings was initially started by a group of compassionate men and women who had been personally touched by the devastating disease of addiction. Their personal experiences have lead to an unparalleled understanding of the disease, and consequently a fierce determination to help afflicted individuals and their families.*

*Humble Beginnings aims to provide each and every one of our clients with a progressive, comprehensive, and personally developed treatment plan, geared towards the maintenance of fulfilled, long-term happiness and recovery.*



# HUMBLE BEGINNINGS

recovery centers

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A DIVISION OF **ALL IN BEHAVIORAL HEALTH**

## OUR PHILOSOPHY

Humble Beginnings clinical staff has carefully developed a comprehensive, long-term, treatment program, using a combination of their personal experiences and proven therapeutic methodologies. We strongly believe in the healing powers of human connection, and prioritize the development of meaningful and healthy familial and interpersonal relationships.

We believe that addiction frequently stems from other underlying issues, and that for thorough and lasting recovery to be achieved, these issues must be uncovered and addressed. Our program of recovery focuses on the development and implementation of healthy and effective coping mechanisms and life skills. We help our clients heal, paving the way for a fulfilled and meaningful long term recovery.

## CLINICALLY DRIVEN COMPREHENSIVE CARE

Humble Beginnings has an experienced clinical team with diverse backgrounds and experience. All of our clinicians have developed their own unique approach towards providing therapy. Our groups are “out-of-the-box” and we never have the same group twice.

We use a variety of treatment modalities including cognitive behavioral therapy, psychodynamic experiential-based therapies, 12-step and medical psycho-education groups, gender specific trauma-informed care, meditation and mindfulness therapeutic techniques, outdoor adventure therapy and expressive arts.

We utilize theme based weeks to address issues such as family dynamics, relapse prevention, shame and guilt, healthy communication, relationships, life skills, body image, impulsivity, grief, self-esteem, mind-body-soul, inner child work, male identity, vulnerability and live spotlighting cognitive behavioral therapy.

Our clients have the opportunity to participate in our transitional recovery tract which includes job searching and interviewing, volunteer work and admission to school or vocational programs. Clients also receive individualized case management services and aftercare planning is individually tailored for each client’s needs. Our goal is to provide support and guide our clients in the transition to a successful and sober life.



# OUR PROGRAMS

## **PARTIAL CARE PROGRAM (PC)**

offered at our willow grove, PA location

Humble Beginnings Partial Care Program offers an individualized holistic based experience to those who are just getting started in their recovery process, have recently completed detox, or who are looking for a more structured environment. Our Partial Care Program offers the structure and quality found in most residential treatment programs.

While in PC, clients will attend group and individual therapy sessions geared towards educating, uncovering, and addressing the underlying causes of their addiction. Clients will also participate in a variety of recovery based experiential activities that will help form a solid foundation to their overall recovery process. We want our clients to learn to have fun in recovery and have designed our PC program to include group outings and access to a strong sober support network.

Our PC program includes a strong family component wherein families are highly encouraged to be involved in their loved ones' recovery process. This includes education on addiction, working on setting boundaries/establishing healthy relationship patterns, and dealing with trust that might have been broken. We understand the impact addiction can have on everyone involved and focus on helping to repair the bonds and strengthen the entire family unit.

The Partial Care phase of treatment is designed to help stabilize the client physically, mentally, and emotionally so they are equipped to begin the Intensive Outpatient Phase with the greatest chance of success.

## **INTENSIVE OUTPATIENT PROGRAM (IOP)**

offered at our cherry hill, NJ location

Humble Beginnings Intensive Outpatient Program is the second phase in the overall continuum of care. Client's will attend a variety of groups that focus on pertinent topics like relapse prevention, healthy relationship building, proper communication techniques, and the real-life application of coping mechanisms. Clients will also continue to receive individualized therapy, case management services, and participate in recovery related events that will provide continued support throughout the recovery process.

Clients in our Intensive Outpatient Program have the opportunity to participate in our Transitional Recovery Tract, which includes job searching and interviewing, volunteer work, and assistance with admission to education or vocational programs. This phase is structured to allow our clients to transition back into work or education and begin to create their new sober lifestyle while still receiving the support of groups and individual sessions.

## **OUTPATIENT PROGRAM (OP)**

offered at our cherry hill, NJ location

Humble Beginnings Outpatient Program is the final stage in the continuum of care offered. Our Outpatient Program consists of individual and group therapy aimed at relapse prevention and life skills development. Clients in our Outpatient Program also have the opportunity to participate in our Transitional Recovery Tract. We recommend clients remain in Outpatient treatment for as long as they need the extra support in their early recovery.



## TRULY INDIVIDUALIZED

Our staff understands that addiction is far from a one-size-fits-all disease – no two individuals have the same personal histories or experiences; therefore, no two individual recovery processes will be the same.

We offer a personalized program that provides clients with a highly individualized, evidence-based approach to comprehensive recovery. Because of this, each client's specific treatment plan will vary based on their goals and their needs. Our staff is focused on providing each client with a unique experience - tailored to who they are, what they have been through, and where they envision themselves in the future. The programs we offer are designed around the client. At Humble Beginnings, the client truly does come first.



## OUR FAMILY PROGRAM

A fundamental part of successful early recovery means involving family and loved ones' in the process. We have developed a program to assist clients and their families begin to heal together. We fully understand the impact that addiction can have on everyone involved, and we focus our attention on helping to repair the bonds that strengthen the entire family unit.

Our family program includes a comprehensive education on the disease of addiction, establishing healthy relationship patterns, reframing the family dynamic and re-instilling a sense of trust that may have been broken.

Other components of our family program include, psychoeducation, family therapy, and setting healthy boundaries for when the client leaves the treatment setting. We offer family events and education groups designed to provide on-going support services to those closest to our clients, so the whole family unit can work to put the pieces back together in a safe and supportive environment.



## OUR ALUMNI PROGRAM

We recognize the importance of having a solid sober support network in early recovery. Our Alumni Program is designed to keep our clients involved and connected

We offer frequent alumni events, groups and meetings to help our alumni feel supported even after they leave.