



303.842.1645

Info@redrockrecoverycenter.com

redrockrecoverycenter.com

12567 West Cedar Drive
Lakewood, Colorado 80228

RRRC Phase System

At Red Rock Recovery Center, our clients will progress through what we call a phase system. The Phase System is designed to allow clients to progress through therapeutic goals at an individualized pace while providing the needed structure appropriate to their presentation. At RRRC, we believe that privileges come with responsibility. As clients demonstrate responsibility for building a program of recovery and take accountability for their behaviors, they are granted more privileges and entrusted with more freedom. Clients will “phase up” as they demonstrate progress, and “phase down” when behavior indicates regression into addictive patterns or inability to use privileges responsibly. It is not uncommon for clients to “phase down”, we know that behavior patterns do not change overnight and do not often follow a linear path. Our goal is not to shame or punish clients, but to provide the level of structure needed to move them towards lasting change.

Upon arrival, clients will start in Phase 1 and have the opportunity to receive privileges as they meet treatment goals such as finding a sponsor, home group, and service commitment in a 12-step fellowship. In addition, clients will be expected to engage in therapeutic services, and demonstrate life skills such as creating a budget, maintain a clean living environment, and begin seeking employment. We feel that these are pillars to building a solid foundation in recovery. Some therapeutic goals may be unique to an individual based on their particular need, while others will be expected of all clients in our program. Clients who demonstrate progress by accomplishing goals laid out in Phase 1, may be afforded privileges such as access to electronics and resumption of social media use as appropriate.

Phase 2 of our program offers significantly more freedom and autonomy. During Phase 2, clients take on increased responsibility of putting their program into action. Clients in this phase are expected to maintain employment, progress in therapeutic goals, continue to engage in a 12-step program, and demonstrate the ability to practice recovery principles.

In Phase 3 of our program, clients are expected to continue progressing in their recovery program with an emphasis on cultivating leadership qualities

in all aspects of their lives. This aspect of our program is part of what makes Red Rock unique. Clients are challenged to grow and give back to their peers, their jobs, and their communities. We find that by providing opportunities to demonstrate leadership, clients build self-esteem and deep connections that can last a lifetime. With freedom comes responsibility, and clients in this phase of treatment are expected to demonstrate the ability to meet their obligations independently and consistently, with healthy behaviors that reflect a principle based life.

At RRRC we offer an optional Phase 4 that clients may apply to after graduating or completing our initial 3-4 month treatment program. Phase 4 clients live in our Alumni Housing, which allows clients an opportunity to practice their recovery program in a primarily peer-run community with limited staff involvement. Clients may still access clinical services and have staff interventions as needed, however, the primary responsibility of continuing a program of recovery and fulfilling obligations is shifted to the clients and alumni community. In this way, clients learn to create a culture of mutual accountability and personal responsibility. Our hope is to set clients up with the tools to create a deep fellowship and strong program for long-term recovery that will endure long after they leave RRRC.

Our hope is that every client has the opportunity to progress through each Phase and towards a new freedom in recovery. We do recognize, however, that clients come to us in various stages of change, and with varying levels of motivation. We do not expect all clients to complete all 4 Phases of treatment, and we do not view that as a failure. Each client will have their own journey, and some will need a longer stint in an environment with increased structure in order to heal and find the motivation to change destructive patterns. At whatever pace they go, RRRC will meet them where they are, and offer the support needed for continued growth towards a life worth living without the use of substances.