

## Our Mission

At the heart of Tennessee's serene landscapes, our facility stands as a beacon of hope for individuals battling addiction. Our team is committed to fostering a welcoming atmosphere where every person is greeted with warmth and respect.

Our mission is to provide compassionate and comprehensive care that addresses our patients' physical, emotional, and spiritual needs. Through a blend of innovative therapies and traditional healing practices, we empower our patients to embark on a journey of self-discovery and recovery, giving them the tools they need to succeed.

## Our Vision

At Myrtle Recovery Centers, we believe in the strength of community and the power of personalized treatment. We ensure that each individual's path to wellness is as unique as they are. Together, we strive to inspire change and support lasting recovery.



📍 18797 Alberta St, Oneida, TN 37841

🌐 [myrtlerecoverycenters.com](http://myrtlerecoverycenters.com)

✉️ [info@myrtlerecoverycenters.com](mailto:info@myrtlerecoverycenters.com)

📞 (423) 569-7866



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# About Myrtle Recovery Centers, Inc.

Myrtle Recovery Centers offers integrated and effective treatment modalities that give patients the tools they need to achieve ongoing recovery.

Driven by passion and expertise, our multi-disciplinary team is committed to guiding patients toward success throughout their recovery journey, supporting them at every milestone.

We provide quality care proven to aide in addiction and co-occurring disorders. Our clinical team works alongside each patient to develop a personalized treatment plan tailored to their individual goals and needs to help them achieve ongoing recovery.

## Our Approach

Servicing Scott County and the surrounding communities at our Big South Fork Medical Center Campus, we are proud to offer the following:

### Medical Detox

Our professional medical team ensures detox is safe and comfortable with around-the-clock care. They ease withdrawal symptoms with evidence-based medications, continuously assess vital signs, and immediately attend to any emergent needs.

Patients will participate in the holistic and multifaceted therapeutic care provided. At Myrtle we have:

- 24/7 Medical Care
- Board Certified Medical Staff
- Licensed and Credentialed Clinicians
- Individual, Group and Family Therapy

### Residential Treatment

Inpatient residential treatment provides high quality care to those struggling with both substance and process addictions in an environment where patients can focus on taking their first steps into recovery and healing without the struggle of being readily triggered and tempted to use.

Our Multidisciplinary Treatment Team helps patients to address the underlying issues that have fueled their substance and behavioral addictions including co-occurring or dual diagnoses such as medical and/or mental health concerns, any history of trauma, and/or challenges in the development of healthy coping skills. Treatment may include:

- Individualized Treatment Planning to personalize each patient's unique care needs
- Medication Management
- Innovative Therapeutic Services
- Individual, Group and/or Family Therapy
- Aftercare and Discharge Planning

### OBOT and MAT Programs

An OBOT (Office Based Opioid Treatment) is an outpatient program for addiction treatment designed for people living with opioid use disorder.

At Myrtle Recovery Centers, we provide Medication Assisted Treatment (MAT) to our patients when clinically appropriate. MAT is an evidence-based treatment that combines counseling and other therapeutic techniques to provide a whole-patient approach.

## Clinical Offerings

- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing (MI)
- Acceptance and Commitment Therapy (ACT)
- Co-Occurring and/or Dual Diagnoses
- Office-Based Opioid Treatment (OBOT)
- Medication-Assisted Treatment (MAT)

## Group Therapies

- 12-Step Philosophy Groups
- Psychoeducational Groups
- Grief & Loss Counseling Groups
- Spiritual Supportive Groups
- Aftercare and Relapse Prevention Groups
- Process/Activity Groups
- Goal Exploration Groups

