TREATMENT SERVICES

Three-Phase Flow
for Dual Diagnosis

clean.® RECOVERY CENTERS

What is the Three-Phase Approach?

Our Three-Phase Approach was developed as a template for determining the path best for each client, while employing leading-edge proven recovery techniques. Below outlines the typical flow of a **Dual Diagnosis treatment program that combines Mental Health and Substance Use Disorder treatment**, but keep in mind that at Clean Recovery Centers, treatment is never one-size-fits-all. We tailor our program to suit each clients' needs. Recovery journeys are unique to the individual, and may or may not follow this order or timeline.

Admissions & Intake

Before the three-phases begin, an analysis within the first 48 hours of treatment determines specific needs. The care team meets with the client to develop a personalized three-phase treatment plan.

---

phase one - preparation.

While each journey is different, many begin with detoxification. Phase I is a 24-hour medically supported residential program that typically takes place over the first 3 to 4 weeks of treatment. This phase allows clients to become stabilized and start the healing process for both body and mind, while preparing them for the next part of their path to long-term maintenance of recovery.

PHASE ONE

DURATION
- 3-4 weeks

TREATMENT DETAILS
- Residential
- Individual & Group Therapy
- Medically Supervised

FOCUS/GOALS
- Stabalization & Structure
- Start the healing journey

Medical Detox

Detoxification is a process of care provided on an inpatient basis to manage the physiological and psychological effects of withdrawal from substances. The withdrawal process from substances such as alcohol, opiates, and benzodiazepine (benzos) can be dangerous and life-threatening.
Clean Recovery Centers offers around the clock medical care and emotional support during detox.

Residential I

Residential treatment is provided in a structured, supervised live-in environment 24 hours-per-day, 7 days-per-week, to help individuals maintain recovery from addiction. During this treatment, clients build skills and tools that are necessary for life after detoxification. Residential I care is medically supported, if needed. Evidenced-based therapy with individual and group counseling, as well as family counseling, is provided.

PHASE ONE LEVELS OF CARE

©2026 CLEAN RECOVERY CENTERS. ALL RIGHTS RESERVED.

TREATMENT SERVICES

Three-phase Flow for Dual Diagnosis

phase two - action.

Phase II can be Non-Residential or Residential and transitions the client out of Phase I by allowing them to address issues that contributed to their addiction and prepare them for more independent recovery.

PHASE TWO

DURATION
2-3 weeks

TREATMENT DETAILS
Residential, transitioning to non-residential
Individual & Group Therapy

FOCUS/GOALS
Analysis & Planning
Prepare for Outpatient Care

Residential II

Our mental health treatment focuses on treating the co-occurring mental health and behavioral health disorders that are common in people who suffer from addiction. This residential treatment program offers housing and meals in addition to individualized treatment. Working with the clinical and medical teams, the client's mental health is stabilized before we address their substance abuse. Client care includes a psychiatric evaluation, diagnosis education, medication education and management.

Day/Night Treatment with Community Housing

The goal of DNT is to prepare clients for the next level of care and teach the skills necessary to combat their addiction. This program is typically non-residential and provides a minimum thirty hours of services per week. Clients often reside at Clean Recovery Centers 24/7 monitored Community Housing during this treatment, but this is not required.

PHASE TWO LEVELS OF CARE

phase three - maintenance.

The third phase involves putting in to practice what has been learned and transition out of full time treatment. This involves continuing group and individual therapy, while gradually decreasing sessions, as well as learning life skills needed to be successful.

PHASE THREE

DURATION
6-8 weeks

TREATMENT DETAILS
Non-residential
Individual & Group Therapy

FOCUS/GOALS
Put learned skills into practice
Transition out of full-time treatment

Dual Diagnosis clients attend either SUD or Mental Health focused IOP/OP treatment groups depending on their needs.

Intensive Outpatient (IOP)

Intensive Outpatient Program (IOP) is a non-residential program that provides a minimum nine hours of services per week, and is comparable to a residential program in effectiveness, with group and individual counseling as a major component.

Outpatient (OP)

A non-residential program providing a minimum two hours of services per week. Clients are either living at home or in a sober living environment and come to the treatment center for Outpatient (OP) services.

PHASE THREE LEVELS OF CARE

Alumni Program

Following any Clean Recovery Centers' treatment program, it is important for clients to remain engaged with the recovery community. Clients are encouraged to participate in Clean Recovery Centers' Alumni Program to receive ongoing support and continued success through social media groups, meetings, and peer events.

©2026 CLEAN RECOVERY CENTERS. ALL RIGHTS RESERVED.