



Who Can Benefit

Those who can benefit from this program include:

- Any person 18 years or older experiencing daily stress and functioning from a chemical dependency and/or a substance addiction.
- Participants with a readiness for change.
- Anyone that can benefit from a structured and protective Environment, yet does not need 24-hour care.
- Anyone with a primary substance use disorder and/or co-occurring disorders.
- Serving Civilians, Veterans, Military & Spouses.

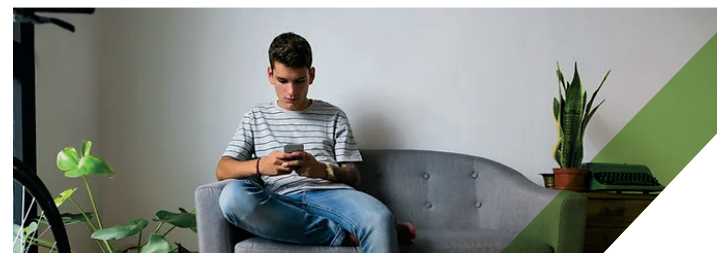
Step Into Our Wellness Path

Upon enrollment into the program:

- **Connect** with your therapist for an assessment to create a plan for your recovery
- **Co-Create** your plan as the bridge to your treatment, education, and family support with your Certified Counselor
- **Link** to your Peer Recovery Specialist for home and community support
- **Advocate** with your Care Team to meet your recovery needs

Additional supports in the community include linkage to:

- Psychiatric providers
- Primary Care Doctors
- Marriage and Family Therapists
- Housing coordinators
- Local Community resources



Getting Started

A referral is not required to be admitted to the program. However, referrals can be made by the following people or agencies

- Psychiatrist or therapists
- Healthcare providers
- Local Community Service Boards
- Community Partners

Zeno Wellness Group

Request information

Info@ZenoWellnessGroup.com

Contact for a screening

757-567-5854

Learn More

ZenoWellnessGroup.com

Services Offered

Zeno Wellness Group is designed for participants with a chemical dependency and substance addiction who are beginning recovery. The program allows participants to receive the help and therapy they need with minimal disruption to their lives.

- Holistic Wellness
- Family Support Services
- Intensive Case Management
- Peer Support
- After supports & Collaborative care
- Comprehensive screening and assessment
- Individual treatment planning and review
- Individual and group therapy (In person and Telehealth)
- Psychoeducational programming
- Discharge planning and linkage to additional step-down community supports