



# Addiction Treatment That Works

**Spectrum Health Systems provides healing, help, and hope at its newly opened New England Recovery Center in Westborough, Massachusetts.**

**B**rendan was a nationally ranked college baseball pitcher with a promising future in the major leagues before he blew out his shoulder during his senior year. Surgery followed, and his baseball career was over. Then Brendan developed an addiction to prescription pain medication, and his life quickly spiraled out of control. He began stealing from his parents and even started dealing drugs to support his addiction. He bounced in and out of treatment centers, only to use again once he was discharged.



While relapse isn't uncommon for people seeking recovery, it's important to keep trying. Eventually, Brendan and his family contacted Spectrum Health Systems and checked him into treatment. Under Spectrum's care for about a year, Brendan completed detoxification, inpatient rehab, and outpatient treatment. This time he was able to make the changes needed to sustain recovery. Now he works for Spectrum and helps others overcome addiction.

"Brendan is a star employee with a wife and a baby at home. He has completely turned his life around and credits Spectrum for helping make that possible," says Kurt Isaacson, CEO of Spectrum Health Systems.

Recovery doesn't just happen; it needs to be planned to be most successful. At Spectrum's New England Recovery Center (NERC), staff recognize that each person's strengths, challenges, preferences, and recovery journey are different. Highly trained clinicians work with each client to provide personalized addiction treatment focused on individual needs.

## Medically Monitored Detoxification

Detoxification is often a necessary first step for individuals seeking addiction treatment. If needed, clients can complete on-site detoxification at NERC

prior to entering the inpatient rehab program. During this time, the interdisciplinary team works with the client to prepare them for the next step in their recovery journey.

## Inpatient Rehabilitation

Based upon individual needs, each client attends a structured daily schedule of therapeutic activities including individual and group counseling. Health and wellness, including personal fitness, yoga, massage therapy, and mindfulness activities, are integrated throughout treatment to nourish the mind and body, promote lasting behavioral change, and help build a strong foundation for sustained recovery.

Comprehensive family services are



available to engage both clients and their family members in the treatment and recovery process. A series of educational groups is also available to help equip families with all the tools needed to support their loved one

when they return home.

## Continuing Care

Continuing care planning begins upon admission and continues throughout treatment to help ensure sustained recovery and a successful transition back home. Prior to discharge, all clients develop an individualized recovery plan, which includes referrals to community-based resources for continued recovery support. Many clients take advantage of Spectrum's own treatment continuum, which allows a seamless transition to one of many outpatient treatment centers offering a range of counseling services and medication-assisted treatment.

## Peaceful Setting in Centralized Location

The New England Recovery Center is situated on a 25-acre picturesque campus in Westborough, Massachusetts. This classic New England town is located at the crossroads of the Mass Turnpike and Interstate 495, offering easy access to Boston's Logan International Airport and T.F. Green Airport in Providence, Rhode Island. Transportation services are also available.

*Call NERC today at*  
**(844) 800-NERC or visit**  
**NewEngland**  
**RecoveryCenter.org**



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