La Paloma Outpatient Center is conveniently located in a charming East Memphis neighborhood where we serve patients stepping down from higher intensity services as well as individuals seeking entry-level outpatient care. Based on an award-winning treatment model, La Paloma Outpatient Center is a group-oriented program that offers staff and peer support, psychiatric evaluation and assessment, medication management, group therapy and life skills classes integrated with 12-Step principles.

Every patient receives an individualized program to meet his or her unique needs, created by a staff with expertise in treating addiction and co-occurring mental health disorders. Our hand-picked team provides support and expert guidance through each step of recovery.

Patients beginning recovery can rest assured that our outpatient program will meet them where they are. We provide programs that allow individuals to start from square one and find the healing they need before their issues escalate.

Stepping down from a residential program can be intimidating, but our outpatient services are designed to help patients make that crucial transition back into a “real life” setting with positive support and programs that teach recovery maintenance techniques.

This unique program teaches patients how to reduce their stress and alleviate chronic pain with alternative therapies, steering away from medication dependence and finding solutions to physical and emotional pain, anxiety, mood disorders and sleep problems.

La Paloma Outpatient Center
866.494.7787
LaPalomaTreatment.com

What’s Unique about La Paloma Outpatient Center?

**Individualized Plans**
Every patient receives an individualized program to meet his or her unique needs, created by a staff with expertise in treating addiction and co-occurring mental health disorders. Our hand-picked team provides support and expert guidance through each step of recovery.

**Entry Level Treatment**
Patients beginning recovery can rest assured that our outpatient program will meet them where they are. We provide programs that allow individuals to start from square one and find the healing they need before their issues escalate.

**Post-Residential Treatment**
Stepping down from a residential program can be intimidating, but our outpatient services are designed to help patients make that crucial transition back into a “real life” setting with positive support and programs that teach recovery maintenance techniques.

**Stress Management for Chronic Pain Program**
This unique program teaches patients how to reduce their stress and alleviate chronic pain with alternative therapies, steering away from medication dependence and finding solutions to physical and emotional pain, anxiety, mood disorders and sleep problems.

INPATIENT SERVICES: La Paloma Treatment Center
In addition to providing outpatient services, La Paloma has a residential center that offers a comprehensive inpatient program with the same dedicated model of integrated treatment, patient-centered care and individualized plans. We offer medically supervised detox, a full spectrum of therapies and recreational activities, as well as relapse prevention planning. To find out more about La Paloma’s residential center, call or visit us online at LaPalomaTreatment.com.

For more information on La Paloma Outpatient Center, please visit us online at LaPalomaTreatment.com
Quick Guide to Services at La Paloma Outpatient Center

• Our treatment philosophy is based on Motivational Interviewing and a stages-of-change approach with sessions including both specialty and process groups.

• Treatment begins with a comprehensive assessment completed by a licensed therapist. A full medical and psychiatric profile allows us to create a treatment plan that truly meets the individual’s specific needs.

• We offer focused morning and evening sessions to accommodate busy schedules and allow patients to maintain their everyday routines while acquiring and practicing necessary recovery skills.

Our Evidence-Based Treatment Model

La Paloma Outpatient Center practices the award-winning Foundations Recovery Network model of treatment. We combine evidence-based addiction treatment with innovative therapies for emotional and mental health to address co-occurring disorders effectively. Patients who have experienced the FRN model of treatment are more than twice as likely to maintain sobriety one year post-treatment than those who have attended traditional programs.

Features & Amenities

• Convenient location in suburban East Memphis
• Day and evening programs
• Compassionate care in a non-judgmental setting
• Holistic interventions including meditation and hypnotherapy
• Treatment for those taking Suboxone or Subutex

Treatment Services

• Outpatient treatment for addiction and co-occurring mental health issues
• A customized care plan focused on the unique needs of each individual
• Comprehensive psychiatric assessment
• Specialty groups including relapse prevention and stress management
• Primary group therapy with a licensed mental health professional
• Full panel drug screening upon admission and periodic random drug testing
• Motivational Interviewing using a stages-of-change approach
• Physician-directed medication management