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We believe that without properly addressing mental illness through appropriate medication and therapy, any attempts to recover from addiction are ineffective.



877-777-5150

Viewpoint Dual Recovery Center is the premier extended treatment program in the U.S. dedicated to individuals with co-occurring mental illness and substance abuse (Dual Diagnosis).

Our program is focused on providing clients with a transformative, nurturing and individualized experience, designed to build the self-esteem and skill sets needed to live their “best life” possible. This is achieved through our UHELP™ program model, combined with long-term, structured sober living.

The minimum stay for our program is 90 days with an average length of stay between 6-12 months. Our program is tailored to clients who have completed a primary treatment program and are seeking continued long-term treatment. Our clients treatment is focused on making critical lasting changes while helping them transitioning back to a manageable sober lifestyle.





## About the Executive Director

As someone who spent years trying to find a solution to her own struggles with bipolar and substance abuse, Amy found herself wrestling with how to develop a program designed to meet the unique needs of those with similar challenges. Equipped with her firsthand experience of ineffective approaches from programs not suited to treat dual diagnosis, she developed Viewpoint Dual Recovery Center.

Amy Fackrell has practiced law in California and Texas since 1990. The experience of working with a large client base combined with her own treatment experience made it clear what a wide spread and deep-rooted issue dual diagnosis had become within our society. Amy was a pioneer in seeing a need for programs that offer proper long-term treatment and recovery for people with co-occurring mental illnesses and substance abuse problems.

Amy made the decision to leave the law practice and devote herself to helping those who did not know how to help themselves. Amy made a commitment to meet the needs of individuals who face mental illness and substance abuse diagnoses by founding one of the only long-term dual diagnosis focused program in the Country in 2010, Viewpoint Dual Recovery Center. Amy is committed to working with people suffering from mental health and substance abuse issues to help them make a lasting lifestyle change.

In the hopes of learning more about dual diagnosis and with the desire to help those suffering with mental illness, Amy decided to further her professional training and earned her Master's Degree in Counseling/Psychology in 2010 from Prescott College. Amy continues to be on the cutting edge of recovery for people with addictions and mental health disorders.

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I found myself bouncing from program to program trying to find one that actually helped me with my addiction to opiates, as well as my bi-polar and trauma issues. Everywhere I went I became a “special case” which resulted in me feeling more alone and helpless. I was on the verge of giving up until I had the chance to address all my issues through Viewpoint’s UHELP™ Program.

Thanks to Viewpoint I received some great therapy for my trauma, determined the ideal medication regimen for my bi-polar, and just celebrated one year of sobriety! I find myself facing the challenges of the day with grace and confidence. Viewpoint Dual Recovery Center is just what I needed.

I thank you, and my family thanks you for all that you do!

-Sarah B.

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### Understand

Accurate diagnosis, determined through our team of experts, is the foundation of our program.



### Heal

Intensive and ongoing therapeutic work from various approaches helps individuals break through the root causes of their own issues.



### Educate

During this time we teach our clients areas such as: Mood Management, Healthy Relationships, Problem Solving, Self-Care, Health and Nutrition.



### Love

As we treat our clients we have found it essential to provide love and encouragement in order to give them the confidence they need to be successful.



### Practice

Our compassionate approach to client care affords them a safe and secure environment in which they can learn from their mistakes.

## Long-Term Dual Diagnosis

Viewpoint Dual Recovery Center's comprehensive approach to treating dual diagnosis is achieved through our trademarked system, UHELP™ (Understand, Heal, Educate, Love, and Practice). Our system affords clients the ability to go beyond short-term success and make true lasting change.

Call us today to find out how we can work together to help you, or your loved one.

**Toll Free:**  
**877-777-5150**

**Email:**  
[info@viewpointdualrecovery.com](mailto:info@viewpointdualrecovery.com)

**Web:**  
[www.viewpointdualrecovery.com](http://www.viewpointdualrecovery.com)

## Top 10 Reasons to Choose Viewpoint

1. Affordable and Accepts Most Major Insurance
2. Almost 2:1 Client to Staff Ratio
3. 24 Hour Access to Staff
4. Tested and Proven True Dual Diagnosis Program
5. Experienced Treatment Staff
6. Long-Term Program with Transition Assistance
7. Addresses Mental, Physical, Spiritual, and Emotional Health
8. Cutting Edge Therapies
9. On-Staff Psychiatrist
10. State Licensed and Nationally Accredited

## Understand

We believe that recovery from substance abuse is unrealistic without properly addressing any existing mental illness. Equipped with the correct diagnosis we avoid unnecessary or inappropriate treatment, which only serves to frustrate those suffering as well as their loved ones. Unlike other programs, we offer a program focused on dual diagnosis rather than treating it as an afterthought. In addition to correct diagnosis, a client's understanding of long-term challenges and realities are critical to their healing.

## Heal

Once we understand the individual needs of clients, our staff then continue to address the origins of their challenges based on the most proven and current therapies available. Intensive and ongoing therapeutic work from various approaches helps individuals break through the root causes of their own issues. Therapy which specifically focuses on the issues related to mood, anxiety, and other personality disorders is highly effective and complements any current or previous treatment.

## Educate

As understanding and healing progress, underlying issues are addressed and the opportunity to provide our clients with the right tools to manage their lives (given their unique circumstances) presents itself. During this time we teach our clients: Mood Management, Healthy Relationships, Problem Solving, Self-Care, Health and Nutrition, Money Management, and Job Securement among other topics in order for them to support a sustained healthy lifestyle. While struggling with life skills has been shown to be a significant obstacle or even rationale for relapse for many in recovery, fewer than 1/3 of treatment programs teach life skills to their clients.

## Love

As understanding, healing and education continue, self-esteem can still be a continuing battle for those in early recovery, especially those with a dual diagnosis. As we treat our clients we have found it essential to provide love and encouragement in order to give them the confidence needed to try and practice their new tools.

## Practice

Our clients are learning a new way to live, which can be very challenging. This is why we provide a long-term structured and nurturing environment for our clients to grow into their new set of tools. This is a crucial component of our program, as it may take months to form new and lasting pathways in the brain. Our compassionate approach to client care affords them a unique environment in which they can learn from their mistakes. Once our clients are able to demonstrate their newly acquired tools on a consistent basis we begin to develop a plan to support continued use of these skills upon their graduation from our program. Our goal is to afford each client a smooth transition to their "best life" possible.



[www.facebook.com/ViewpointDualRecovery](https://www.facebook.com/ViewpointDualRecovery)

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I have been to five different treatment programs in the last two years. What stood out to me the most about Viewpoint was that the program is actually individualized. The other programs I've been to claimed to be unique for each person, but the treatment I received was always the same as everyone else's. I am so grateful for Viewpoint because now I have a recovery program specific to my needs and diagnosis. I am truly committed to facing my issues and learning how to live a life without drugs and alcohol while managing my depression.

-Bret M.

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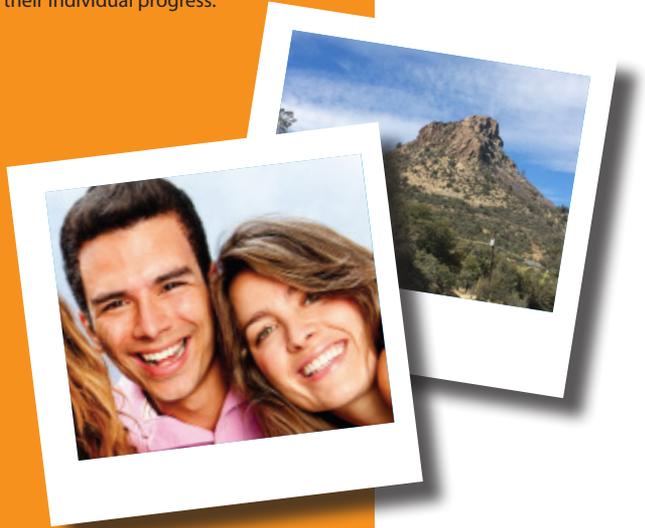
## Extended Treatment Program

Our Extended Treatment Program is focused on providing clients, 18 years and older, with an individualized long-term plan to manage their co-occurring mental illness and maintain sobriety. This is achieved through our UHELP™ program model combined with our long-term, structured sober living. The minimum stay for this program is 90 days with an average length of stay ranging from 6-12 months.

While in our Extended Treatment Program clients earn responsibilities as well as privileges based on the input of the entire clinical team. Clients are supported in every way possible to become gainfully employed or enrolled

in school depending on their needs and goals.

We do allow clients to have their cell phones, computers, and vehicles depending on their individual progress.



## Why Choose Viewpoint

In contrast to other programs where the overwhelming majority of clients do not have mental illness, we offer a program dedicated to dual diagnosis. This allows us to provide a more focused, supportive, and therefore effective environment for treatment. Most programs focus on substance abuse and treat mental illness as a secondary issue. We believe that without properly addressing mental illness through appropriate medication and therapy, any attempts to recover from addiction are ineffective. We believe this is often why dual diagnosis individuals are unsuccessful in recovery and find themselves attending multiple treatment centers. With Viewpoint Dual Recovery Center, you or your loved one aren't treated as the exception, but are surrounded by people who understand or share your challenges. Our treatment team consists of caring professionals who possess a



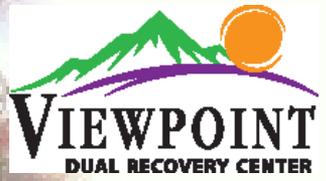
combination of clinical and firsthand experience, which ensures our progressive and empathetic approach.

Our unique focus and team of experts allows us to work in conjunction with other treatment centers to support the needs of those clients who have struggled to find help at non-dual diagnosis focused programs.

## Intensive Outpatient

Our Intensive Outpatient Program (IOP), offers many of the same benefits of our Extended Treatment Program, but in a less intensive and structured environment. Every week our Outpatient clients attend three group therapy sessions in addition to an individual session with one of our therapists for an average of eight weeks (program duration dependent on client's progress). Clients live at home and travel to Viewpoint Dual Recovery Center for outpatient treatment sessions which are located in Prescott Arizona.





**New Vision. New Hope. New Life.<sup>TM</sup>**