



SPECIAL TO FOCUSLINK BEHAVIORAL HEALTH, LLC

Adults and Adolescents

CALL: 775-419-6350

CASH PAY SERVICES Substance Abuse Rehabilitation

Assessment and Diagnosis	\$85
Individual (one-on-one) Therapy	\$50
Group Therapy (maximum 8 clients per group)	\$20
Crisis Intervention	\$60

All items above priced for 1 clinical hour. Crisis intervention is for any call length up to one hour.

PHILOSOPHY

Shelley maintains a minimum client caseload in order to be responsive to her clients' needs for multiple weekly appointments.

This small caseload also allows her to provide weekly fitness training groups twice a week FREE OF CHARGE to her clients. Fitness is not required, but is recommended.

Clients receive a free copy of Shelley's book, *Rebalancing the Addictive Mind: Beating Addiction with Exercise and Nutrition*.

Shelley's style is directive, based upon your being honest about your challenges, concerns and needs. Be prepared to receive and read educational material, complete worksheets and "homework". *Be prepared to be SUCCESSFUL IN ATTAINING YOUR THERAPUETIC GOALS!*

As a recovering alcoholic/addict since September 5, 2001, Shelley understands what you're going through. This is a "no judgment", "no shame", "safe" environment for healing. You can count on absolute confidentiality and individualized, personal care. **With a small, select caseload, you are not a number to Shelley, but part of her "tribe".**

WHAT TO EXPECT

Assessment and two follow-up sessions must be paid for at the time of assessment (Minimum \$125). Thereafter, appointments must be paid for in advance.

Appointments cancelled with less than 24 hours' notice will be billed. Cancellations with more than 24 hours' notice will be rescheduled. You may attempt to claim reimbursement from private insurance for services received. **Your insurer may or may not fully or partially reimburse your claim. Shelley Poerio, Living Free Health & Fitness, and Focuslink Behavioral Health have no control over that process and make no claims or guarantee regarding reimbursement of any kind.**

There is no charge for fitness training and related healthy-eating/diet instruction. If you need help with your first two months of gym membership and sign-up fee, local 501(c)(3) non-profit Living Free Health & Fitness will help you with those costs. Discuss this with Shelley during your post-assessment follow-up session.

CLINICIAN BACKGROUND

Rochelle "Shelley" Poerio is a Licensed Clinician, Master Addiction Counselor, Certified Fitness Trainer, and author of "Rebalancing the Addictive Mind: Beating Addiction with Exercise and Nutrition." She is also the founder of Living Free Health & Fitness, a 501(c)(3) organization that helps people stay in recovery through counseling, education programs, lifestyle changes and sober living. Shelley lives in Pahrump, NV and has been in active recovery since September 5, 2001. For more information: www.LivingFreeHealth.org

Shelley attended Stanford University and graduated with a BA in Communication in 1983. She was team captain on the varsity track team sharing a relay record and holding two weight-lifting records in her weight class. Shelley earned a master's degree in professional counseling from Liberty University in 2012. She has been an addiction counselor since 2009.

Credentials

LADC	Licensed Alcohol & Drug Counselor	State of Nevada	1501-L
LADC-S	Licensed Supervisor of Alcohol & Drug Interns	State of Nevada	0490-S
MAC	Master Addiction Counselor with Co-Occurring Component	NBCC	510073
CFT	Certified Fitness Trainer	ISSA	470068



Sober Living for Life™

Living Free Health & Fitness Sober Living Homes

Mission Refining knowledge, skills, attitudes and lifestyle habits crucial to living a life-time in recovery.

Problem Inability to access treatment, or insufficient treatment durations, leave many lacking the resilience and self-efficacy necessary to avoid chronic relapse.

Our

Distinction Comprehensive enrichment program delivering proprietary, evidence-based education, lifestyle and life skills curriculums supervised and managed by a licensed clinician.

• **Sobriety first**

- Clinical-quality, proprietary programming
- Nine hours per week educational and experiential learning
- Weekly one-on-one meetings with a licensed/certified clinician
- Community / sober social support meetings, i.e. 12-step and others

• **Lifestyle**

- Nutrition – daily healthy eating & weekly cooking practicums
- Gym - membership, training & commitment to physical activity
- Behavior – developing individual strengths and interests
- Health – physical, emotional and mental

• **Life Skills**

- Employment / education development and assistance
- Budgeting – lessons in surviving on a budget
- Relationships and home economics – shared responsibilities and teamwork
- Volunteer / service work commitments

• **Non-Profit Corporation**

We work for our guest-residents – not shareholders or investors!
Treatment-like quality services delivered at a competitive price-point.

All of the above are included in the weekly fee of \$150.00 plus a one-time \$150 intake fee. Please call to learn more about how we differ from other sober living homes.

Contact us to learn more!

Our non-profit company and houses are located in Pahrump!

702-600-2527

Shelley@LivingFreeHealth.org

www.LivingFreeHealth.org



What to Expect as a Guest of Sober Living for Life

Move-in total cost is \$300

Intake - \$150 one-time

This fee covers the cost of a licensed or certified professional assessing your needs and suitability for residing as our guest. If a person is determined to be inappropriate for the living environment, no fee will be charged, and an appropriate referral will be made. Other costs associated with the intake fee include drug testing, room set-up and move-in administration.

Guest residence - \$150 per week

This fee provides the following:

- Nine hours of proprietary, clinical programming per week
- Weekly meeting with a licensed or certified clinician
- Gym membership and training w/ certified fitness trainer weekly
- Weekly cooking practicums (food is provided for these exercises)
- Assistance with resume writing, practice interviews and other employment-development needs
- Shared computer workstations with Office 365
- High-speed Wi-Fi
- Furnished room
- Linens (towels, sheets, pillow, etc.)
- Residence in a middle- upper-middle class neighborhood
- Structure and supervision
- Referrals to case managers and community resources

Your Responsibilities

Adherence to our rules is mandatory. We want to maintain a safe, professional, healing environment. We want you to succeed!

- Submit to random drug tests and room searches
- Participate in all programming
- Get a job, be actively looking for employment, attend school and/or engage in volunteer work
- Curfews and related limitations on visitations (based upon how long you've been in the house)
- Household cleaning and yard maintenance (basics)
- Personally responsible and accountable for maintaining a quiet, professional, adult environment.

The House

You're going to love it!

- Approximately 1900 square feet on 1+Acre
- 3 Bedroom, 2 bath, Maximum 7 guests
- Gardening and other hobbies
- A supportive team environment for those willing to give 100% to their recovery!