



Your best life is rooted in recovery!

The Oaks of McAlester has a longstanding history of providing excellent recovery and rehabilitative services since 1974 and was the state of Oklahoma's first transitional living facility (halfway house) for women. With the treatment options and resources available at The Oaks, hundreds of individuals each year are able to find the support needed to begin their path to recovery. Both residential and outpatient services at The Oaks of McAlester are available to individuals with SoonerCare, Medicare, or HealthChoice insurance coverage.

Treatment is focused on each individual's specific goals for recovery. The structured therapeutic environment empowers individuals to develop a healthy physical, mental, and spiritual self, free from the challenges of Substance Use Disorder. Every individual is embraced by the welcoming and recuperative experiences while fostering the skills and resources needed to lead a sober life.

About The Oaks of McAlester

- Providing residential and outpatient substance use disorder treatment for:
 - Adult males
 - Adult females, including pregnant individuals
 - Adult female individuals with children
- Residential Capacity
 - 10 males
 - 15 females
 - Up to 40 individuals in our family unit
- Duration of residential treatment is normally 30 days. Female individuals with children, or who are currently pregnant, may stay for up to 4 months.
- Individuals normally share rooms. Three meals and snacks are served each day.
- On-site staff 24/7
- Treatment plans are tailored individually based on specific recovery goals. Plans focus on individuals taking ownership for their own recovery thus creating accountability and laying the foundation for success in the real world.

- Individual and group therapy
- Daily recreational and wellness activities
- Multi-disciplinary treatment teams including doctors, nurses, licensed counselors, and peer recovery support specialists
 - Peer Recovery Support Specialists (PRSS) are certified by the State of Oklahoma and provide personal insight from their own past journey to recovery. By sharing these insights, it gives individuals currently seeking treatment the opportunity to utilize the PRSS's experiences to help further their own recovery.
 - Psychiatric medication management is available, including medication for opioid use disorder (Suboxone)
 - Holistic approach to treatment inclusive of mind, body, and spirit
- Assistance with accessing Medical Detoxification when needed

“The Oaks of McAlester welcomes individuals suffering from the challenges of addiction, including those with co-occurring mental health illnesses. The Oaks is a structured treatment environment that empowers individuals to enter into recovery and prepares them to live their best lives. Each person is embraced by a welcoming and caring treatment team focused exclusively on their personal recovery.”

For more information about The Oaks of McAlester, including admissions and insurance verification, please contact Austin Coats at (800) 640-9741 ext. 2046 or acoats@healthwellnessok.com



• Investing in Our Communities • Improving Quality of Life •
 • Providing Comprehensive Services •

www.healthwellnessok.com

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