



Welcome!

Thank you for choosing InnerBalance Health Center for your recovery needs. All of us at InnerBalance are looking forward to meeting you.

Please read all documents of the Welcome Packet thoroughly as there are important items for you to know that will ensure a smooth transition into our program.

**Upon arrival**

If you have made your flight reservations on your own, please email that information to ([keri@innerbalancehealthcenter.com](mailto:keri@innerbalancehealthcenter.com)) so we can make a reservation for you with Super Shuttle.

If you have worked with our travel agent to make your flight reservations, she will book the shuttle for you and will email Keri your flight and shuttle information.

When you arrive at DIA, you will need to go to the ***Super Shuttle*** island to board the van. The van picks up at 10 minutes after every hour.

The address to our office is:  
InnerBalance Health Center  
1414 West 28<sup>th</sup> Street  
Loveland, Colorado 80538  
877-900-7848

***InnerBalance Health Center, LLC is not a medically managed detox center and although we would like you to be free from alcohol and mind altering, addictive substances upon enrollment, it is not our recommendation you stop alcohol or other drugs without medical assistance. Please talk with your physician about stopping alcohol and these drugs. If you need assistance with this, please contact us and we would be happy to help you. All clients are tested upon admission and if positive for life-threatening substances that could cause severe withdrawal, may be taken to detox and could lead to a delay in entering treatment. This excludes necessary prescriptions cleared by the Clinical Director.***

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[www.innerbalancehealthcenter.com](http://www.innerbalancehealthcenter.com)



If you have any questions or need anything else before you arrive, please do not hesitate to call us at the InnerBalance Health Center office 877-900-7848. Thank you and again, we are looking forward to meeting you.

Best regards,  
InnerBalance Health Center

### **Family Members**

If you are a family member with concerns for what happens after treatment, please call Keri Hannaford at 877-900-7848 and set up a conference call with your loved one and Joe Eisele, our Clinical Director to discuss facilitating a smooth transition back into family life. The call will be scheduled towards the end of the 5 weeks of treatment.

While the majority of clients who successfully complete our program have a high success rate, there is a percentage of clients who were not ready for treatment and therefore have a higher chance of relapsing. Because we do not know the client very well upon admission, it is very difficult to assess client's readiness for treatment and therefore we rely on the clients and families judgment in this matter.

If you have concerns, requests or questions relating to your loved one in treatment, please put these in writing and send to Keri either by e-mail

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[keri@InnerBalanceHealthCenter.com](mailto:keri@InnerBalanceHealthCenter.com) or fax 970-203-0222. She will direct these to the appropriate person and you will receive a response within two business days providing we have a release from the client to correspond with you.

### *Addiction Resources for Friends & Family*

#### **Understanding Addiction**

[Under the Influence: A Guide to the Myths and Realities of Alcoholism](#) - James Milam

[I'll Quit Tomorrow: A Practical Guide to Alcoholism Treatment](#) – Vernon Johnson

[The Recovery Book](#) – Mooney, Eisenberg & Eisenberg

[Parenting One Day at a Time](#) – Alex Packer, PhD.

[Bradshaw On: The Family: A New Way of Creating Solid Self-Esteem](#) – John Bradshaw

[Adult Children of Alcoholics](#) – Janet Woititz

#### **Support Groups**

Al-anon [www.alanon.org](http://www.alanon.org)

Alateen [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Nar-anon [www.nar-anon.org](http://www.nar-anon.org)

Codependents Anonymous [www.codependents.org](http://www.codependents.org)

Alcoholics Anonymous [www.aa.org](http://www.aa.org)

Narcotics Anonymous [www.na.org](http://www.na.org)

#### **Communication**

[Nonviolent Communication: A Language of Life](#) – Marshall B. Rosenberg

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## **Empowerment**

[The Language of Letting Go](#) – Melody Beatty

[One Day at a Time in Al-Anon](#) – Al-anon Family Group Head Inc.

[The Power of Now: A Guide to Spiritual Enlightenment](#) – Eckart Tolle

[Mutant Message Down Under](#) – Marlo Morgan

[Co-Dependent No More and Beyond Co-Dependency](#) – Melody Beattie

[The Road Less Traveled](#) – M. Scott Peck

[Lost in the Shuffle](#) – Robert Subby

[Women Who Love Too Much](#) – Robin Norwood

[Co-Dependence Misunderstood-Mistreated](#) – Anne Wilson Schaefer

## **Biochemical Resources**

[The Mood Cure: The 4-Step Program to Take Charge of Your Emotions--Today](#) – Julia Ross

[The Edge Effect: Achieve Total Health and Longevity with the Balanced Brain Advantage](#) –  
Dr. Eric Braverman

## **Diet & Cookbooks**

Clean Eating Magazine – [www.cleaneatingmag.com](http://www.cleaneatingmag.com)

[The Eat-Clean Diet Cookbook: Great-Tasting Recipes That Keep You Lean](#) – Tosca Reno

Cooking Light Magazine – [www.cookinglight.com](http://www.cookinglight.com)

[Eating by Color: For Maximum Health](#) - Williams-Sonoma

Prevention Magazine – [www.prevention.com](http://www.prevention.com)

Fine Cooking – [www.finecooking.com](http://www.finecooking.com)

Quick and Fresh Magazine - Ellie Krieger

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