LONGLEAF
RECOVERY & WELLNESS

Partnering for Recovery: An Overview of Longleaf Recovery & Wellness

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Who is Longleaf?

Longleaf Recovery & Wellness is a behavioral health organization providing comprehensive mental health and substance use treatment across Alabama.

What We Do

- Substance Use Treatment
- Mental Health Treatment
- Co-Occurring Disorder Treatment
- PHP, IOP & Outpatient Services
- Individual, Group & Family Therapy
- Medication Management
- Recovery & Wellness Support

Our Mission

To provide compassionate, evidence-based behavioral health treatment that empowers individuals and families to achieve meaningful, sustainable recovery.
Our Commitment

We believe in being a **resource to our community,** connecting individuals with the right care at the right time, whether that care is at Longleaf or with another provider.

Our Treatment Programs

Birmingham Recovery Center (BRC)-
Primary SUD Treatment

Treats:

- Alcohol & opioid use disorders
- Cannabis & other substance use disorders
- Co-occurring mental health conditions
- *PHP/IOP for stabilization & recovery*

Longleaf Wellness
Primary Mental Health Treatment

Treats:

- Depression & anxiety
- Trauma & PTSD
- Dual diagnosis & mood disorders
- Co-occurring conditions
- *PHP/IOP for primary mental health needs*

Longleaf Recovery and Wellness-Huntsville
Mental Health & Substance Use Treatment

- Mental Health Track
- Substance Use Disorder Track
- Co-occurring & dual-diagnosis treatment
- *PHP & IOP levels of care*

Longleaf Recovery and Wellness- Baldwin
Mental Health & Substance Use Treatment

- Mental Health Track
- Substance Use Disorder Track
- Co-occurring & dual-diagnosis treatment
- *PHP & IOP levels of care*

COMING IN 2027

Longleaf Residential SUD Treatment Campus

Sterrett, Alabama

60 Total Beds

- **50 Residential SUD Beds**
- **10 Medically Monitored Detox Beds**

A 150-Acre Recovery Environment

- Equine Therapy
- Swimming Pool
- Fishing Ponds
- Expansive Outdoor & Recreational Spaces
- A peaceful, nature-based setting designed to support recovery and connection

Expanding Access. Creating Connection. Transforming Recovery.









Our Treatment Approach

🧠 Whole-Person Care	🛠️ Recovery-Focused Treatment	🌱 Sustainable Change
We address the **full spectrum of mental, emotional, and behavioral health needs**	Focus on **stabilization, insight, and skill development**	Symptom relief paired with **root-cause work**
Care is **individualized** to each client's goals and strengths	Clients learn **practical tools** to support lasting recovery	Builds a **strong foundation** for life beyond treatment

Sample Daily Schedule

PHP
9:00–10:00 PsychEd
10:00-10:15am Break
10:15pm-12:15pm Process Group
12:15pm-1:00pm Lunch
1:00pm-3:00pm Process Group

Daytime IOP
9:00–10:00 PsychEd
10:00-10:15am Break
10:15pm-12:15pm Process Group

Evening IOP
6:00pm-7:00pm Psych Ed
7:00pm-7:15pm Break
7:15pm-9:15pm-Process Group

PHP Meets Monday-Friday
IOP5 Day-Monday-Friday
IOP3 Day- Monday, Wednesday, Friday
Evening IOP- Monday, Wednesday, Thursday

Length of Stay

Individualized Treatment Duration

- Length of stay varies based on **clinical needs, progress, and treatment goals**
- Care plans are **continuously evaluated and adjusted**
- **No client discharges** without a discharge plan

Typical Program Range



Primary SUD
12-16 weeks



Primary Mental Health
12-20 weeks

Individual and Family Services

- **Weekly individual therapy** with a licensed clinician
- **Monthly family therapy sessions** (strongly encouraged)
- **Weekly family support group**

Additional Treatment Services

- **Medication management**
- **GeneSight® testing** (as clinically indicated)
- Referrals for **TMS** and **Spravato®**
- **Alumni outpatient group** (meets weekly)
- **Healthcare professional evaluations**

DBT Programming

Twelve Week Curriculum

- The Basics Of Behavior
- Mindfulness
- Distress Tolerance-Crisis Survival Skills and Radical Acceptance
- Emotional Regulation
- Interpersonal Effectiveness



Recreational Therapy

Led by a Certified Therapeutic Recreation Specialist (CTRS)

Group Focus Areas

- **Healthy Leisure & Recreation** – Identifying enjoyable activities that support recovery and overall well-being
- **Social Connection** – Building communication, teamwork, and healthy interpersonal skills through shared activities
- **Coping & Stress Management** – Learning how recreation and leisure can be used as healthy coping strategies
- **Wellness & Self-Care** – Incorporating movement, creativity, mindfulness, and other wellness-based activities
- **Community & Life Skills** – Exploring opportunities for healthy engagement and connection within the community
- **Recovery & Quality of Life** – Helping clients develop interests, routines, and activities that support a fulfilling life in recovery

Therapeutic Goal:
Use purposeful recreation and leisure experiences to strengthen recovery skills, promote wellness, and help clients build a balanced and meaningful lifestyle.



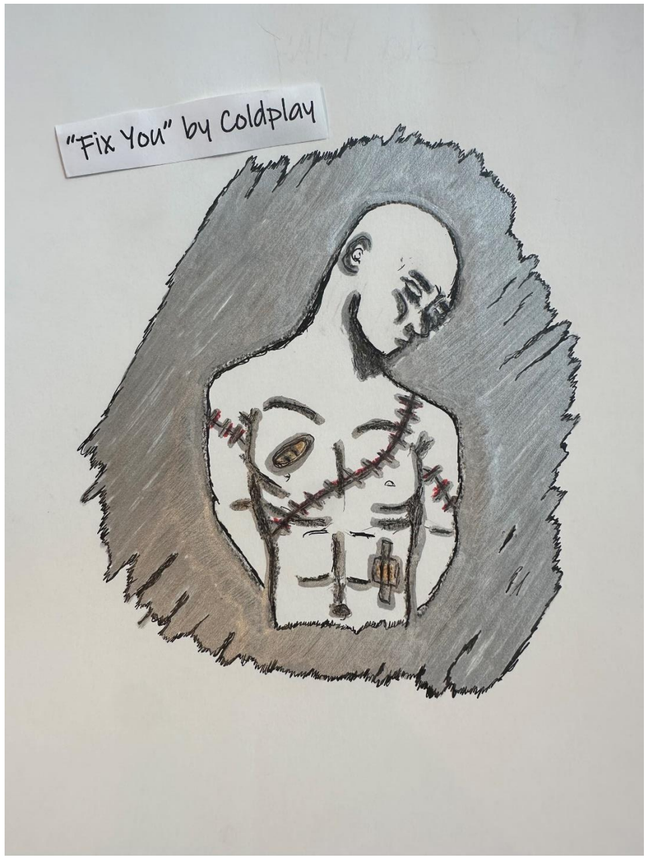
Experiential Art Activities

- Clients engage in creative expression through art
- Enhances emotional processing
- Encourages alternative communication













Mandala-both circle and center, implying that it represents both the visible world around us and the invisible one deep inside our minds and bodies. A symbol of balance and inner peace.


When I was a kid my parents told me I didn't exist.


Don't Be a
GRINCH
You are Loved
You got this
You are beautiful
Be
Kind

The Right Client for Longleaf

Longleaf is designed for individuals who need more support than traditional outpatient care can provide, but who do not require 24-hour residential or inpatient stabilization.

Consider Longleaf when the individual:

- Is not appropriate for inpatient or residential treatment, but standard outpatient services are not providing enough structure or support
- Has participated in outpatient treatment for an extended period with minimal or no improvement
- Needs increased structure, accountability, and frequency of treatment to make meaningful progress
- May clinically benefit from a higher level of care, such as residential treatment, but circumstances make RTC impractical or unavailable
- Can safely participate in a structured PHP/IOP setting while maintaining appropriate stability in the community
- Has co-occurring mental health and/or substance use needs that can be effectively treated in an outpatient setting

When Another Level of Care May Be More Appropriate

Some individuals may need stabilization or specialized services before admission to Longleaf, including:

- Active psychosis or significant psychiatric instability requiring inpatient stabilization
- Acute or medically significant withdrawal requiring a higher level of medical monitoring
- Active eating disorder with primary restriction or medical instability requiring specialized eating disorder treatment
- Other clinical or medical needs that exceed the scope of PHP/IOP/OP services

Our Commitment to the Community

- If Longleaf is not the right fit, we will help identify and recommend the appropriate level of care.
- Our goal is not simply to admit clients—it is to connect each individual with the level of care that best meets their needs.

Ready to Make a Referral?

📞 Call Our Intake Team 888-378-7933

- For admissions, clinical questions, insurance verification, and placement assistance.

📱 Contact Jennifer Gentry 256-294-3371

- For referral coordination and assistance connecting an individual to the appropriate Longleaf program.

🤝 Want to Staff the Referral?

- If you would like to discuss a potential referral or staff the case with me directly, please contact:
- Amy Rast, LPC 205-915-5621

Not Sure What Level of Care Is Needed?

Call us. We are happy to consult. Our goal is to help each individual find the right level of care even when that care is outside of Longleaf.

Insurance & Access

A For-Profit Treatment Provider Serving Our Community

Longleaf Recovery & Wellness is a for-profit behavioral health organization committed to providing accessible, high-quality mental health and substance use treatment.

Insurance

We accept most major commercial insurance plans, with coverage and benefits varying by plan.

Our Intake Team can assist with:

- Insurance verification
- Benefits and eligibility
- Authorization requirements
- Determining the appropriate level of care
- Discussing available treatment options

Not Sure If We Accept Their Insurance?

Give us a call. We are happy to verify benefits and help determine available options.

CONTACT US


Jennifer@longleafcenters.com


(888) 378-7933


www.longleafcenters.com



THANK YOU

www.longleafcenters.com