

Into the Wild

Our adventure recovery intensive outpatient program provides a holistic treatment approach for women with substance use disorder. We especially welcome women on medication assisted treatment for opioid dependency. We use evidence-based therapeutic approaches to address the whole woman - mind, body, and spirit.

Intensive Outpatient Program

- 6-weeks
- Group and individual counseling
- Mindfulness & self-regulation tools
- Daily nutrition and healthy eating lessons
- 12-Step facilitation
- Daily adventure activities focused on promoting confidence and self-esteem, trust and team building, empathy, and compassion, and so much more!



Sonia Hensel, LCAS-A, MS leads our team as Executive Director. She is a Licensed Clinical Addictions Specialist, a Certified Clinical Trauma Specialist and has a master's degree in Counseling. She has 25 years' experience working with those suffering with substance use disorder. As a certified wilderness leader and yoga instructor, she specializes in creating empowering outdoor activities for women. Sonia is passionate about supporting women on their journey of growth and healing.



Laura Levin MD, FASM has been a physician for over 30 years, initially trained in pediatrics and later in gender care. In 2014 they fell in love with addiction medicine as a modality to treat opiate use disorder. After serving as medical director of various methadone clinics, in 2020 Dr. Levin opened their own Suboxone clinic in Winston-Salem. At Into the Wild, Dr. Levin splits their time as our Board-Certified Addiction Medicine Physician and as a Sr. Medical Consultant to the Board.

Into the WILD

Adventure Recovery Program
for Women



Accepting Applications Now!

336 775-6686

info@intothewildhelps.org

Located in Lewisville, NC

Mailing Address: P.O. Box 1291, King, NC

www.intothewildhelps.org



Therapeutic Approaches

- Cognitive Behavioral Therapy
- Motivational Interviewing
- Trauma Informed Therapy
- Dialectical Behavior Therapy
- 12 Step Facilitation

A Healing Space

The Into the Wild healing space is 35 wooded acres with a lake for adventure recovery water activities, a dock for meditation and gentle yoga, trails for hiking - and much more! Experience the healing force of nature while gently being challenged to live the life you are meant to live!

Feminine Approach

We offer a feminine approach to recovery, addressing issues unique to women's health and well-being.



Client-Centered

At Into the Wild, we understand the compounding and debilitating effects trauma and substance use have on women. Our unique, non-classroom approach aims to integrate mind, body, and spirit through the power of nature, movement and traditional evidence-based practices. By eliminating the distractions of daily life, we provide the space and opportunity for true transformation. In our program you will:

- Develop the self-confidence, insight, and tools necessary to take control of your life.
- Learn to calm your mind and face your fears.
- Increase your coping skills.
- Heal in a safe supportive environment.
- Challenge yourself to go beyond your limitations.

*Into the Wild is not only a path out of pain and misery,
It is a path into a renewed life of joy,
purpose, and true connection.*

