



Substance use and addiction treatment



Whole-person support for lasting healing

We treat your mental health, not just your substance use, using evidence-based care to address the root causes of addiction.



Recovery, on your schedule

You can start treatment immediately and attend virtual sessions at convenient times, including evenings and weekends.



Treatment that fits your goals

Choose from two clinically designed paths, harm reduction or abstinence-based, each with a dedicated curriculum.

Schedule

< TODAY >

Mon 20 Tue 21 Wed 22 Thu 23 Fri 24 Sat 25

Monday

7-8pm

Processing Hour

8-9pm

CBT Skills Building

9-10pm

Recovery Storytelling

Tuesday

7-8pm

Individual Therapy

Wednesday

7-8pm

Processing Hour

8-9pm

ACT Skills Building

9-10pm

Recovery Visioning

Thursday

5-5:30pm

MAT Check-in*

6-7pm

Family Therapy*

Friday

Reminder

Weekly drug screen*

7-8pm

Processing Hour

8-9pm

DBT Skills Building

9-10pm

Art Therapy

② Having a tough day?
Reach out to your Recovery Coach



Home

Schedule

Team

Crisis Support

Comprehensive and flexible treatment

Your personalized 9-week program will include about 10 hours of weekly care. Here's a sample schedule:

Every week, you'll attend three group sessions that combine practical tools with support from peers who understand what you're going through.

Through one-on-one sessions, you'll work with a licensed therapist experienced in treating both substance use and mental health concerns.

Our Psychiatry Team can start, continue, or adjust medications based on your history, needs, and recovery path.

As part of your care, you can include family sessions with parents, partners, or other loved ones to work through relationship dynamics and heal together.

You can access at-home drug testing through an easy-to-use app for increased accountability.

You can connect with a dedicated Recovery Coach outside of sessions to stay on track with your substance-use goals.

If you ever need immediate support, our crisis line is available anytime so you're never alone.

*Available as needed

Who is Charlie Health for?

We offer a middle ground between rehab or detox and weekly therapy for people who need both structure and flexibility in their care plan.

If you answer yes to any of the following questions, Charlie Health can help.

- * Are you currently in therapy but feel like it's not enough?
- * Do you need care that works around work or school?
- * Have you recently left rehab or residential treatment?
- * Are you trying to change your relationship with substances?

“Through the support I received from the Charlie Health team and my group, I’m optimistic about life and currently 94 days sober.”

— Katalin E., 48



Intensive Substance Use Disorder Program

Help is always available

Recovery is never simple, but getting started might be easier than you think.

Access in-network care

Our program is covered by most plans, and our Benefits Team works with you to make sure cost isn't a barrier to getting help.

Attend secure sessions at home

Sessions are private and HIPAA compliant, offering the structure of in-person care—without the commute or waiting rooms.

Stay connected after discharge

Healing doesn't end when treatment does. Through peer support groups and events, our Alumni Program provides a recovery community designed to sustain progress.

Call (986) 206-0414

Visit charliehealth.com



Charlie Health

Intensive outpatient recovery from home

For teens and adults ages 15-64 struggling with alcohol, opioids, marijuana, and/or other substance use



Intensive Substance Use Disorder Program