

Local Outpatient Care for Opioid Use Disorder



SAVING LIVES



INSTILLING HOPE



RESTORING RELATIONSHIPS





Spero Health's integrated care approach is based on the American Society of Addiction Medicine (ASAM) treatment guidelines, which have been proven most effective in treating the abuse of opioids and other substances.

Integrated Care: A proven track record

When it comes to treating addiction to opioids and other substances, there's no single magic bullet. Rather, it takes a combination of tools to surround patients with care and keep them on the road to recovery.

Spero Health delivers outpatient care to treat patients close to home in their own environments so they can cope with life as they overcome addiction. We create an individualized treatment plan for each patient using a pioneering, proven, three-pronged approach:



Evidence-based Physician Services

Physician visit

Mental and physical health screenings

Individualized recovery plan

Medication-assisted treatment, which may include Suboxone® or Vivitrol, to ease the symptoms of withdrawal and craving for opioids



Counseling

Individual and/or group sessions

Provide safe places to talk and valuable support to help patients achieve lasting recovery



Recovery Support Services

Assistance in finding employment, housing, healthcare, child care, legal services, transportation and more

Wellness programs, such as smoking cessation, sleep, hygiene and nutrition

Education to help patients better understand their disorder and the steps toward a successful recovery

An emphasis on accountability

The key to recovery is the strong partnerships we form with our patients. A major part of our responsibility is to keep patients engaged and hold them accountable through counseling, medication counts, urine drug testing and prescription monitoring.

Additional support for those who need it

We want all patients to get off to the right start in treatment. Depending on the individual treatment plan, some patients may require more services more frequently at the outset to help navigate the daunting, everyday challenges of early recovery. These visits will include a combination of counseling, recovery support services and physician services. Frequency of visits will be evaluated based on the specific needs of each patient, but will become less frequent as time goes by and patients become more stable in their recovery.

Measurable Success

We're proud of our track record and the impact we've had on our patients' lives. Here's what they tell us about our program:



Each day, more than 115 people in the U.S. die after overdosing on opioids*



97% of our patients would recommend Spero Health to others suffering from addiction.



93% of Spero Health patients feel their life has improved.



93% are satisfied with our treatment program.



82% feel their mental health has improved.



75% choose to remain with us for over a year.



91% feel more positive about themselves.



86% feel their work/school performance has improved.



88% feel their relationships with their families have improved.

* National Institute on Drug Abuse, 2017

Treating the whole person

With clinics covering much of Kentucky, Ohio, Indiana and Tennessee. Spero Health is a community-based resource for people struggling with substance use disorders, including opioid addiction. We combine physician services, counseling and recovery support services to surround each patient with care and treat the whole person. Our welcoming, respectful integrated approach has been proven most effective in helping patients reclaim their lives.

Our services are affordable, covered by Medicaid and most commercial insurance. Spero Health is fully licensed and accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).



“Today, I do not feel as though a pill controls my life. I control it.”

— Brettney T., Spero patient

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“You will be proud of yourself.”

— George P., Spero patient

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“Now I can be the best version of me that I can be.”

— Kristina J., Spero patient

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For more information on our services and locations, visit our website, www.sperohealth.com.