



PROVIVE
WELLNESS



PROVIVE Wellness Locations

Wayne, PA

489 Devon Park Dr Ste
306. Wayne, PA 19087

Brentwood, TN

210 Jamestown Park Dr Ste
100. Brentwood, TN 37027

● Welcome to ProVive Wellness

At ProVive Wellness

We believe that healing is not just about treating symptoms — it's about restoring the whole person.

Whether you're facing challenges with mental health, substance use, or both, our programs are designed to support sustainable transformation through compassion, evidence-based care, & a deep respect for every individual's journey.

● **We specialize in dual diagnosis treatment, combining both structure and flexibility.**

Our team of dedicated professionals is here to walk alongside you — providing tailored support at every stage of recovery.

🎯 Our approach includes

- Individualized care plans
- Experienced clinical and medical teams
- Holistic therapies that nurture the body and mind
- Strong aftercare support & community connection

Let us meet you where you are — and help you take the next step forward.



● Our Levels of Care

At Provie Wellness

We offer multiple levels of care designed to meet clients where they are in their recovery journey.

● **Partial Hospitalization Program (PHP)**

A structured, intensive program offering full-day support in a non-residential setting.

- Mental Health PHP – Daytime & Evening
- Substance Use Disorder PHP – Daytime & Evening

● **Intensive Outpatient Program (IOP)**

Flexible care with continued clinical and group support, ideal for those stepping down from PHP.

- Mental Health IOP – Daytime & Evening
- Substance Use Disorder IOP – Daytime & Evening

● **Outpatient Program (OP)**

A lower level of care for clients who benefit from ongoing support while engaging in everyday life.

- Mental Health & SUD OP



Signature Programming

- We believe healing happens when evidence-based care meets compassionate connection. Our programming is rooted in proven clinical approaches & supported by a wide range of holistic and experiential therapies.

Core Clinical Framework

At Provive Wellness, we are committed to using a client-centered, evidence-based approach tailored to each individual's unique journey.

Our clinical framework draws from proven modalities, including:

- Cognitive Behavioral Therapy (CBT)
 - Dialectical Behavioral Therapy (DBT)
 - Acceptance and Commitment Therapy (ACT)
 - Motivational Interviewing (MI)
 - Mindfulness-Based Approaches
 - Other integrative, trauma-informed therapies
- Modalities are thoughtfully selected by our clinical team based on clinical needs, treatment goals, and client preferences, ensuring care remains dynamic, personalized, and highly effective.**

In addition to individualized treatment plans, clients may also participate in specialized tracks like our

Wisdom & Wellness Track An experiential, holistic program focused on emotional balance, mindfulness, and sustainable whole-person healing.

Group Experiences

- Weekly Process Groups
- Weekly Breakout Groups
- Breathwork Sessions
- Yoga & Mindfulness Practice
- Dharma 12 Step Group
- 12 Step Mock Meetings (Daytime Only)
- 12 Step Group Process (Evening Only)

Breakout Groups May Include

- Creative Arts
- Cooking
- Social Issues in Recovery
- Life Topics
- Self Care
- Video Discussions
- Skills Share
- Music



Additional & Specialized Programming

At Proville Wellness

We offer a variety of supplementary programs designed to address diverse needs and enhance the overall recovery journey.

- **Men's Health Group** (As scheduled)
- **Women's Health Group** (As scheduled)
- **Medication-Assisted Treatment (MAT) Discussion Group** 2x monthly
- **Psych Med Discussion Group** Weekly
- **Family Support Group** 2x monthly
- **Case Management Group** 2x monthly

Additional Modalities

- Narrative Therapy
- Dialectical Behavioral Therapy (DBT)
- Attachment Theory
- Psychodynamic Therapy
- Eco-Systemic Therapy
- Multiculturally Sensitive Therapy
- Religious Therapy
- Trauma-Informed Care
- Motivational Interviewing
- Solution-Focused Therapy
- Humanistic Therapy
- Therapy Animal Support
- Bibliotherapy
- Emotion-Focused Therapy
- Gestalt Therapy
- Mindfulness Practices
- Psychodrama
- Equine Therapy

Looking Ahead

- Gambling Disorder Services
- EMDR (Eye Movement Desensitization & Reprocessing)
- Grief Therapy
- Social Issues in Recovery Programming

Community Activities

- Clients enjoy a rotating schedule of outings — including golf, baseball games, go-karting, escape rooms, and more — promoting connection, balance, and real-world healing.



● Family Support Services

At Provive Wellness

We understand that healing extends beyond the individual — it involves the entire family system.

• *That's why we offer*

Comprehensive Family Support Services

Designed to educate, empower, & engage loved ones throughout the recovery journey.



A young couple is sitting on a couch, looking at a clipboard held by a therapist. The woman is on the left, leaning her head against the man's shoulder. The man is on the right, looking at the clipboard. The therapist's hands are visible in the foreground, holding the clipboard and a pen. The background is a soft-focus indoor setting.

What We Offer

- **Family Therapy Sessions**

Provided with the client's consent, these sessions help rebuild trust, improve communication, and process emotions together.

- **Bi-Monthly Family Support Groups**

Guided discussions that offer a safe space to connect with other families, share experiences, and learn strategies for long-term support.

- **Education on Mental Health & Substance Use Disorders**

Tools and insights to better understand what your loved one is experiencing—and how you can play a vital role in their healing.

- **Guidance on Boundaries & Self-Care**

Learn how to care for yourself while supporting your loved one, creating healthier dynamics for everyone involved.

At Provive Wellness

We believe families are essential allies in recovery

Together, we can build stronger foundations for lasting wellness

● Service & Unity Program

Honoring Those Who Serve — Healing with Purpose

● The Service & Unity Program

At **ProVive Wellness** is thoughtfully designed for veterans, first responders, law enforcement, and those who have dedicated their lives to serving others.

We understand the unique stressors and sacrifices that come with a life of service and we're here to support healing in a space built on trust, respect, & understanding.





What Makes This Track Unique

- **Tailored Curriculum**

Our 12-week Service & Unity track addresses trauma, identity, reintegration, and emotional resilience using evidence-based practices.

- **Peer Connection & Brotherhood/Sisterhood**

Guided discussions that offer a safe space to connect with other families, share experiences, and learn strategies for long-term support.

- **Integrated Mental Health & Substance Use Treatment**

We address co-occurring challenges with compassion and clinical excellence because healing isn't one-dimensional.

- **Focused Group Discussions**

Learn how to care for yourself while supporting your loved one, creating healthier dynamics for everyone involved.

- **Holistic Recovery Tools**

Including mindfulness, yoga, breathwork, and creative expression to process experiences beyond words.



● Adolescent Co-Occurring IOP

Empowering Adolescents Toward a Brighter Future

A Program Designed for the Unique Needs of Adolescents

Adolescence is a critical time of emotional, social, & psychological development—and for many teens, it can also bring challenges that feel overwhelming.

• *That's why we offer*

A specialized Adolescent Program, built to support teens ages 13–17

Who We Help: Teens experiencing anxiety, depression, trauma, behavioral issues, or substance use risk

Core Approach: Family involvement, individualized care, and therapeutic structure

Environment: Safe, engaging, and developmentally appropriate—designed to meet teens where they are

Treatment Tracks: Available at both the PHP and IOP levels of care





What We Treat

• **Mental Health Concerns:**

- ✓ Anxiety, depression, mood instability
- ✓ Trauma, low self-worth, identity distress
- ✓ Self-harm and non-acute suicidal ideation

• **Substance Use Issues:**

- ✓ Early-stage or trauma-based substance use
- ✓ Misuse of alcohol, cannabis, vaping, pills
- ✓ Dual-diagnosis and behavioral instability



How We Treat

We use a **trauma-informed, developmentally appropriate model that integrates**

- **CBT** – Coping skills & relapse prevention
- **DBT** – Emotion regulation & interpersonal skills
- **ACT** – Motivation & values-based goals
- **IFS-informed therapy** – Addressing inner conflict and trauma
- **Motivational Interviewing** – Fostering readiness for change
- **Creative Therapies** – Art, journaling, music, somatic grounding
- **Psychoeducation** – Understanding mental health, trauma & recovery

Sober Living with Tranquil Ways

In partnership with



Provide Wellness offers a supportive, structured sober living environment to bridge the gap between clinical care and independent living.

Residents benefit from a safe, community-focused home while they engage in our **PHP**, or **IOP**.

Whether you're stepping down from higher levels of care or seeking stability alongside outpatient treatment, **Tranquil Ways** provides the foundation you need for continued success.



Sober Living with Tranquil Ways

Key Features

- Gender-specific residences
- Transportation to & from treatment sessions
- On-site peer support and staff oversight
- Life skills development workshops
- Recovery-focused daily routines
- Curfews & house guidelines to promote accountability

***Ask us about availability, touring our homes,
and how to get started.***



Insurance & Payment Options

Insurance Accepted

We work with a broad network of providers to help make treatment accessible.

Our partners include, but aren't limited to:

- Aetna
- Anthem
- AmeriHealth
- Ambetter
- Beacon Health Options
- Cigna
- ComPsych
- Geisinger
- Kaiser Permanente
- Keystone Health Plan
- Magellan Health
- Healthspan
- CareFirst
- Blue Cross Blue Shield (BCBS)
- Horizon Blue Cross Blue Shield
- Independence Blue Cross
- Optum
- Oscar Health
- TRICARE
- UPMC
- United Healthcare
- VA Community Care

And Many More!

If your plan isn't listed here, please give us a call—we're happy to verify your benefits and explore options.

Payment & Benefits Verification:

- **Flexible Payment Plans for self-pay clients**
- **Verification of Benefits (VOB):** Our team will guide you through the process to confirm coverage, copays, and any out-of-pocket costs



● *What to Expect at ProVive Wellness*

Guiding You Through Every Step

We know that starting treatment can bring up a mix of emotions—hope, nervousness, uncertainty. That's why we make it a priority to create a welcoming, transparent, and supportive experience from day one.



Here's what you can expect **When you begin your journey with**



Your First Days

• Warm Welcome

You'll be greeted by our compassionate team who will walk you through each step of the intake process.

• Comprehensive Assessment

We'll take time to understand your unique history, goals, and needs through clinical, medical, and psychosocial evaluations.

• Personalized Care Plan

Based on your assessment, we'll develop a treatment plan tailored to support your recovery and personal growth.



Daily Programming

• Structured Schedule

Expect a balanced routine with group therapy, individual counseling, and holistic wellness activities

• Therapeutic Community

Connect with peers in a supportive and judgment-free environment that fosters accountability and encouragement.

• Dedicated Support Team

From clinicians to case managers, our multidisciplinary staff is here to guide you throughout your entire stay.





Next Steps Forward

- **Transition Planning**

As you progress, we'll help you prepare for what comes next—whether it's a step-down in care, returning home, or ongoing community support.

- **Aftercare & Alumni Resources**

You'll leave with tools, referrals, and continued connection to help maintain momentum and stay on the path of wellness.



We're here to walk with you,
every step of the way.

Comfort & Connection

- **Safe & Inclusive Environment**

We embrace diversity and strive to meet the needs of every client with respect and compassion.

- **Ongoing Communication**

You'll have regular check-ins with your care team and access to resources that keep you engaged and informed.

- **Family Involvement**

When appropriate, we invite loved ones to participate in family therapy and support services.






Contact Us & Stay Connected

Ready to Take the Next Step?

Your journey to healing begins here. Reach out to us today and let us guide you on the path to wellness.

Wayne, PA


 489 Devon Park Dr Ste 306
Wayne, PA 19087


 610-947-0800

 www.provivepa.com

Brentwood, TN

 210 Jamestown Park Dr Ste 100
Brentwood, TN 37027

 615-640-9994

 www.provivetn.com

SCAN ME!

