



**"This community was the thing that worked after many other attempts at recovery."**

**Ashley, TROSA Graduate**

### Contact us today

While we encourage family, friends, and providers to call us and learn more, we require that the individual seeking admission contact us directly to arrange their interview. **You do not need a referral. Please mail all admission letters of inquiry to our Durham campus (address below).**

#### Learn more:



**www.trosainc.org**



1820 James St  
Durham, NC 27707

1931 Union Cross Rd  
Winston-Salem, NC 27107



1-833-408-7672



admissions@trosainc.org

## You are eligible for TROSA's treatment program if you:

- Have a substance use disorder
- Desire a multi-year residential program
- Participate in an interview with TROSA's Admissions team and are able to fully participate in TROSA's therapeutic program
- Are 18 years or older

All potential residents must participate in a phone interview to assess if TROSA is a good fit for your needs.



**"Addiction is not just drug use. It's also mental health, attitudes, behaviors, feelings, and emotions.**

**After more than 20 years in addiction, I needed a long-term program.**

**Today I have my life and my recovery."**

**Adrian, TROSA Graduate**



## Free Residential Treatment for Substance Use Disorders



*A licensed, multi-year evidence-based treatment facility helping individuals with substance use disorders change their lives*

## WHAT IS TROSA?

Founded in 1994, TROSA is a licensed long-term residential treatment program focusing on behavior changes and sustained recovery.

TROSA is a nonprofit program that removes barriers to treatment by providing its services at no cost. Participants do not need insurance.

We provide all essential daily needs such as housing, meals, clothing, and personal care items; health services; vocational and life skills training; daily activities; post-treatment support for program graduates; and more.

## TREATMENT MODEL

Our program is built on the therapeutic community model of treatment. **We focus on the importance of peer support and community in achieving and maintaining recovery.** Services are provided by licensed and certified treatment professionals, program graduates, peer leaders, and trained peer support specialists.

## COMMUNITY ASSIGNMENTS

After a 30-day orientation period, all residents are placed in a community assignment. Community assignments play a key therapeutic role in our behavior change model, providing residents with **opportunities to learn and practice new behaviors and life skills** (such as communication, problem-solving, and conflict resolution) in a safe and supported space.

Residents are placed in areas throughout our campus to help sustain the community while learning how to identify and work on daily behavior changes in practice with others.

As residents approach graduation, they can begin their transition out of the TROSA program by finding a job with a local employer. TROSA provides support to help residents at this program stage research and interview for employment. Graduates secure employment before leaving our program.

## EDUCATION

Residents also have the opportunity to obtain their GED and earn marketable professional credentials while participating in our program.

## CLASSES & COUNSELING

Licensed and certified treatment professionals provide individual and group counseling, and resident leaders provide ongoing daily therapeutic engagement as part of our peer-led community model.

TROSA uses nationally-recognized best practices and evidence-based skills classes and therapies for treatment groups and psychoeducational workshops.

Groups and classes provide education on addiction and life skills and include Dialectical Behavior Therapy; Wellness, Recovery, and Relapse Prevention; Anger Management; Parenting Class; and more.

We offer seminars and classes that focus on daily challenges such as goal setting, stress reduction, and relapse prevention.

## CONTINUING CARE

TROSA has a department dedicated to helping our graduates and residents nearing graduation continue their successful recovery.

We offer continuing care services to program graduates, including:

- Transportation to and from work
- Access to safe, sober, low-cost housing
- Support groups focused on relapse prevention
- Continued community involvement

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**I owe a lot of who I am today to the peer leadership and the overall design and structure of TROSA's program model.**

**Recovery is an active, lifelong process.**

**TROSA is helping me achieve long-term success."**

**Demitrius, TROSA Graduate**

