

ADMISSIONS

TROSA is a voluntary program. You do not need health insurance or a referral.

Individuals seeking treatment must call, email, or write to our Admissions department and participate in an interview to assess if TROSA is the right treatment option for their needs.

Our Admissions team will discuss further eligibility details during an interview.

Our basic requirements are that participants:

- Have a substance use disorder
- Are willing and able to fully participate in our multi-year residential program
- Are 18 years or older



"TROSA provides opportunities to grow and learn in a safe environment.

I was able to figure out who I really was."

Felicia, TROSA Graduate



"TROSA offers you every opportunity to change your life."

Richard, TROSA Graduate

LEARN MORE & CONTACT US



www.trosainc.org



919-419-1059
833-408-7672 (toll-free)



admissions@trosainc.org



Please send all admissions-related mail to our Durham campus address below:



1820 James St
Durham, NC 27707

1931 Union Cross Rd
Winston-Salem, NC 27107



Cost-Free Residential Treatment for Substance Use Disorders



A licensed, multi-year evidence-based treatment facility helping individuals 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.

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

TROSA is a nonprofit program. We provide our services at no cost. Participants do not need insurance and do not need a referral.

TREATMENT MODEL

Our program is built on the therapeutic community model of treatment with a focus on the importance of peer support and community in achieving and maintaining recovery.

Program services are provided by licensed and certified treatment professionals, peer leaders, and trained peer support specialists.



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

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 have the opportunity to obtain their GED, take college-level classes, 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, cognitive behavioral therapies, and evidence-based skills classes and therapies for treatment groups and psychoeducational workshops.

Groups and classes provide education on addiction and life skills. We offer Dialectical Behavior Therapy (DBT); Wellness, Recovery, and Relapse Prevention; Healthy Relationships; 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