



Higher Path Living

CHOICES IN RECOVERY

Higher Path Living is not just a sober living house – but an innovative addiction recovery experience. At HPL we help the individual heal the root causes of addictive behavior with a holistic body, mind and spirit approach. Our positive family-like environment offers custom recovery options ranging from the latest evidence-based scientific breakthroughs to time-honored practices such as yoga, meditation and mindfulness. Our mission is to give our guests back their personal power over substances and aid them in the transition into a happy, sober life.

THE HIGHER PATH LIVING DIFFERENCE

Unlike traditional sober living, the team at HPL actively engages with each guest to understand their history of substance abuse, and we work with the individual to create their own recovery plan. Since no two people are the same, there is no single avenue to long-lasting sobriety. HPL's compassionate approach paves the way towards happiness and provides fertile ground in which to appreciate, explore, and expand on the strengths you already possess – to flourish – and to fulfill your greatest potential.

Contact: Veronica Scala, Outreach Director
Phone: (800)891-9767 ext. 1; Mobile: (949)303-5535; Email: info@hpliving.com
Website: www.hpliving.com

“Higher Path Living saved my life, I couldn't have become sober without this amazing team of people, who listen, care, and treat you like family. By far, the best decision I've ever made was coming to HPL...”

Leslie M., Pahrump, NV (Age 38)





FOCUSING ON THE “WHOLE PERSON”

Substance abuse is not an easy behavior to overcome because of the many emotional, mental and physical effects of the disorder. HPL has a “holistic” approach to recovery – focusing on the mind, body and spirit. We don’t use the term “addict” or “alcoholic” when referring to ourselves or guests. We are people who have the issue of substance abuse, and separate out “addictive behavior” from who we truly are as a person.

RECOVERY SUPPORT SERVICES & MEDICAL-ASSISTED TREATMENT

Guests are introduced to three time-honored recovery support services including 12-Steps, SMART Recovery (Self-Management and Recovery Training), and Refuge Recovery – an eastern Buddhist-based approach to sobriety. Each of these services provides a different approach or set of tools to recovery, and by exposing our guests to these various approaches, the guest can create their own “recovery tool-box” that resonates with them.

We also encourage our guests to work with addictionologists (medical doctors who are board certified in treating addiction) and we are fortunate to have renowned physicians in Las Vegas that have helped our guests with evidence-based medical care. In addition, HPL has teamed up with psychiatrists and psychologists that can assist in dual-diagnosis and therapy. Some of our guests come to HPL already engaged in IOP (intensive outpatient program) or have a doctor or therapist they are using, and we fully support our guests to continuing to work with those programs and professionals while in residence at HPL.

TRANSITIONAL SOBER LIVING

HPL puts recovery in motion. We work with our guests to integrate their home and work lives, or assisting in a life transition – and returning to HPL to process these experiences with the Recovery Coaches and their peers in residence. This approach is unique to HPL, and helps the individual identify triggers in their regular life and receive the tools to help cope and overcome them. The certified Recovery Coaches at HPL are engaged with the family of each guests to guide and assist them in helping their family member or friend to understand, support and love the person...to see and treat the person as who they are, and to separate out the “person” from the “addictive behavior”.

HIGHER PATH LIVING STANDARDS

Each guest must abide by the standards set by HPL (see website for more details). At HPL, we view recovery as a journey, and we are aware that it’s rare that an individual’s first attempt at sobriety lasts a lifetime. Residences are staffed by a certified Recovery Coach 24/7.

AFTER HPL

Most guests stay at the HPL residence anywhere from three to six months, and lovingly refer to it as their “home for now”. Guests of HPL and graduates meet up at the residence, often with their families, for dinner and socializing. Many former guests keep in touch and participate in outings, recovery support meetings and other activities. This is just one aspect of HPL that accounts for our high success rate.

Higher Path Living is a very special place for someone to start their recovery journey. Having been around many facilities across the country, the best institutions were those who focused on letting go of guilt and shame and address the underlying causes of addictions. HPL follows the model of many of the top treatment centers in the country and their concurrent philosophies at a fraction of the cost...” Tommy A., Las Vegas,





HIGER PATH LIVING ACCOMMODATIONS

Higher Path Living is Nevada's premier sober living residence, and our services and accommodations reflect that.

- ◆ Guests enjoy private rooms, queen-size luxury beds, high-end linens, large flat-screen TVs with streaming video in each bedroom. Weekly housekeeping is included.
- ◆ Common areas include high end furniture, office printers and supplies, a high-end kitchen and dining area, an outdoor patio, gazebo & smoking area.
- ◆ Our coffee bar features Starbucks coffee, creamers and a place to relax and socialize. Food plans are available, and other optional services such as therapy, massage, fitness training, & nutritionist are available upon request.
- ◆ A gym membership is included – and most guests attend the gym each morning. Yoga and Qigong are some of the tools used in residence to help calm and center the individual by using mindfulness and meditation techniques.



"I consider myself a rehab veteran...and could not sustain long-term sobriety. I longed for real life lessons, how to take care of myself and learn to cope with emotional pain and suffering...and to be treated with dignity and respect. To think I have spent thousands of dollars on rehabs only to relapse again and again before finally finding Higher Path Living..." Roberta N., Las Vegas, NV (Age 65)





GUESTS' REVIEWS - THEY TELL IT BEST

"Higher Path Living is a very special place for someone to start their recovery journey. Having been around many facilities across the country, the best institutions were those who focused on letting go of guilt and shame and address the underlying causes of addictions. Higher Path Living follows the model of many of the top treatment centers in the country and their concurrent philosophies at a fraction of the cost. Each individual comes in at a different place in their journey and that is recognized. I came into Higher Path Living already having gone through multiple rehabs and sober livings, having "put in my time". Prolonged success in recovery is found through wanting to go above and beyond with your goals, and Higher Path Living has a team that fosters an environment to do so. I've been given a lot more freedom here than compared to other facilities and with that freedom I had two options: to stay sober or to throw it away for a high. Because of the way I've been treated at Higher Path Living I want to stay sober and I want to prove to people I am responsible and do deserve that increased responsibility and dependability. I recommend Higher Path as a viable solution to gain your life back."

Tommy A., Las Vegas, NV (Age 24)

"Higher Path Living saved my life, I couldn't have become sober without this amazing team of people, who listen, care, and treat you like family. By far, the best decision I've ever made was coming to HPL. I'm like a new person. They taught me amazing tools to use in my everyday life, which made it possible for me to succeed in my recovery. I am truly blessed to have the knowledge that HPL equipped me with for life, and the ongoing support that they show me."

Leslie M., Pahrump, NV (Age 38)

"I had been using drugs for six years and needed a support program after undergoing detox. My medical doctor told me about Higher Path Living so I enrolled. It was an amazing experience from the get-go. The fact that you don't have four guys in one small bedroom was a big deal for me because I'm a little shy. And they helped me understand the various recovery programs; 12-Steps, SMART Recovery and Refuge Recovery, and through that, I was able to pull positive things from each which worked for me. Nothing was forced down my throat. I am now sober for months and back to enjoying my hobbies like working on project cars and spending quality time with my daughters."

Nate T., Las Vegas, NV (Age 36)

"Everyone's experience with substance abuse is different and unique. Providing a general solution to a unique problem, leaves you unable to find exactly what works for you. After years of drug abuse, I had finally had enough but was worried I would be generalized and stigmatized when seeking treatment. At Higher Path Living, not only was I treated like a regular person, but I was also heard and able to express what was working for me and what was not. Higher Path Living is not just a safe place, it is a home and a family. The team here is experienced and able to introduce you to many different possible solutions to the substance abuse problems you are facing. This is a place where you not only get better because of the incredible support and individual plan they tailor for you, but a place where the people you are surrounded with want to get better as well. As far as sober livings are concerned in the Las Vegas Valley, Higher Path Living is absolutely the right choice."

James G., Las Vegas, NV (Age 24)

"I consider myself a rehab veteran. After several earnest attempts to get and stay sober, I could not sustain long-term sobriety. I longed for real life lessons, how to take care of myself and learn to cope with emotional pain and suffering. Sadly, I became acutely aware that most rehabs are first and foremost, a business; sobriety not being the first priority. I could not endure another rehab as they always have felt like a cross between boot camp and kindergarten. This is not the case at Higher Path Living. I believe that I was Divinely directed to Higher Path Living. I have always known that substance abuse is a symptom of a brain disorder, not a character defect; we already feel defective as it is. That terminology only reinforces the negative self that has kept so many of us sick. At 65 I have found my tribe. We are treated with dignity and respect. At Higher Path Living we are cared for based upon our individual needs. To think I have spent thousands of dollars on rehabs only to relapse again and again before finally finding Higher Path Living. Being respectful and authentic are verbs at Higher Path Living."

Roberta N., Las Vegas, NV (Age 65)





MEET THE HIGHER PATH LIVING TEAM



Dennis Hofmaier - Founder & Recovery Coach. Founded by Dennis after his own experience with recovery from alcohol, and the lack of follow-up that met his own personal needs. From that experience, HPL was created with professionals who believe in individual-based recovery. Dennis is a certified SMART Recovery facilitator.

Veronica Scala - Outreach Director & Recovery Coach. Veronica joined HPL from Sovereign Health where she worked at the men's and women's detox houses. Veronica works extensively with Nevada's addiction task forces and recovery community, and is also a certified SMART Recovery facilitator.



Steve Appel - Operations Director & Recovery Coach. Steve overcame a long-term opiate addiction to manage chronic pain after an injury by using holistic techniques. Steve specializes in eastern-based recovery and heads up HPL's Refuge Recovery program which focuses on mindfulness and meditation.

Joseph Perroni, MS. - Clinical Therapist. Joe describes himself as a practitioner who provides an empathetic, non-judgmental, and confidential environment where each person can be fully heard and understood. Joe is not interested in identifying symptoms to label people. By utilizing a mind, body and spirit approach, the intent is to address the root causes of pain and discomfort. Joe is also a world-class bodybuilder and has been a personal trainer for 25 years. He has authored the book *"From Grief to Relief"* and hosts the weekly *"Rise Above"* radio show.



FOR MORE INFORMATION,
FINANCING & PAYMENT OPTIONS,
VISIT www.hpliving.com
CALL US AT: 800-891-9767
OR EMAIL US AT: info@hpliving.com

"Higher Path Living has helped my mom tremendously. She is treated with respect and is encouraged to be the driver in her recovery journey. What differentiates HPL from other sober houses in the Las Vegas Valley is 1) individualized plans, 2) alternative options to 12-Steps, 3) incorporating outside medical care to treat co-occurring disorders, 4) emphasis on mindfulness and meditation and 5) staff that are deeply invested and care about people's experiences. There's a dearth of options for people needing more supported sober living and Higher Path is just what my family needed." Whitney N. Portland, OR

