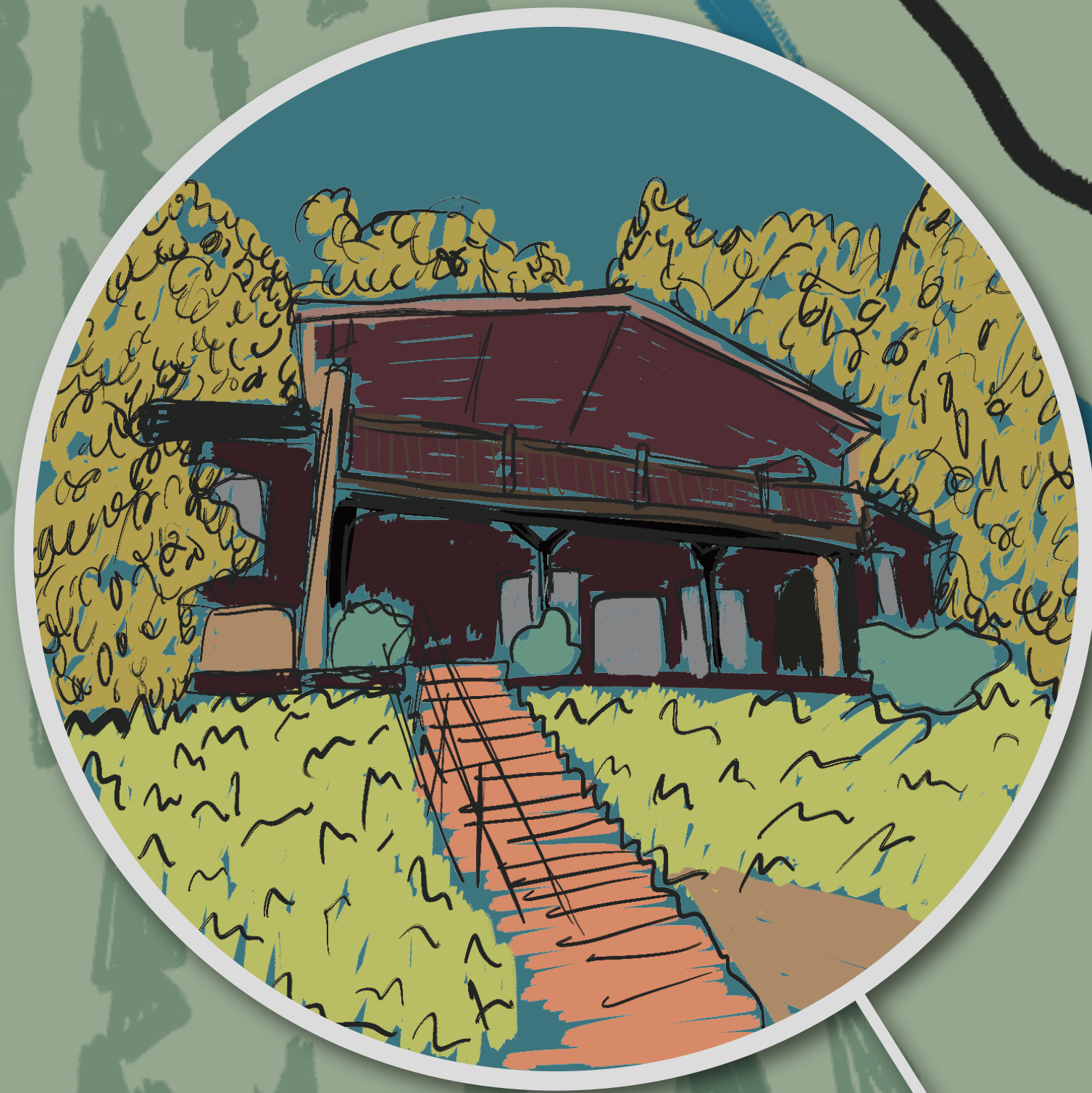




# INTEGRATIVE LIFE CENTER

## Treatment Programs



### Morningstar Residential Services

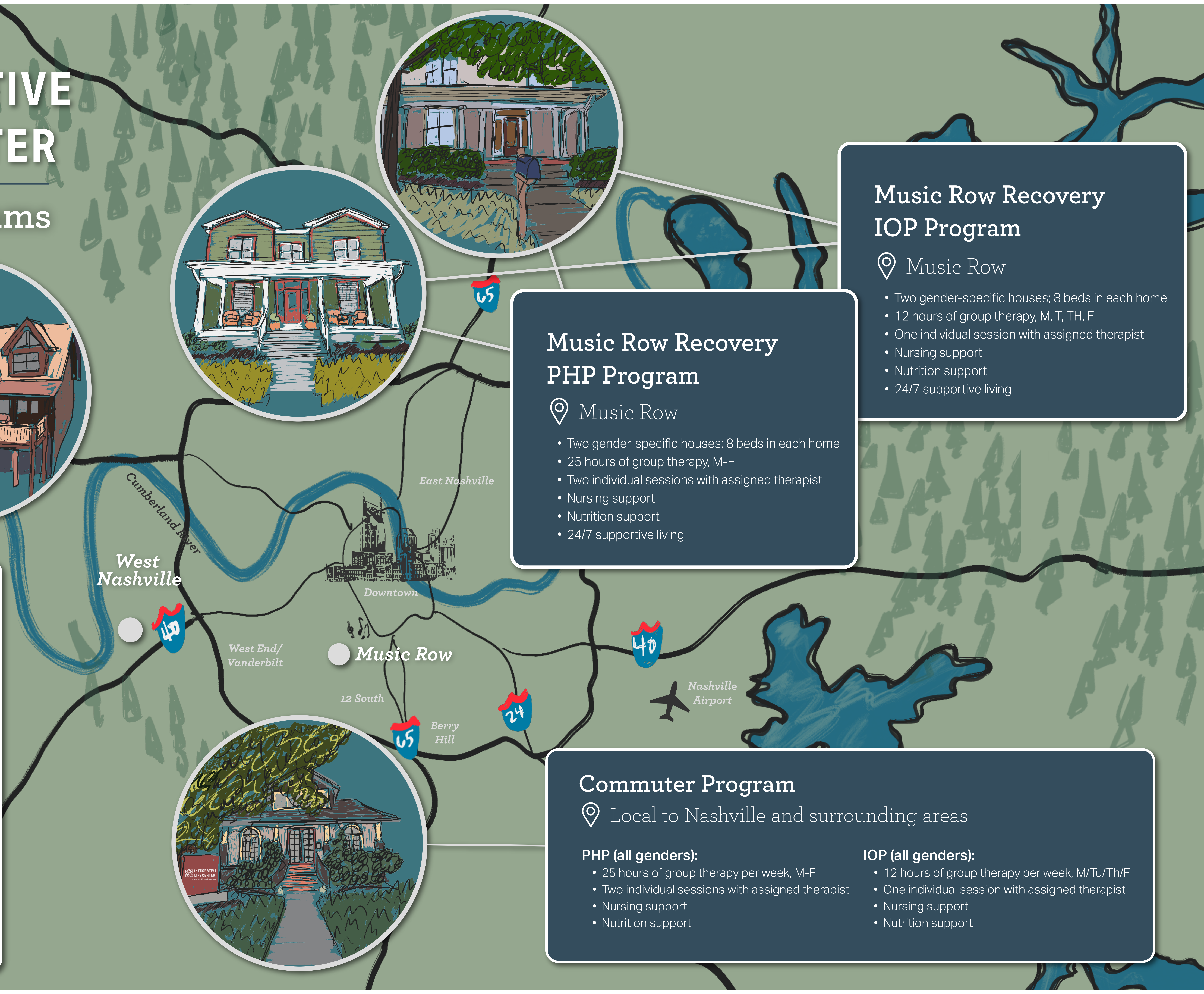
📍 West Nashville

**Men's Program:**

- One 8-bed home; 6 acre campus
- Two private rooms available
- 35 hours of group therapy per week, including weekends
- Two individual sessions per week with assigned therapist
- 'Healing Foods' meal plan
- Transportation provided
- 24/7 awake staff and medical support

**Women's Program:**

- Two 6-bed homes; 25 acre campus
- 35 hours of group therapy, including weekends
- Two individual sessions per week with assigned therapist
- 'Healing Foods' meal plan
- Transportation provided
- 24/7 awake staff and medical support



### Music Row Recovery PHP Program

📍 Music Row

- Two gender-specific houses; 8 beds in each home
- 25 hours of group therapy, M-F
- Two individual sessions with assigned therapist
- Nursing support
- Nutrition support
- 24/7 supportive living

### Music Row Recovery IOP Program

📍 Music Row

- Two gender-specific houses; 8 beds in each home
- 12 hours of group therapy, M, T, TH, F
- One individual session with assigned therapist
- Nursing support
- Nutrition support
- 24/7 supportive living

### Commuter Program

📍 Local to Nashville and surrounding areas

**PHP (all genders):**

- 25 hours of group therapy per week, M-F
- Two individual sessions with assigned therapist
- Nursing support
- Nutrition support

**IOP (all genders):**

- 12 hours of group therapy per week, M/Tu/Th/F
- One individual session with assigned therapist
- Nursing support
- Nutrition support



## Treatment Programs

	Massage	Acupuncture	Nursing Support	Nutrition Support	Supportive Housing	24/7 Awake Staff	24/7 Medical Support	'Healing Foods' Meal Plan	Transportation	1x individual therapy/week	2x individual therapy/week	'Healing Foods' Weekday Lunches	YMCA Membership
<b>Morningstar Residential - Men</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	
<b>Morningstar Residential - Women</b>	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	
<b>Music Row PHP - Men</b>	✓	✓	✓	✓	✓					✓		✓	✓
<b>Music Row PHP - Women</b>	✓	✓	✓	✓	✓					✓		✓	✓
<b>Music Row PHP - Men</b>	✓	✓	✓	✓	✓					✓		✓	✓
<b>Music Row IOP - Men</b>	✓	✓	✓	✓	✓					✓			✓
<b>Music Row IOP - Women</b>	✓	✓	✓	✓	✓					✓			✓
<b>Commuter Program</b>	✓	✓	✓	✓						✓			