



TRAUMA SPECIFIC CARE FOR WOMEN

Momenta Recovery is designed to provide a healing place for women and their families. We believe that all women who suffer from addiction have experienced some type of trauma. Whether this trauma occurred prior to the onset of substance abuse or during use, Momenta believes that healing from trauma is the foundation for sustained recovery. Gender-specific treatment provides a safe container for vulnerability and healing to occur. Addiction impacts women differently than men, both physiologically and psychologically. Our team understands these differences and has developed our program to meet the specific needs of women in recovery.

“YOU SUPPORTED ME, LOVED ME, LISTENED TO ME, COACHED ME, BELIEVED IN ME, AND HELPED CARRY MY BURDEN OF PAIN, SADNESS, AND DEPRESSION. YOU GAVE ME THE BIGGEST GIFT BY GIVING ME YOUR TIME.”



ABOUT MOMENTA RECOVERY

At Momenta Recovery, we believe that every woman is worthy of and inherently capable of achieving recovery. Our women’s only residential treatment facility, located in the awe-inspiring Colorado Rocky Mountains, utilizes trauma and attachment-based therapies to help women overcome the trauma that perpetuates their addiction. Here, women build the skills, knowledge, and experience to live a meaningful and happy life in recovery. Momenta Recovery’s 90-day treatment program is tailored to individual needs, utilizes evidence-based and experiential therapies that which help in recovery, and help build stronger connections with community, loved ones, and most importantly, oneself.



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MOMENTARECOVERY.COM



MOMENTA_RECOVERY



MOMENTARECOVERY
A HEALING PLACE FOR WOMEN



ADDRESSING YOUR WHOLE HEALTH

HOME FOR HEALING

CO-OCCURRING DIAGNOSIS

Co-occurring, or dual diagnosis, commonly refers to an individual that has a mental health disorder in addition to substance use disorder or other addictions. The vast majority of individuals coming to treatment here have co-occurring diagnosis. The therapists at Momenta are dually credentialed in mental health and addiction. The therapists at Momenta understand the complexities of working with individuals struggling with co-occurring disorders, as well as the best approach to treating these disorders concurrently.

Our center in beautiful Glenwood Springs, Colorado, offers a peaceful home for women wishing to heal while building a sense of safety, love, balance, and community. Located in the awe-inspiring Colorado Rocky Mountains, our space is enveloped by a plethora of outdoor opportunities, offering up the natural world to its doorstep. These surroundings and a home-like environment help in developing the tools needed to live a happy, productive, and meaningful life in recovery.



PURPOSEFUL ACTIVITIES/LIFE SKILLS

- Service Work in the community/Volunteerism
- Breath Classes
- Yoga (Asana Movement & Breath Work)
- Mindfulness in Recovery
- Meal planning & preparation
- Cooking & Nutrition
- Meditations

CLINICAL ACTIVITIES

(Outside of regular therapy sessions)

- Art Therapy
- Equine Therapy
- Narrative Therapy
- Family Sessions
- Family Mythology Project: Genogram, Family Tree, and Timeline.

CO-OCCURRING MENTAL HEALTH CONDITIONS WE TREAT

- Post Traumatic Stress
- Attachment Disorders
- Generalized Anxiety Disorders
- Mood Disorders, Depression, Bipolar
- Disordered Eating
- Obsessive Compulsive Disorder
- Personality Disorders
- All Substance Use Disorders
- Behavioral Addiction



Momenta Recovery has earned The Joint Commission's Gold Seal of Approval!

OUTDOOR EVENTS

- White Water Rafting
- Camping & Outdoor Expeditions
- Paddle Boarding
- Fishing
- Skiing/Snowboarding
- Rock Climbing

BASIC OUTINGS

- Hiking
- Bike Riding
- Running/Jogging
- Hot Springs & Vapor Caves
- Adventure Park

For more information:

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