

What Invictus Woods Provides

- Sponsorship assistance
- 12 step program and *The Big Book*
- Daily community 12 step groups
- Daily in-house groups
- Random drug testing
- Job placement
- Money management skills
- Healthy dietary habits and cooking skills
- Yoga and meditation
- Nature trails on property
- Herb and vegetable garden
- Hiking and camping excursions
- Bonfires and barbecues
- Fishing and swimming in town
- Fitness center membership
- Tennis and skateboard park in town
- Cultural events and theatre in Canton and Peoria
- National Recovery Month bonfire and barbecue
- Daily Rural Transportation System available

Medical, Clinical, Academic and Local Community Network

- Primary treatment centers, Individual Therapy, Family programs,
- Subcontracted Intensive Outpatient, and Family work
- Medical network for healthcare and full service hospital 6 miles from campus
- Bradley University, Spoon River College, Illinois Central College

Stout, R.L., Rubin, A., Zwick, W., Zywiak, W., and L. Bellino. 1999. Optimizing the cost-effectiveness of alcohol treatment: A rationale for extended case monitoring. Addictive Behaviors, v.24(1), p.17-35.

INVICTUS WOODS, INC.
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TO LEARN MORE ABOUT
INVICTUS WOODS VISIT
WWW.INVICTUSWOODS.COM

FOR MORE INFORMATION
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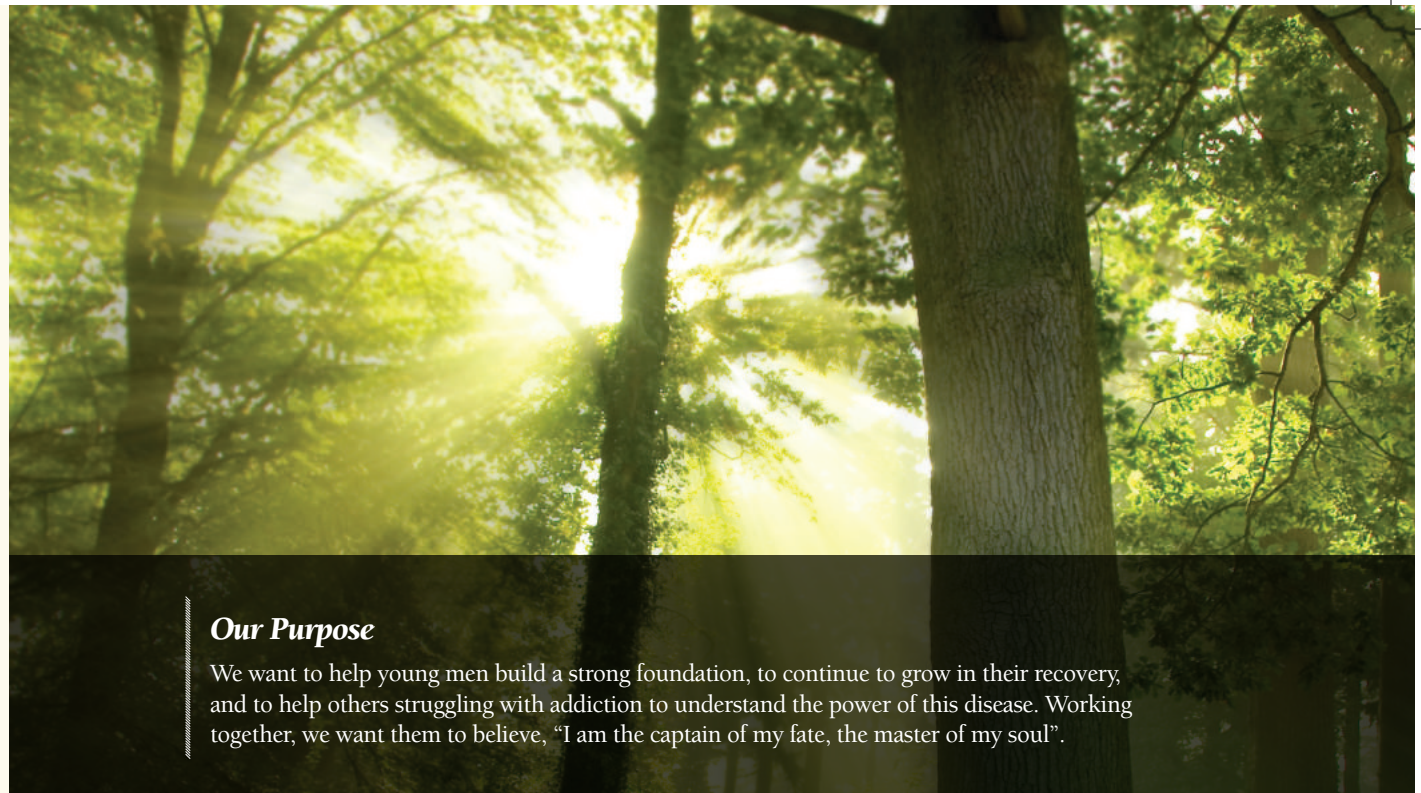


Providing young men with a clean,
safe, enjoyable, confidential and
supportive extended care program to
recover from addiction.



Welcome to Invictus Woods, Inc. (Invictus Woods). Our goal is to provide physical, mental, and spiritual support for young adult males early in the recovery process. Invictus Woods program is based on the 12 steps program of recovery and positive peer accountability. We believe in educating families about addiction. It is a serious life long and progressive disease. It takes time, encouragement, and maturity to understand that addiction is a disease. Our mission is for young people to learn how to stay sober and how to enjoy recovery.

Invictus Woods is an extended care program for young adult males ages 18-35 seeking recovery from alcohol or chemical addictions. It is a serene environment away from the hectic life of the city. A requirement for admission is a successful completion of a primary care substance abuse treatment center (at least a 28 day program). The home is fully furnished and has a peer-to-peer environment, which will help provide a strong foundation for a life-long recovery and self-efficacy. Residents enjoy responsibilities such as, deciding on dinner menus, grocery shopping, cooking, house chores and 20 hours of community service a week. Laundry, household cleaning supplies,



Our Purpose

We want to help young men build a strong foundation, to continue to grow in their recovery, and to help others struggling with addiction to understand the power of this disease. Working together, we want them to believe, "I am the captain of my fate, the master of my soul".



cable television, and Internet are included.

According to the research of Stout et al. (1999) extended care is essential for long term sobriety compared to primary treatment alone. This extra time allows young men to develop skills, healthy habits, and motivation to prevent relapse. At Invictus Woods, we work with the local recovery community and with family support to help young men rebuild their lives and to become productive members of society.

The house is set on 35 acres of wooded hills six miles from Canton, IL population 20,000, 20 miles from Peoria, IL population 150,000, and

15 miles from the Peoria Airport. Invictus Woods employs knowledgeable staff that will provide advice, guidance, and support to young adult males. The home, the employees, and the local recovery community all work together to help young men make the next step from sobriety to recovery and reintegration into the world.

The house is away from everyday temptations of the city, so they can get strong and healthy in their recovery. We should work together to help these young men develop skills and motivation to become productive members of society, but let us nurture their spirit slowly and purposefully.