

# Welcome to Invictus Woods

Welcome to Invictus Woods, Inc. (Invictus Woods). Our goal is to provide physical, mental, and spiritual support for men and women early in the recovery process. Invictus Woods program is based on the 12 step 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 men and women to learn how to stay sober and how to enjoy recovery.

Invictus Woods is an extended care program for men and women ages 18 and older 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. The houses are fully furnished and have a peer-to-peer environment, providing a strong foundation for life-long recovery and self management. Residents enjoy responsibilities such as, deciding on dinner menus, grocery shopping, cooking, house chores and 15 hours of community service a week. Laundry, household cleaning supplies, 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 men and women 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 people rebuild their lives and to become productive members of society.

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## OUR PURPOSE

We want to help men and women 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 master of my fate, I am the captain of my soul".

## OUR MISSION

To provide resources to help men and women further their recovery from chemical dependency in a safe, secure, sober environment.

INVICTUS WOODS, Inc.  
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Peoria, IL 61603

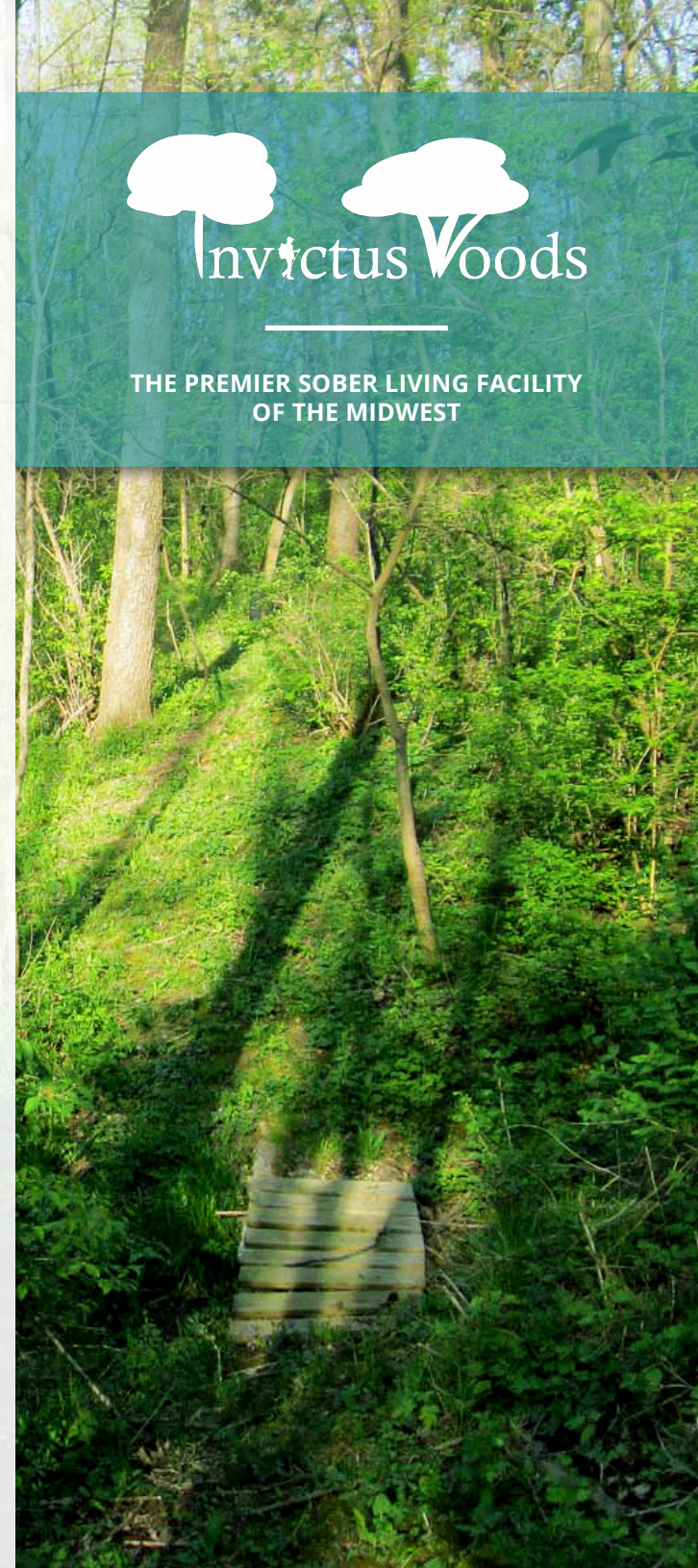
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THE PREMIER SOBER LIVING FACILITY  
OF THE MIDWEST





# What Invictus Woods Provides

- Sponsorship assistance
- 12 step program and The Big Book
- Daily community 12 step groups
- 5 weekly in-house groups
- Weekly random drug testing
- Job placement assistance
- Healthy dietary habits and cooking skills
- Nature trails on property
- Herb and vegetable garden
- Bonfires and barbecues
- Fitness center membership
- Cultural events and theatre in Peoria
- National Recovery Month bonfire and barbecue

## 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.

My experience at Invictus Woods was in fact; “Life Changing.” That is exactly what I knew I needed; that is exactly what I got. Living there taught me how to rebuild and live a happy productive life; free from drugs and alcohol.” -Jerry W. 12.2.19

## Facilities



### The Woods

The house is located on 30 acres of woods, 20 miles from Peoria. There are 4 bedrooms with space for 6 men. There are amenities like internet and cable. We have a vegetable garden and chickens. There are trails through the woods and a fire pit, which allows us to have bonfires and meetings with barbecue. There is a full time employee on site and a van that transports the residents to meetings and other obligations. Men 18+

### Prospect House

Prospect house is located in Peoria on a bus stop. There are 6 bedrooms with space for 9 men. There is a house manager to help hold everyone accountable. There are laundry facilities and work out equipment in the basement, internet and cable. There is also a vegetable garden in the summer. Men 18+

### Circle House

Circle house also in Peoria, is located half a block from a bus stop, groceries and very close to many job opportunities. The house, with 4 bedrooms, allows 6 women with a house manager to live there. Laundry in basement, internet, cable and a vegetable garden in summer. Women 18+



“At least 2.2 million children had been affected by the U.S. opioid crisis by 2017, with that total poised to grow and the consequences likely to be felt for years to come. Parents opioid use is the primary reason children are affected by the crisis-whether they’re living with an addicted parent or have been removed from their home, or their parent is incarcerated or has died of an overdose-according to the report from the United Hospital Fund, a healthy policy non profit based in New York. Still, an estimated 170,000 kids had opioid use disorder themselves or has accidentally taken the drugs in recent years, the analysis say.” -U.S. News & World Report