



ABOUT ASPENRIDGE RECOVERY

[AspenRidge Recovery](http://www.aspenridgerecovery.com) is a Joint Commission-accredited, dual-diagnosis treatment center that specializes in treating co-occurring substance use disorders, mental health disorders, and complex trauma for adults. Using a combination of holistic and evidence-based mental health, trauma, and addiction treatment modalities, AspenRidge provides each individual with a personalized, unique treatment plan that addresses their specific needs. For more information, visit www.aspenridgerecovery.com.

THERAPY AND TREATMENT

AspenRidge Recovery offers a wide range of therapies and treatments at all locations, including:

- Dual-diagnosis treatment and trauma informed care
- Individual, group, and family therapy
- Mental health therapy (depression, anxiety, PTSD, bipolar disorder, personality disorder)
- Addiction treatment for alcohol, benzodiazepines (benzos), cocaine, heroin, marijuana, meth, opioids/opiates, prescription drugs, etc.
- Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), and Acceptance and Commitment Therapy (ACT)
- Psychiatric and case management services
- Relapse prevention
- Aftercare and Alumni programming

PROGRAMS

The AspenRidge model of care offers up to a one-year phased approach designed to promote long-term recovery. We offer three levels of care with a needs-based individualized treatment plan for each client:

**90-Day In-House Partial Hospitalization (PHP) /
Day Treatment Program with Recovery Residences**

**Up to 90-Day Intensive Outpatient Program (IOP)
NEW: AspenRidge REACH Online Intensive
Outpatient Program (IOP)**

**Outpatient Programming (OP) as determined by
individual needs**

AspenRidge Recovery offers Colorado's first 100-percent online intensive outpatient program (IOP) – AspenRidge REACH. The AspenRidge REACH telehealth program includes all of the same services as the in-person IOP, but from the comfort of one's home through private, HIPAA-compliant video therapy. All group and individual sessions are led by dually-trained, licensed therapists. Anyone with a smartphone, tablet, or computer and an Internet connection can utilize AspenRidge REACH, eliminating many of the common barriers to seeking treatment such as access, privacy concerns, or career and family commitments.

RESULTS AND GUARANTEE

Eighty percent (80%) of AspenRidge Alumni state that they stopped using / are sober one year or more after starting treatment. AspenRidge is so confident in the quality of its clinical programming and recovery support services that it offers a “Free 30-Day Guarantee.” If a client successfully graduates from both the PHP and IOP programs and then relapses, AspenRidge will provide up to 30 days of clinical programming and recovery support services at no cost.

LOCATIONS

AspenRidge Recovery currently has two Colorado locations in [Lakewood](#) and [Fort Collins](#), with a third coming to Highlands Ranch in April 2020. Also, through its AspenRidge REACH program, the company delivers intensive outpatient program (IOP) services online to clients who reside in the state of Colorado.

ABOUT ETHAN CASTRO, CHIEF EXECUTIVE OFFICER



Ethan has focused his career on building and growing mission-driven organizations within the healthcare and education sectors. He began his career as a teacher in South Los Angeles with Teach for America and taught underprivileged students for five years before moving into a district-level role helping teachers and principals incorporate data into their strategic decision making. After graduate school, he worked as a strategy consultant for C-Suite leaders at Monitor Group in San Francisco (now Monitor Deloitte) and later helped develop and lead national- and state-level technology infrastructure programs at

EducationSuperHighway. Since then, he has focused his time and energy on improving behavioral health solutions at the substance use disorder (SUD) provider level. He joined AspenRidge Recovery as chief executive officer in 2018.

Ethan was born in Denver, grew up in Fort Collins, and earned his bachelor's degree from the University of Colorado at Boulder, graduating Summa Cum Laude and Phi Beta Kappa. He earned his master's degree in education from Loyola Marymount, his MBA from Kellogg School of Management at Northwestern, and a Juris Doctor from Northwestern School of Law.

MEDIA CONTACT

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