

FIRST STEPS TO SOBRIETY



WHAT'S NEXT?



TAKING THE FIRST STEP TOWARD TREATMENT AND REACHING OUT SHOWS REAL STRENGTH. FROM HERE, OUR GOAL IS TO MAKE THE NEXT STEPS AS CLEAR AND SUPPORTIVE AS POSSIBLE SO YOU KNOW EXACTLY WHAT TO EXPECT, EMOTIONALLY, PRACTICALLY, AND FINANCIALLY.

YOU CAN REACH OUR ADMISSIONS TEAM IN GOODING (800-227-4190). WHEN YOU CALL, YOU'LL COMPLETE A 20-30 MINUTE CONFIDENTIAL PHONE INTERVIEW SO WE CAN UNDERSTAND YOUR NEEDS AND DETERMINE WHETHER THE WALKER CENTER'S RESIDENTIAL PROGRAM IS THE RIGHT FIT.



FIRST STEPS TO SOBRIETY



FREQUENTLY ASKED QUESTIONS

Q: HOW LONG ARE THE TREATMENT PROGRAMS AT THE WALKER CENTER?

A: It depends on the program type. For outpatient services, the treatment duration can range from a month up to a year. For inpatient (residential) care, the standard program is about 8 weeks – though the exact length may vary depending on your personalized treatment plan and funding.

Q: WHAT TREATMENTS DOES THE WALKER CENTER OFFER?

A: The Walker Center provides a full continuum of care: medically supervised detox/withdrawal management if needed, inpatient (residential) treatment, Intensive Outpatient Treatment, relapse prevention, family support groups, and aftercare. Therapy modalities include evidence-based approaches like Cognitive Behavioral Therapy (CBT), motivational interviewing, trauma-informed care, Sober Housing, and more.

Q: HOW CAN I PAY FOR TREATMENT? DO YOU ACCEPT INSURANCE OR FINANCIAL ASSISTANCE?

A: Yes, we accept many insurance plans. We also offer payment plans, and for those without insurance, we can help explore state funding or scholarship options. Costs vary by program type and length of stay, but we work with every client to identify payment options that fit their situation.

Q: IS THE WALKER CENTER CONFIDENTIAL? WILL MY EMPLOYER, DOCTOR, OR LOVED ONES BE TOLD ABOUT MY TREATMENT?

A: Your privacy is extremely important. All treatment records and personal information are protected under HIPAA and federal confidentiality laws. We will only share your participation or treatment details with others – such as a doctor, employer, or family – if you sign an explicit release.

Q: CAN I KEEP WORKING OR ATTEND TREATMENT IF I HAVE A JOB OR FAMILY RESPONSIBILITIES?

A: Yes. The Walker Center offers outpatient options designed for people who need flexibility. Outpatient programs allow for treatment while maintaining work, school, or family obligations

Q: WHAT HAPPENS IF I RELAPSE OR NEED A HIGHER LEVEL OF CARE DURING OUTPATIENT TREATMENT?

A: If you relapse or your clinical team determines outpatient care is no longer sufficient, we can help you transition to a higher level of care, such as residential treatment. We strive to meet clients where they are and provide the appropriate level of support for lasting recovery.



WHAT TO EXPECT

When you arrive at The Walker Center, you can expect a calm, structured environment where your safety and well-being come first. Your first step will be a confidential intake assessment that helps our clinical team understand your history, needs, and recovery goals. If withdrawal management is needed, our medical staff will support you through a safe, supervised detox process before you begin the full therapeutic schedule.

Each day includes a balanced mix of group therapy, individual counseling, educational sessions, mindfulness or wellness activities, meal times, and opportunities for quiet reflection. You may also take part in experiential activities or gender-specific programming, depending on your treatment plan. As you settle in, your care team will work with you to adjust your plan based on progress, comfort, and clinical needs.

Family involvement is strongly encouraged to strengthen support and communication at home. Before discharge, you'll receive a personalized aftercare plan that includes outpatient options, recovery support services, support groups, meeting lists, and community resources to help you maintain momentum. Every part of the process is designed to support stability, clarity, and a smoother transition into long-term recovery.



ACCREDITATION

The Walker Center has been supporting individuals and families through addiction recovery for decades. As a nonprofit treatment provider, our mission is to make high-quality, evidence-based care accessible to anyone ready for change.

When you come to us, you're joining a community committed to helping you heal with dignity, safety, and compassion.

The Walker Center is CARF-accredited, meaning our programs exceed national standards for safety, quality, and effectiveness. This accreditation reflects our commitment to excellence and continuous improvement in the care we provide.

PAYMENT OPTIONS

We understand that paying for treatment can feel overwhelming, and we are committed to helping you navigate your options with clarity and support. Our admissions and finance teams work closely with clients, families, and referring professionals to simplify the process and ensure you understand what to expect.

We accept multiple forms of payment, including:

- Private Insurance – Many insurance plans help cover the cost of addiction treatment. We verify your benefits, explain your coverage, and help you understand any out-of-pocket costs before admission.
- Private Pay – Flexible payment arrangements are available for those choosing to pay directly.
- State Funding – Idaho residents who meet income and eligibility criteria may qualify for assistance through Magellan, which manages both Medicaid and Idaho State Funding, and can reduce or fully cover the cost of treatment.
- Medicaid – Accepted for specific program levels (subject to eligibility and coverage).

No matter your financial situation, you don't have to navigate the cost of treatment alone. The Walker Center works with clients to combine payment options, like insurance, state funding, scholarships, or private-pay arrangements, to build a plan that fits your needs. If state funding or insurance doesn't cover the full cost of treatment, we can help create an installment plan to bridge the gap. Our goal is to remove as many financial barriers as possible so you can focus fully on getting the help you deserve. When you're ready to begin, we'll walk you through every step.

PROGRAMS

ADULT OUTPATIENT SERVICES

The Walker Center provides a full range of outpatient programs designed to support individuals who are maintaining recovery or stepping down from a higher level of care. Our services help clients build balance, strengthen coping skills, and stay connected to ongoing support.

Our adult outpatient offerings include:

- **Intensive Outpatient** – The Walker Center’s High-Intensity Outpatient Program provides structured support while allowing clients to continue managing work, school, or family responsibilities. This program emphasizes abstinence and education around the disease model of addiction, helping individuals better understand the patterns and impacts of substance use. Treatment includes stress management, building problem-solving skills, family codependency counseling, and family communication skills. Together, these elements work to reduce the risk of relapse while strengthening emotional stability and personal accountability.
- **Low-Intensity Outpatient** – This program assists with education and skill building to reduce the impacts of substance use for individuals. It can help participants set personal goals that encourage growth into a healthier life.
- **Individual Treatment** – We individualize your treatment plan to address your unique history, strengths, goals, lifestyle, and cultural background for a more effective, sustainable recovery.
- **Relapse Prevention** – A focused program designed to help clients identify triggers, strengthen recovery strategies, and maintain long-term sobriety.



ADOLESCENT OUTPATIENT SERVICES

The Walker Center also provides specialized outpatient services for teens, helping them navigate sobriety with support tailored to their developmental needs.

- Outpatient Treatment for Adolescents
- Family Group Treatment – A vital part of the adolescent program, helping families heal together.
- Case Management & Recovery Support Services
- Drug Testing
- Transportation for Medically Eligible

TELE-BEHAVIORAL HEALTH SERVICES

Counseling via secure video is available for adults and adolescents who cannot attend sessions in person. Tele-behavioral health:

- Expands access to care for rural and remote clients
- Removes transportation barriers
- Provides flexibility while maintaining clinical support

SUPPORT FOR FAMILIES

Family healing is an essential part of recovery. Family services include:

- Family Group Treatment
- Education about addiction and recovery
- Skill-building to improve communication and trust

These programs help families understand what recovery looks like and how they can support their loved ones while also taking care of themselves.

INPATIENT TREATMENT

The Walker Center's residential program in Idaho provides a safe, structured, and supportive environment where individuals can step away from daily pressures and focus fully on healing. With separate living areas for men and women, the program balances connection, privacy, and community.

Residential treatment is typically 30 or 60 days, depending on clinical needs and individualized treatment plans. Clients participate in a full therapeutic schedule designed to rebuild emotional, physical, and behavioral stability.

CORE RESIDENTIAL PROGRAM FEATURES

Our residential curriculum integrates evidence-based treatment with the foundational principles of long-term recovery:

- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing (MI)
- Trauma-Informed Care
- Mental Health Evaluations and ongoing clinical support
- Experiential Challenge Course activities that build confidence and teamwork
- Educational sessions covering addiction, coping skills, and relapse prevention
- Group therapy and process groups
- Behavioral management support to help stabilize early recovery



SOBER HOUSE

The Walking Sober House provides a supportive living environment for individuals who are committed to maintaining sobriety while rebuilding stability and independence. This home-like setting is designed for individuals who need a safe, substance-free space to continue practicing the tools they've learned.

Individuals live alongside others who share the same goals, creating community, accountability, and connection, some of the most important ingredients for long-term recovery. The Sober House offers structured expectations, regular check-ins, and an environment that encourages responsible daily living. It's an ideal option for individuals who would benefit from continued guidance as they return to work, reconnect with family, or establish new routines.

By providing a stable place to land while working towards full independence, the Sober House supports individuals in maintaining momentum, preventing relapse, and building confidence as they move forward in recovery.

TRANSITION & AFTERCARE PLANNING

Recovery planning begins early. Before discharge, each client receives a customized plan designed to support ongoing stability and connection, which may include:

- Mental health referrals
- Physical health referrals
- Sober living connections
- Legal or court-related resources (when applicable)
- Physical health appointments
- Lists of AA, NA, and community recovery meetings
- Crisis Center information

This continuity helps ensure clients have a realistic, supportive structure in place when they return home.

RESIDENTIAL TO OUTPATIENT CONTINUUM

Most clients transition into outpatient care after residential treatment. The Walker Center's outpatient programs provide continued structure, accountability, and support as clients re-enter daily life.

Options may include:

- Outpatient counseling
- Intensive Outpatient Treatment (IOP)
- Relapse prevention and recovery support services
- Family services
- Sober housing

This full continuum ensures clients are supported at every stage of recovery.



ALUMNI SUPPORT & COMMUNITY CONNECTION

Recovery doesn't end at discharge; connection matters. Alumni services are available at no cost for individuals who have successfully completed treatment.

Alumni can participate in:

- In-person support groups in Twin Falls
- A closed private Facebook group for community, encouragement, and ongoing connection

Alumni facilitator help bridge the transition from treatment to community life, supporting long-term stability.

CONTACT INFORMATION

Twin Falls Outpatient Office

1102 Eastland Dr N
Twin Falls, ID 83301
208-734-4200
866-287-2534

Gooding Residential Treatment

605 11th Ave. East
Gooding, Idaho 83330
1-208-934-8461
800-227-4190
Fax: 208-934-5437



CROSS OVER TO THE BRIGHT SIDE

THE WALKER CENTER

Call us at 800-227-4190, Mon-Fri 8 AM to 5:30 PM or Sat 8 AM to 4 PM to participate in a 20-30 minute phone interview & get started.

