

**What people are  
saying about the  
ARI**

Explore Recovery was developed by Pam and Steve Moore, founders of the Moore Institute. Both have over 25 years experience in the field of substance abuse

"The Moore Institute in Birmingham has developed perhaps the most inclusive model for addiction recovery that I know of. Trailblazers in the work to discover addiction treatment that works for everyone. Check them out. Run by two wonderful people, Steve Moore and Pam Wilkes Moore." - Micheal Naylor, EMDR Trainer

"The Recovery Intensive digs deep." -Joan P.

"You really listened to me." - Bill W.

"I've been to treatment before, but nothing like this. It really is different." Sam B.

"It changed my life." Rene M.

"I have been to treatment several times before and never learned any of this. This really is innovative and different." - David Y.

"This has changed my life. I see my recovery and myself in a new light." Sabrina Q.

"I never thought I could have my life back until I came into the ARI." Jamie D.

**EXPLORE**

RECOVERY

**WHERE:**

THE MOORE INSTITUTE 4126  
AUTUMN LANE BIRMINGHAM,  
AL 35243

**WHEN:**

MONDAY — FRIDAY  
8:00AM — 12:00PM  
SIX TO TWELVE WEEKS IS  
RECOMMENDED  
(BUT NOT REQUIRED)

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THE MOORE INSTITUTE

**EXPLORE**

RECOVERY

**ADDICTION RECOVERY INTENSIVE**

THERE IS AN ALTERNATIVE



## THERE ARE MULTIPLE PATHS TO RECOVERY

Traditional 12-step recovery works very well for some but not all people with addiction.

Only about 10% of people who follow the 12-Step program find success initially.



Another 10% eventually cycle back into the program after painful relapses. But what about the other 80% who try a 12-Step program without success and are never heard from again?



Research suggests that many of these people are finding successful paths to recovery but just not in the way we think.

At Explore Recovery we use a novel approach to addiction recovery that recognizes that each individual requires an unique solution to their problem that is:

- Individual
- Flexible
- Alternative
- Combined with the best of Traditional

## A UNIQUE, ALTERNATIVE APPROACH TO RECOVERY

Explore Recovery at the Moore Institute is a new, alternative way to approach recovery. Instead of providing a single, rigid program to everyone, we offer a Multi Modal Recovery Process (MMRP). Together, we will help you define exactly what your problem is and develop a path towards recovery.

No two individual's paths will look the same. The Multi Modal Recovery Process recognizes that each individual requires a unique solution to their problem. Different people find different methods more successful than others. Some may find programs like SMART Recovery or Refuge Recovery helpful, while others may find success in things like yoga or religion. Our goal is to help you try different methods and find the solution that works best for you.

The Multi-Modal Recovery Process (MMRP) was born out of this understanding of the importance of community and alternative methods in successful recovery programs. The four principals of the MMRP are:

1. Agreement about the problem.
2. The Plan - a personalized path forward in recovery tailored to the individual.
3. Support.
4. Accountability.

## A CONSCIOUS, CARING COMMUNITY

Recovery doesn't happen in a vacuum. Across all methods of addiction recovery, the one common thread is community. A community offers the support and accountability you'll need to continue down your path to recovery.

Our Addiction Recovery Intensive is open to 10 individuals at a time so that we can successfully build that sense of community as you all work on your unique approaches to recovery.