

Lantana Recovery

Treatment Effectiveness Report



Providing insightful data to help treatment programs improve their outcomes

September 1, 2021 - February 28, 2023

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BACKGROUND

Lantana Recovery (“Lantana”), located in Charleston, South Carolina, provides community-based integrative treatment for drug and alcohol addiction. Lantana offers a full continuum of care, including residential, partial hospitalization (PHP) and intensive outpatient (IOP) and outpatient services. Treatment programs provide patients tools and support they need to build their foundation and voice in recovery.

In conjunction with holistic therapies, Lantana’s multidisciplinary therapeutic approach allows each patient to be treated as an individual. Lantana provides individual and group counseling, and each patient receives a peer support specialist who acts as a case manager. Patients may also receive Medication-Assisted Treatment (MAT) including Medications for Opioid Use Disorder (MOUD). Support groups are available to families, and patients may choose to involve family in monthly therapy sessions.

Lantana started using INSIGHT Addiction™ to monitor patients on August 30, 2021. This is the first annual Treatment Effectiveness report for Lantana. This report summarizes data for patients in treatment between September 1, 2021 and February 28, 2023.

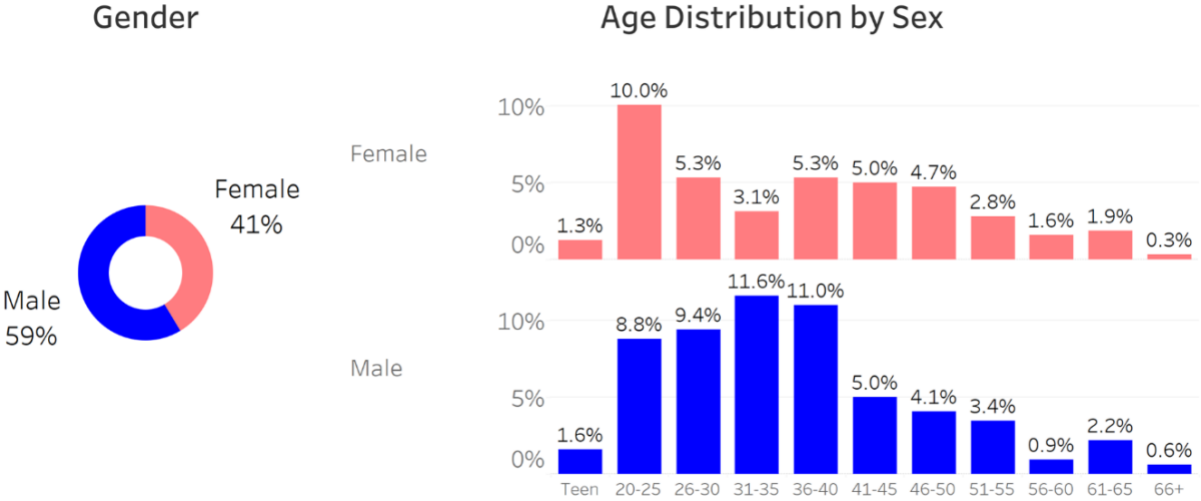
This report was released on June 28, 2023.

PATIENT CHARACTERISTICS AT INTAKE

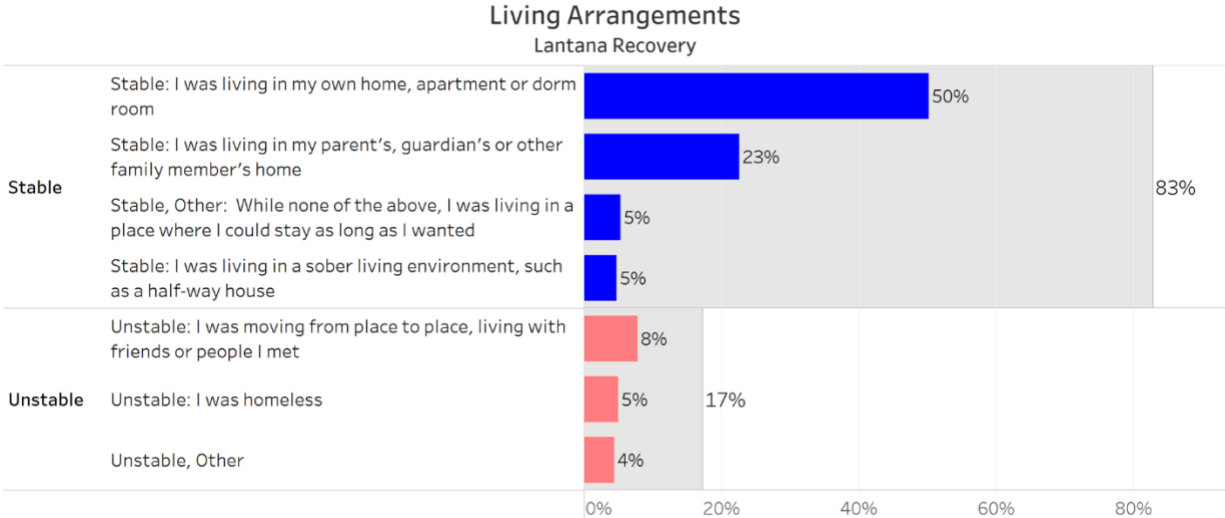
Vista received intake data from 312 IOP and PHP patients, as well as seven GOP patients, who attended treatment at Lantana between September 1, 2021 and February 28, 2023.

Demographics

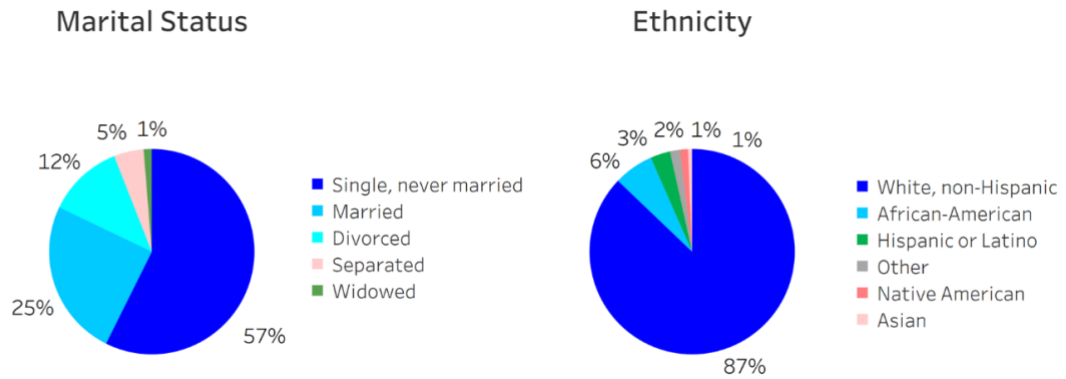
The majority of patients (59%) identified as male and the median age was 35:



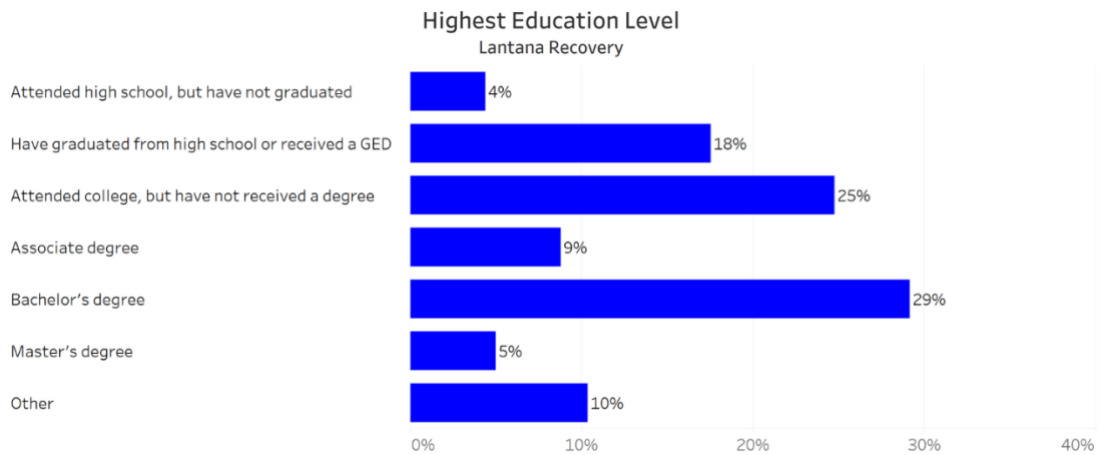
The majority (83%) of patients were in a stable living arrangement prior to entering treatment:



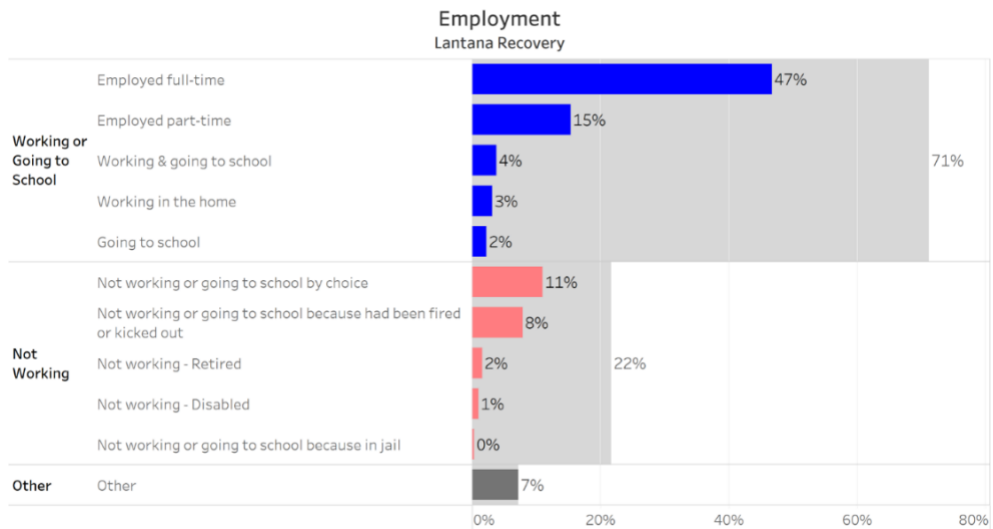
More than half (57%) of the patients were single and had never been married, while 25% were married. The majority (87%) were White and 6% were African-American:



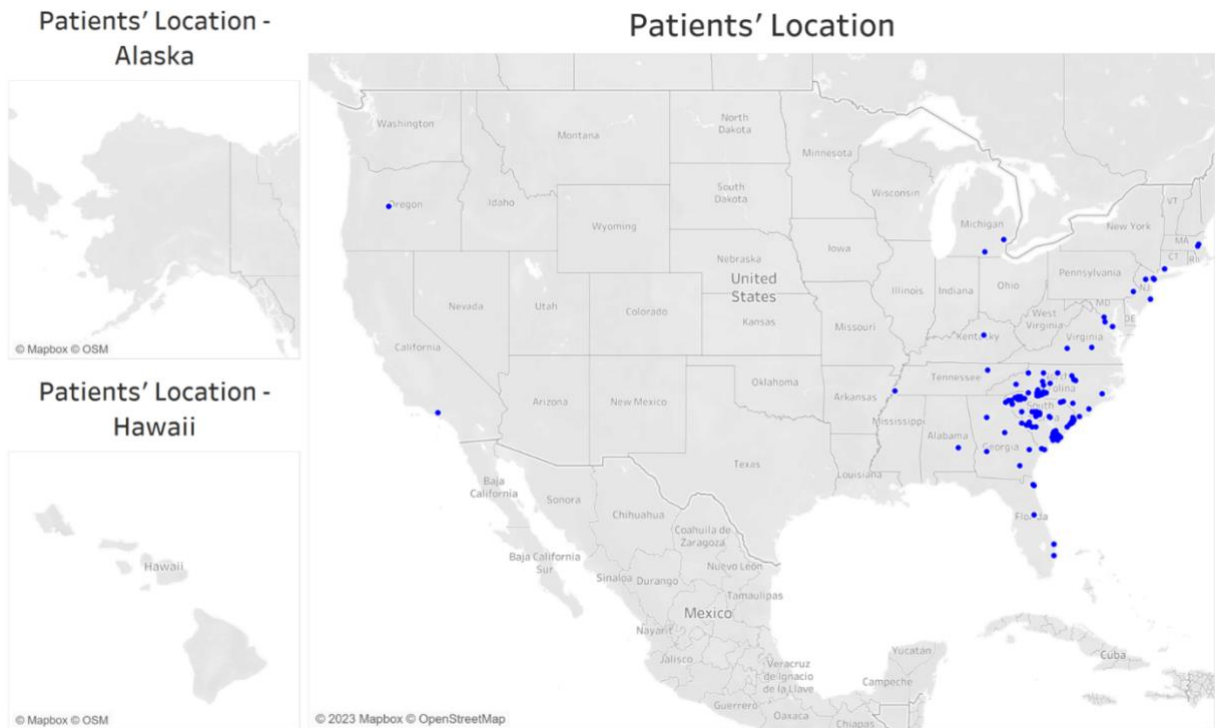
The vast majority of Lantana patients had graduated from high school or received a GED. Thirty-four percent (34%) had earned a bachelor’s degree or higher:



The majority of patients (71%) were employed or going to school prior to treatment:

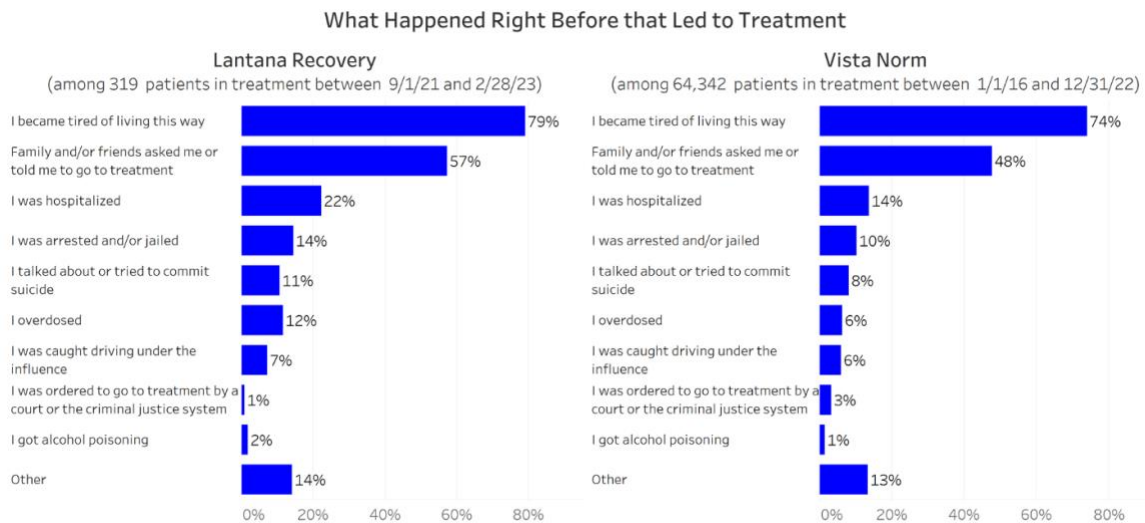


Most patients were from either North or South Carolina and the East Coast:

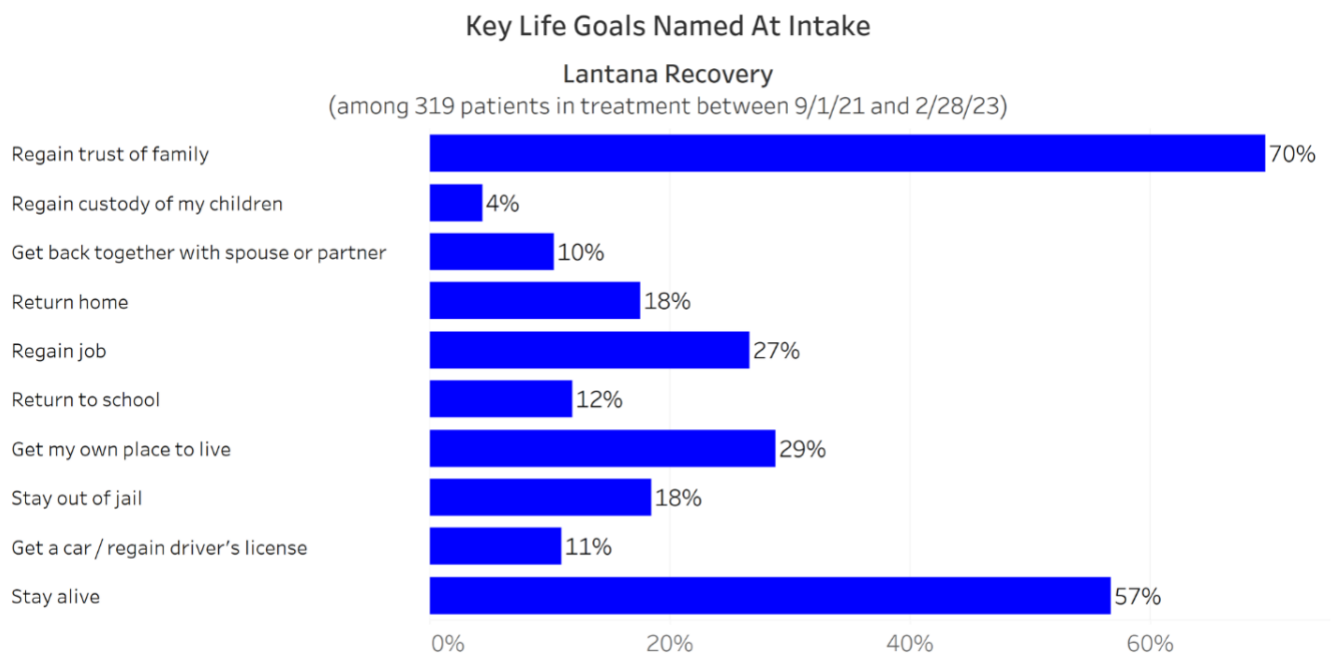


Why Patients Entered Treatment

What led to treatment: The majority of Lantana patients (79%) said they entered treatment because they “became tired of living this way,” which was higher than the 74% norm for patients treated by centers in the Vista Research Network since 2016. Another 57% said they were asked by family and/or friends to go into treatment, higher than the Vista norm of 48%. Nearly a quarter (22%) of Lantana patients reported having been hospitalized prior to treatment, which is higher than the Vista norm of 14%:



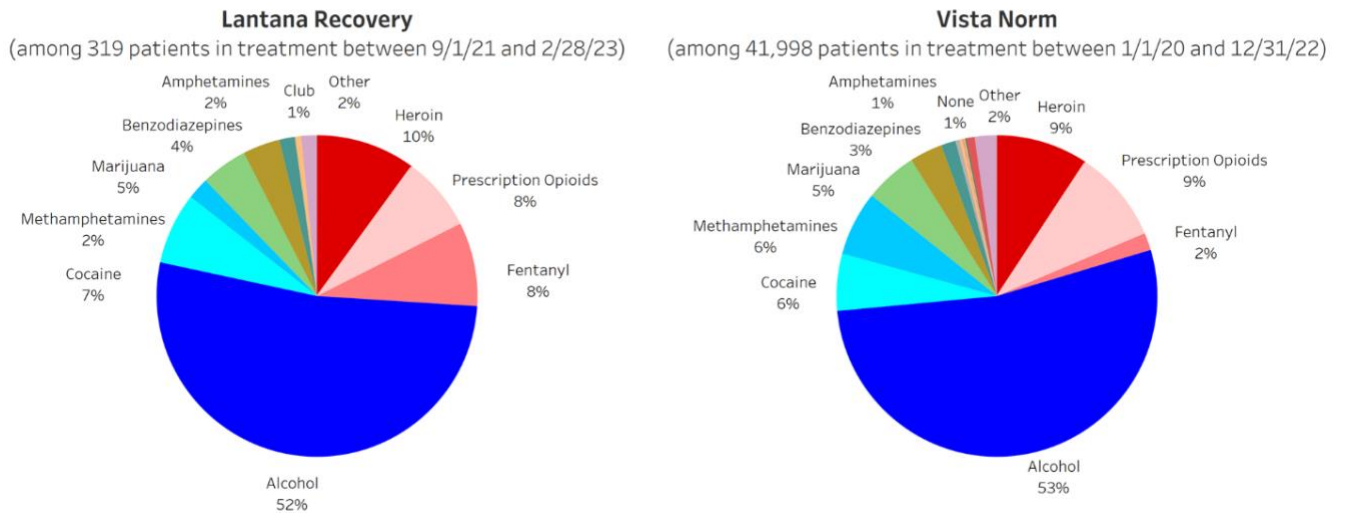
Life goals: Most Lantana patients entering treatment had either experienced consequences of their drug or alcohol use or were afraid for the future. When patients were asked to pick up to three specific life goals they hoped treatment would help them achieve, 70% said they wanted to regain the trust of family while another 57% wanted to overcome their addiction to “stay alive:”



Substance Use

Primary Drug of Choice: Alcohol was the primary drug of choice for 52% of Lantana patients and heroin for 10% of the patients. The other drugs were each preferred by less than 10% of patients though notably, 8% of patients indicated Fentanyl was their primary drug of choice which is higher than the Vista norm (2%):

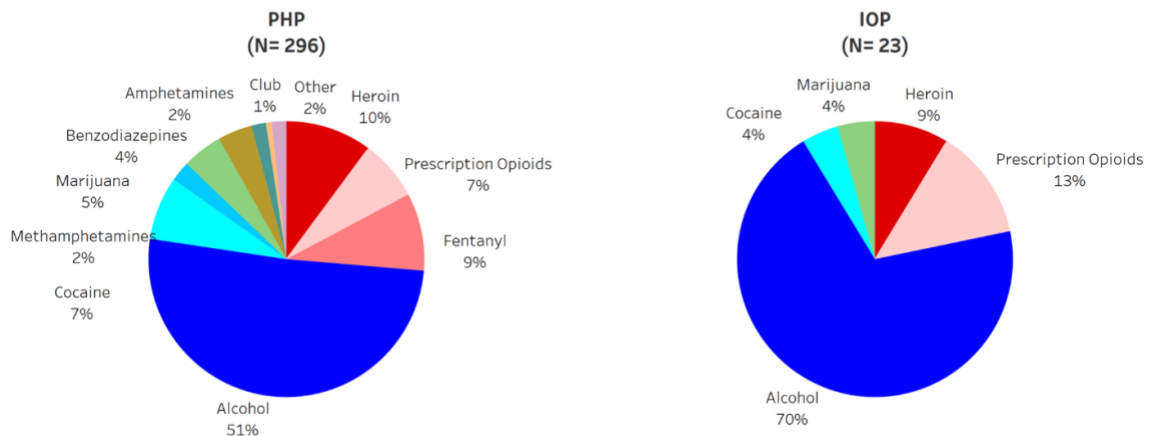
What is Your Primary Drug of Choice?



Patients starting treatment in IOP were more likely to be in treatment for alcohol addiction (70%) than those starting in PHP (51%). Patients starting treatment in IOP were also more likely to be in treatment for prescription opioids (13%) Patients who were in treatment for Fentanyl started treatment in PHP:

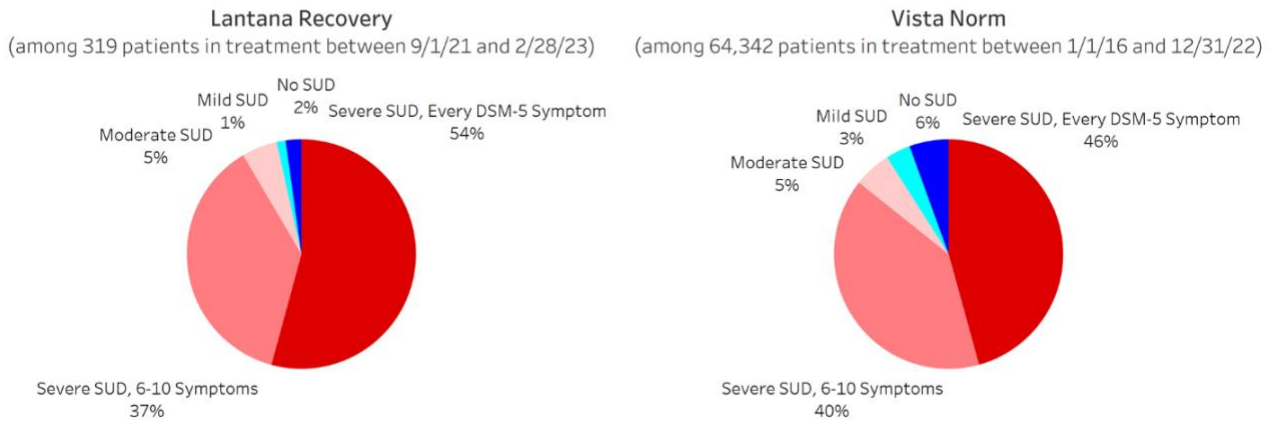
What is Your Primary Drug of Choice?

(among patients in treatment between 9/1/21 and 2/28/23)

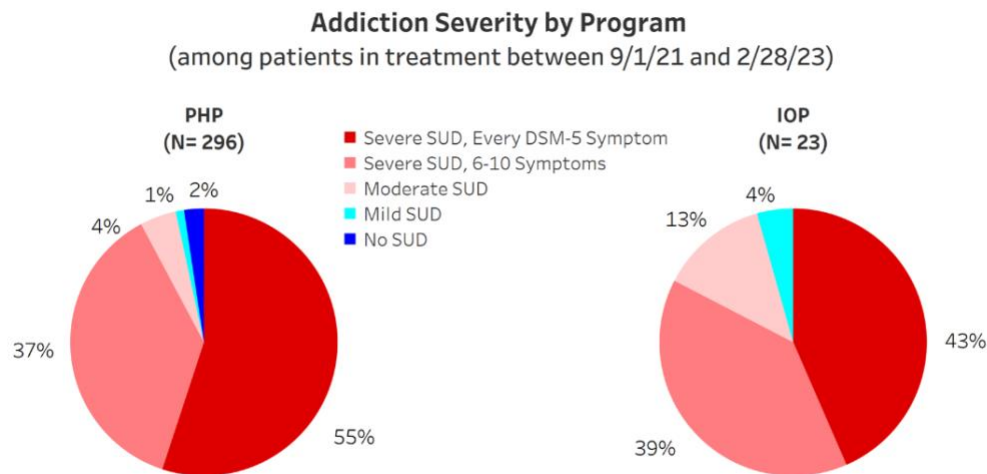


Addiction Severity: The vast majority (91%) of Lantana patients reported symptoms consistent with the DSM-5 criteria for severe substance use disorder (SUD), higher than Vista’s norm of 86%. A higher percentage of Lantana patients (54%) reported experiencing all 11 of the DSM-5 SUD criteria in the year prior to treatment compared to the Vista norm of 46%:

Addiction Severity

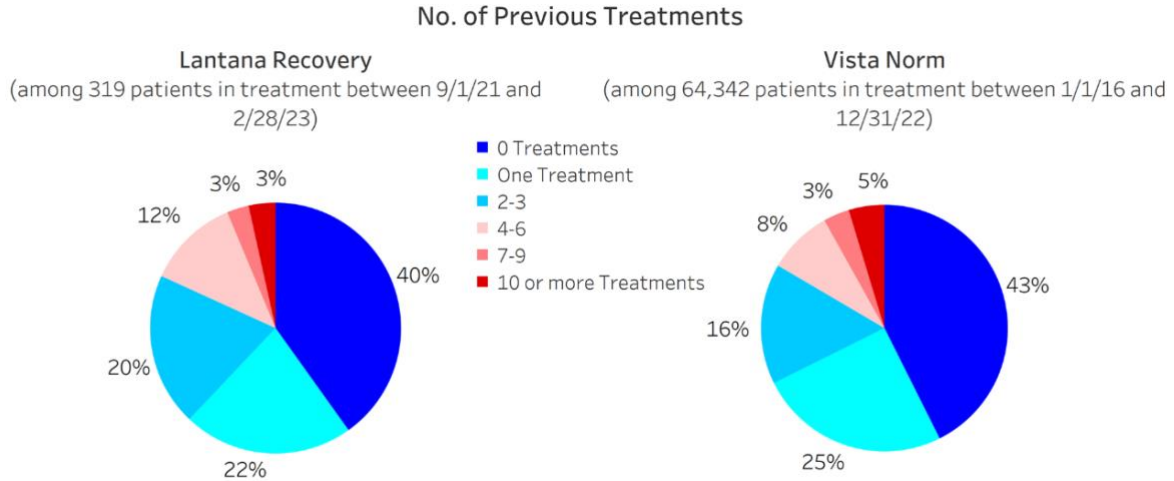


A higher percentage of patients entering PHP (92%) reported symptoms consistent with the criteria for a severe SUD with 55% reporting all 11 symptoms compared to those entering IOP:

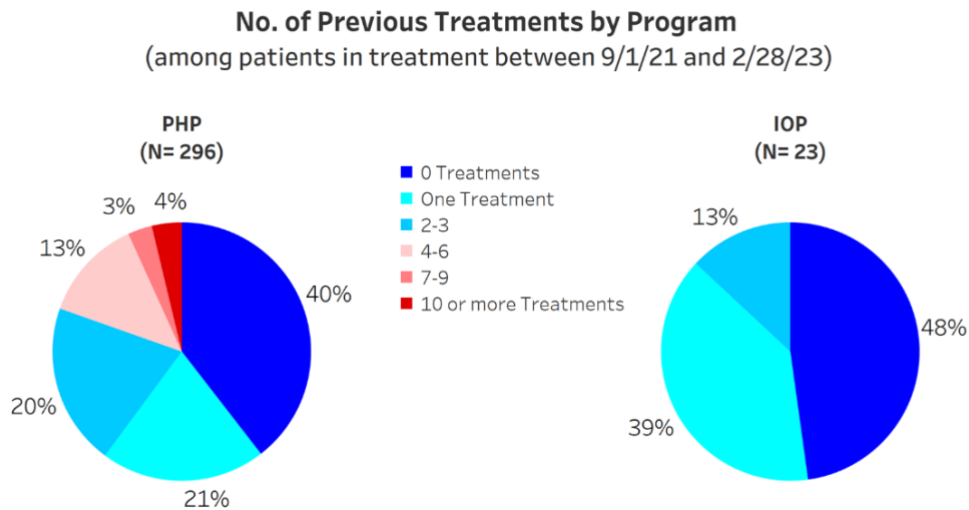


Previous SUD Treatment Episodes

A slightly higher percentage (60%) of Lantana patients had been in treatment before, compared to the Vista norm (57%). Also, a slightly higher percentage (18%) of Lantana patients had been in treatment four or more times previously compared to the Vista norm of 16%:



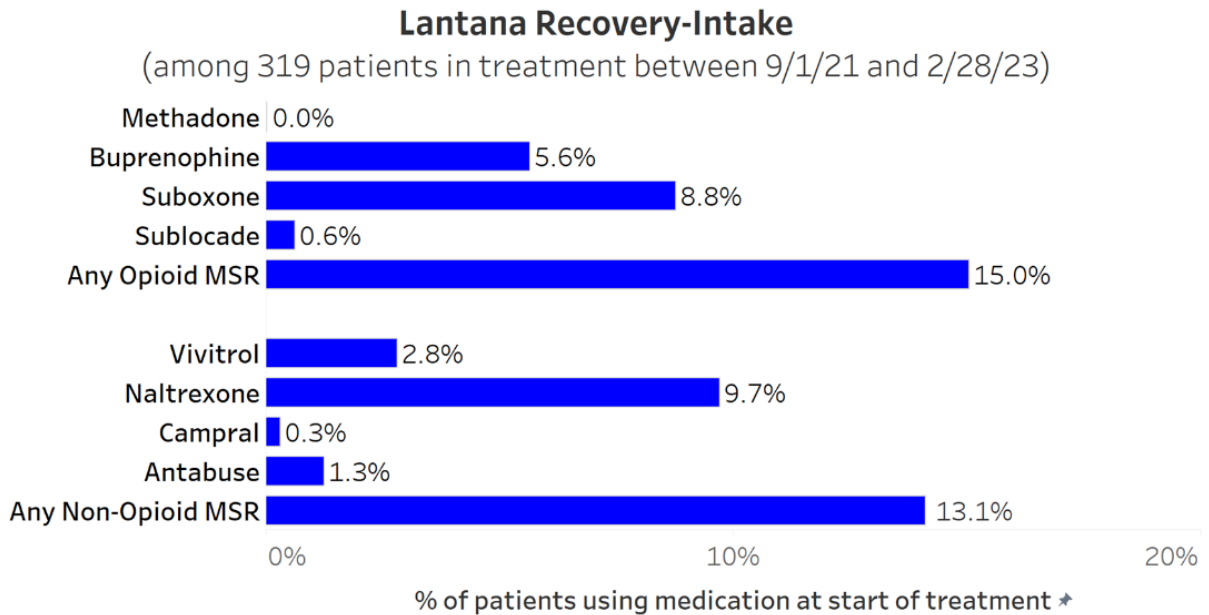
PHP had the lowest percentage (40%) of patients in treatment for the first time. No patients reported being in treatment more than three times in IOP compared to 20% of patients in PHP reporting 4 or more previous treatment episodes:



Medication Supported Recovery

Among all Lantana patients, 15% reported taking an opioid replacement medication at the start of treatment and 13.1% reported taking a non-opioid anti-craving medication. Suboxone (8.8%) and Naltrexone (9.7%) were the most commonly used medications:

Percent of Medication Supported Recovery Patients at Intake



The use of opioid and non-opioid anti-craving medications increased during treatment. For example, the use of Naltrexone increased from 9.7% of patients at intake to 21.4% at the last treatment survey:

Medication Usage Differences Between Intake and Last Survey

Lantana Recovery

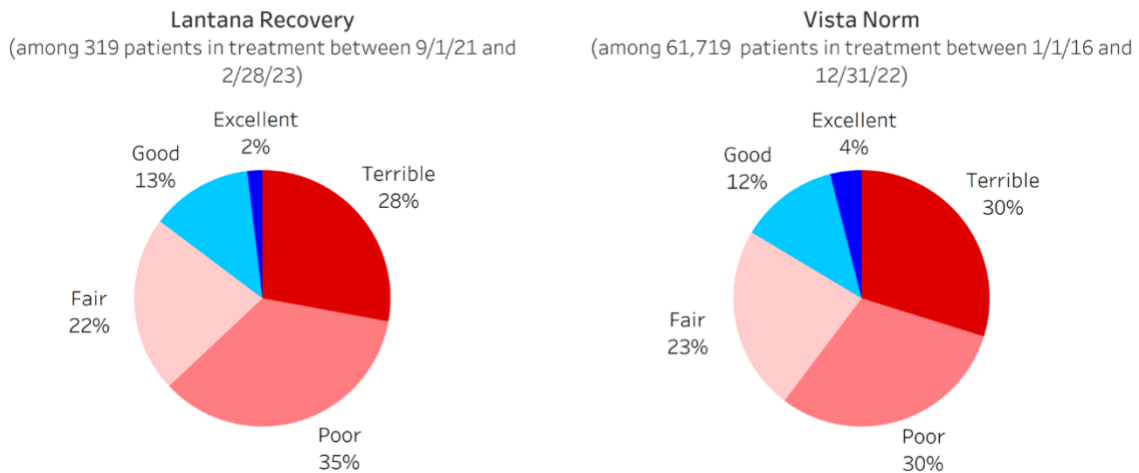
(among 290 patients in treatment between 9/1/21 and 2/28/23 who submitted an update survey)



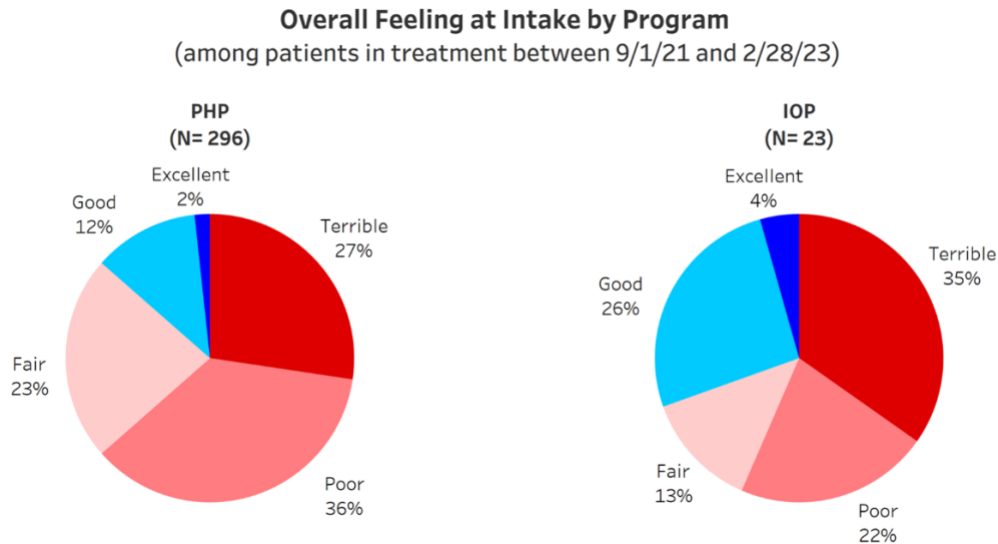
How Patients Were Feeling Prior to Treatment

The majority (63%) of Lantana’s patients reported feeling terrible or poor during the 30 days prior to beginning treatment, modestly higher than the Vista norm of 60%. Conversely, 15% of the patients reported feeling good or excellent, comparable to the 16% Vista norm:

Overall Feeling at Intake



The majority (63%) of patients starting treatment in PHP reported feeling terrible or poor prior to entering treatment, higher than the 57% of patients entering IOP treatment who reported the same:



Presence of Co-Occurring Disorders

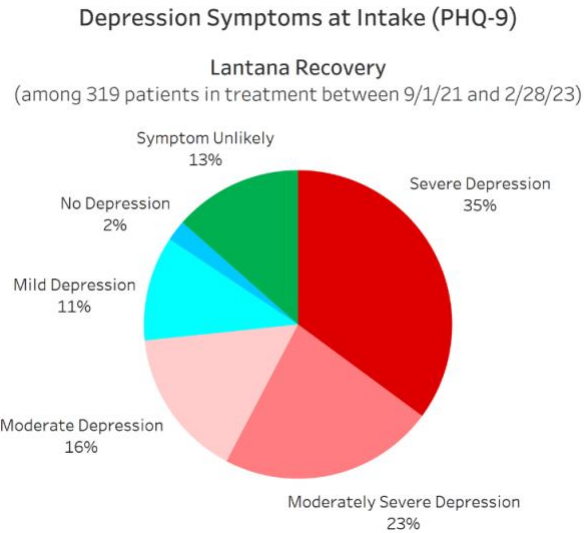
As part of their intake questionnaire, patients were asked a series of screening questions that referred to the 30 days before starting treatment. If they answered one or more of the screening questions for a particular co-occurring disorder positively, they were then taken to a complete academically-validated assessment to measure the severity of their symptoms of that disorder. If a patient answered the screening questions negatively for a specific disorder, they were classified as “symptom unlikely” on the following charts.

The majority (83%) of patients starting treatment at Lantana reported experiencing moderate or severe symptoms of one or more co-occurring disorders in the 30 days prior to entering treatment. The total percentages of Lantana patients reporting symptoms of specific co-occurring disorders at intake are higher than the Vista norms. Additionally, higher percentages of patients starting treatment in PHP reported moderate to severe symptoms of each disorder, except eating disorder, compared to patients starting treatment in IOP:

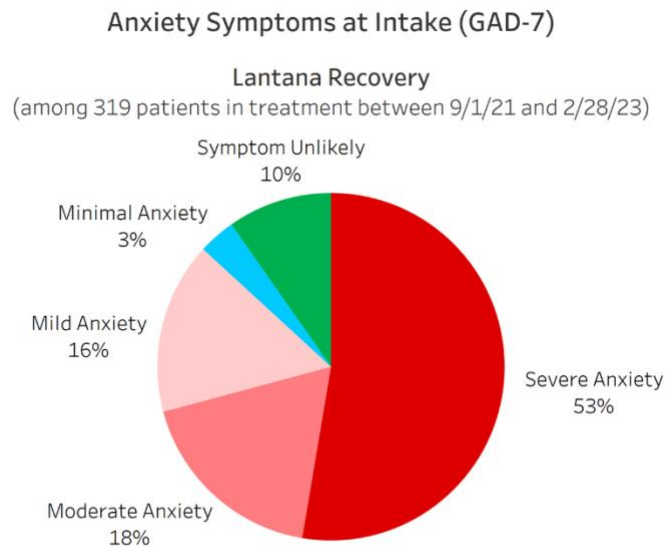
Patients with Moderate or Severe Symptoms at Intake

Lantana Recovery				
	PHP (n=296)	IOP (n=23)	TOTAL	Vista Norm
Depression	75%	56%	74%	63%
Anxiety	72%	52%	71%	61%
Trauma	70%	47%	69%	58%
Eating Disorder	40%	48%	40%	30%

Depression: The majority (74%) of Lantana patients reported experiencing symptoms indicative of moderate to severe depression in the 30 days prior to starting treatment:



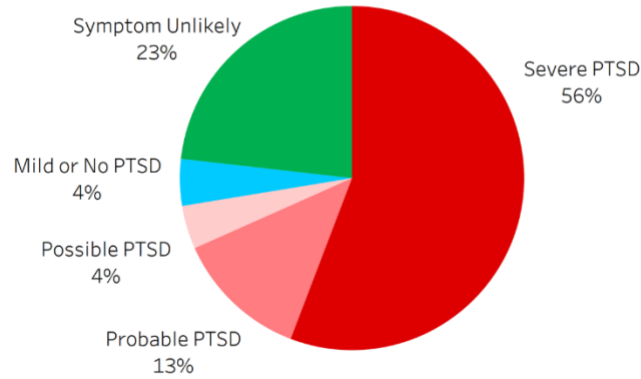
Anxiety: Almost three-quarters (71%) of Lantana patients reported experiencing symptoms indicative of moderate to severe anxiety in the 30 days prior to starting treatment:



Trauma: A little more than two-thirds (69%) of Lantana patients reported experiencing symptoms indicative of PTSD in the 30 days prior to starting treatment:

Trauma Symptoms at Intake (PCL-6)

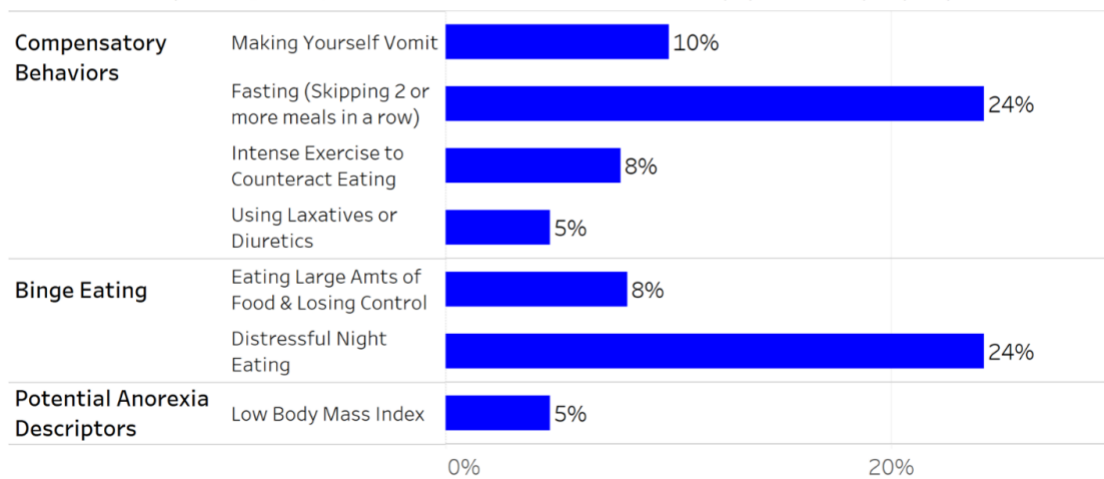
Lantana Recovery
(among 319 patients in treatment between 9/1/21 and 2/28/23)



Eating Disorders: Forty percent (40%) of Lantana patients reported behaviors typically associated with eating disorders in the 30 days before starting treatment. Twenty-four percent (24%) of patients reported fasting, defined as skipping two or more meals in a row. An equally common behavior was eating during the night after awakening from sleep, or eating an unusually large amount of food after the evening meal and being distressed by the night eating, also reported by 24% of patients:

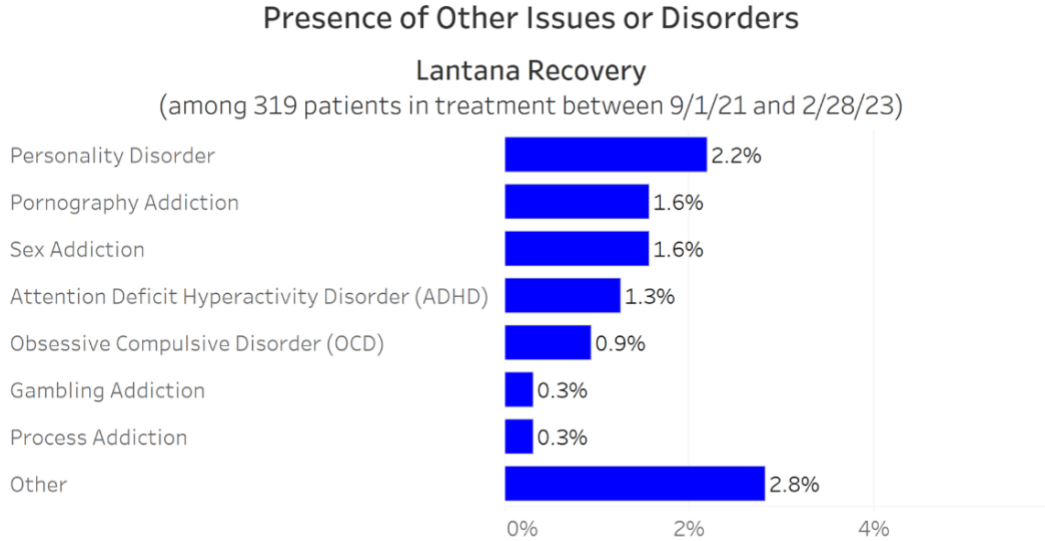
Eating Disorders at Intake

Lantana Recovery
(among 319 patients in treatment between 9/1/21 and 2/28/23)



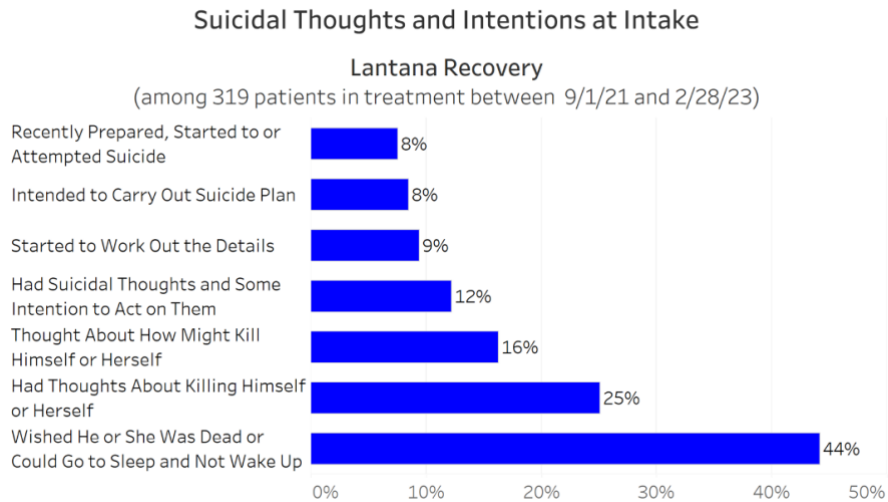
Other Disorders

Additionally, some Lantana patients reported other issues or disorders at intake that played a role in their attending treatment. Personality disorder was reported by 2.2% of patients while pornography addiction and sex addiction were each reported by 1.6% of patients:



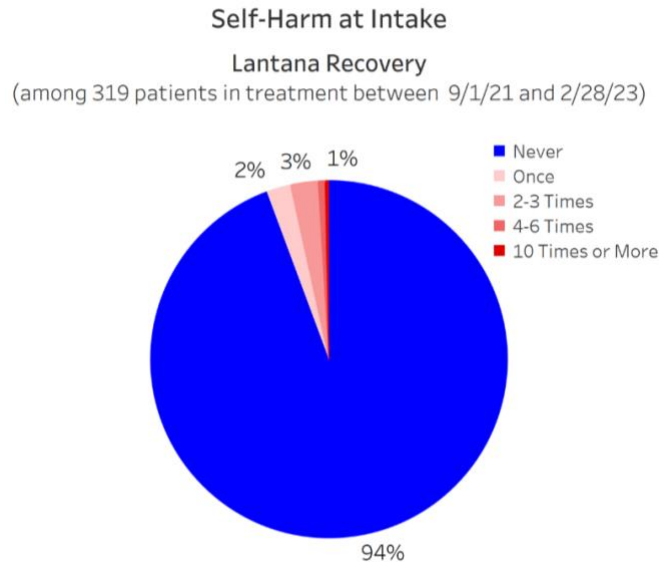
Suicidal Thoughts

Forty four percent (44%) of Lantana patients reported having wished they were dead or “could go to sleep and not wake up” in the month prior to treatment, while 25% reported having had thoughts about killing themselves. Eight percent (8%) reported having recently prepared, started to, or attempted suicide:



Self-Harming Behaviors

The vast majority (94%) of Lantana patients said they never harmed themselves on purpose, such as by cutting themselves, in the month before starting treatment:



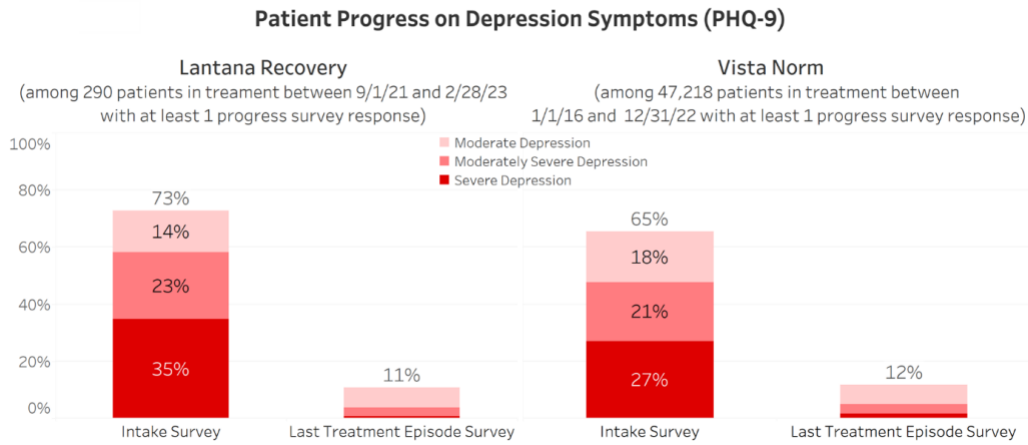
PROGRESS DURING TREATMENT

Improvement in Co-Occurring Disorders

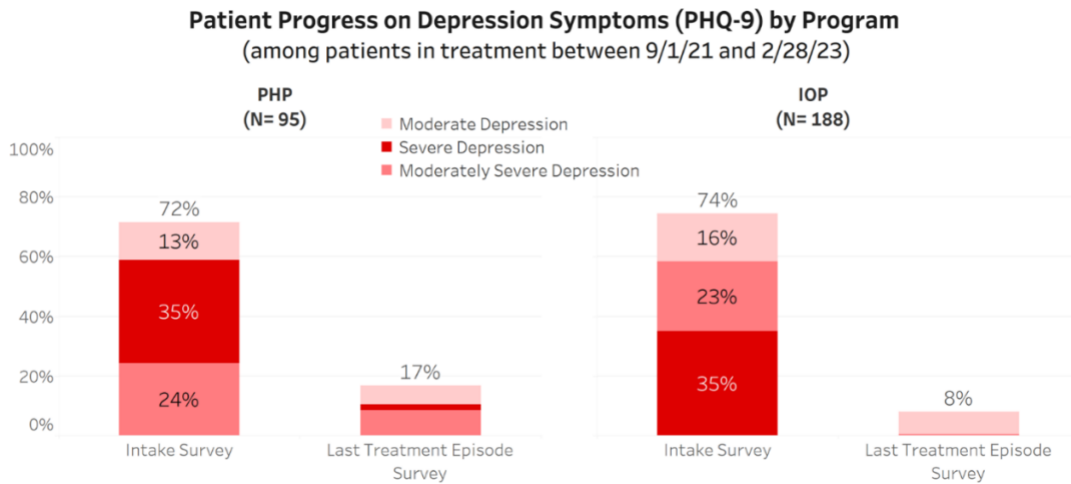
During the time they were in treatment, the percentage of Lantana patients who reported experiencing co-occurring disorder symptoms declined dramatically. The following graphs illustrate how the percentage of patients reporting symptoms declined between intake and the last progress monitoring survey they submitted.

The following charts only include patients who submitted at least one follow-up survey. Because not all patients submitted update surveys, the following intake percentages may differ from those shown in the table in the previous section. Results by program are based on the level of care patients were in when they completed their last treatment survey.

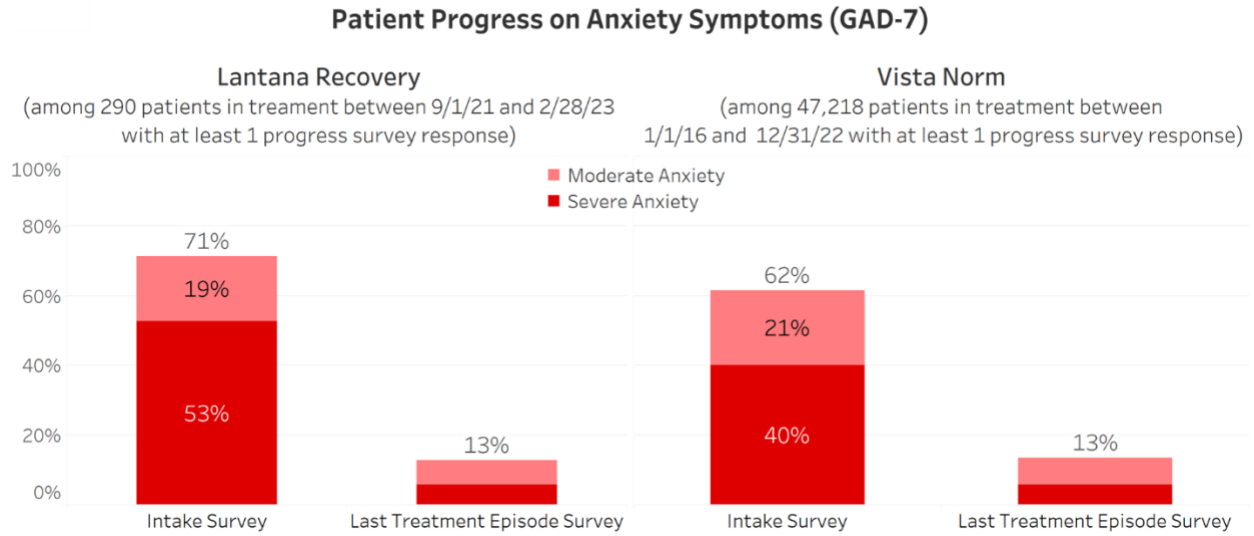
Depression: On the last progress monitoring survey they completed, 11% of Lantana patients reported experiencing depression symptoms, which is comparable to the Vista norm of 12%:



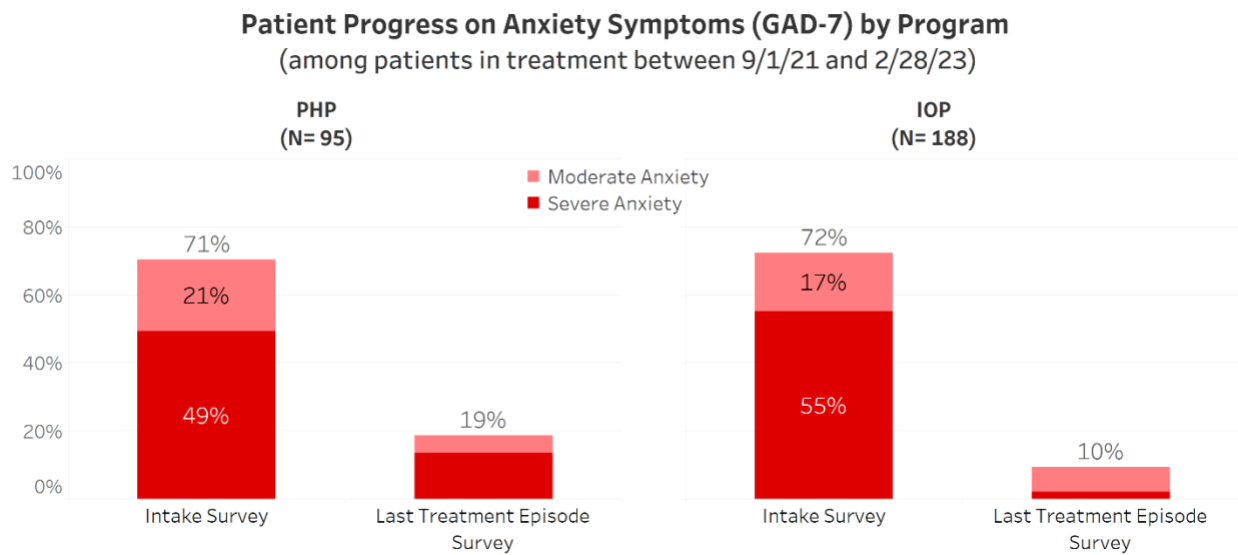
A higher percentage (17%) of PHP patients reported depression symptoms on their last treatment monitoring survey compared to IOP patients (8%):



Anxiety: The percentage of Lantana patients who reported moderate to severe anxiety symptoms on their last progress monitoring survey (13%) is equivalent to the Vista norm of 13%:

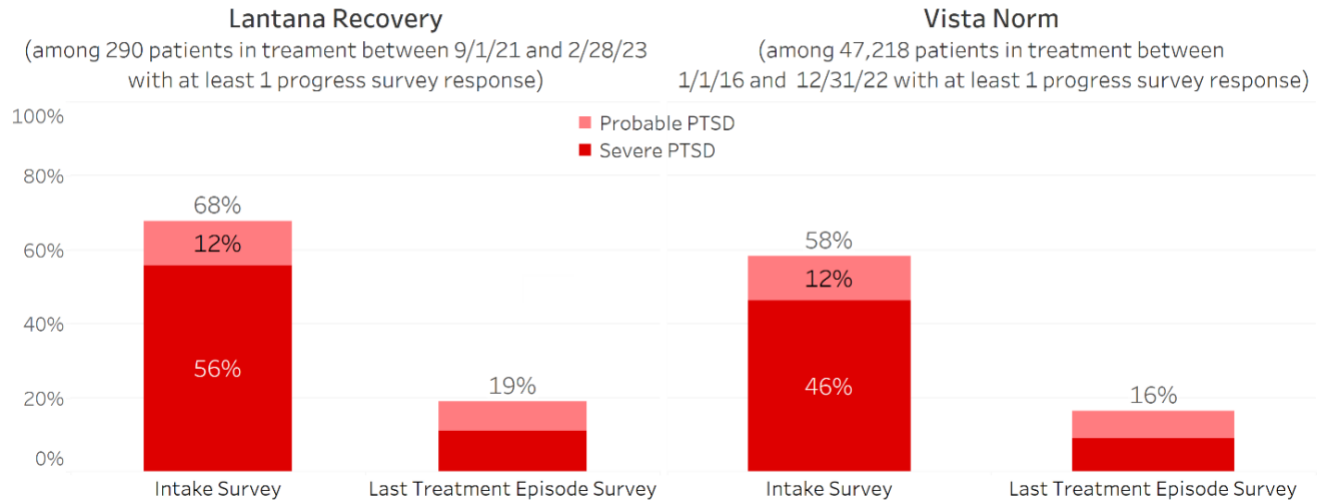


A higher percentage (19%) of PHP patients reported anxiety symptoms on their last update survey compared to IOP patients (10%):



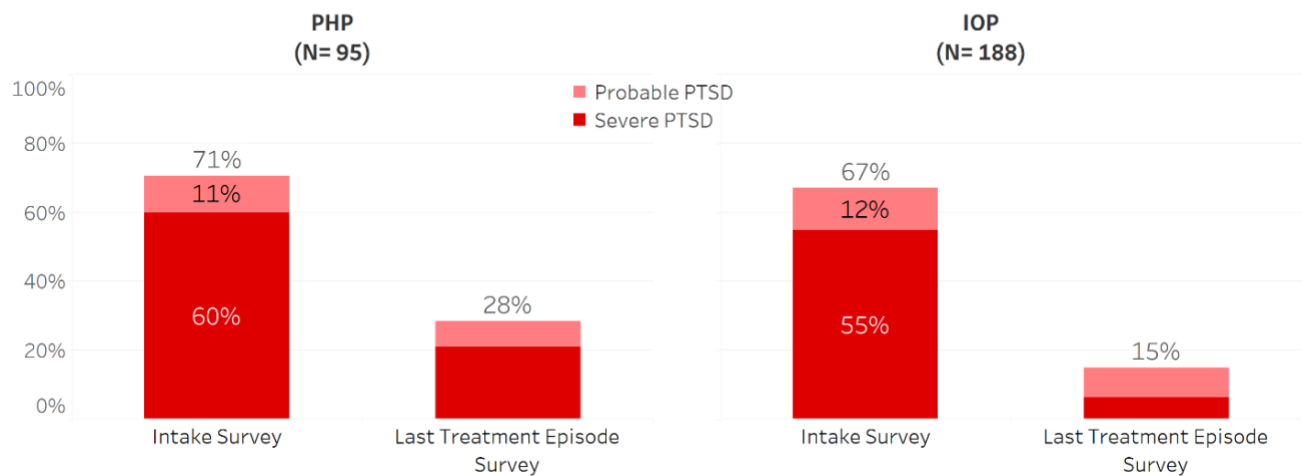
Trauma: Nineteen percent (19%) of Lantana patients reported probable or severe symptoms of PTSD on their last progress monitoring survey, which is slightly higher than the Vista norm of 16%:

Patient Progress on Trauma Symptoms (PCL-6)



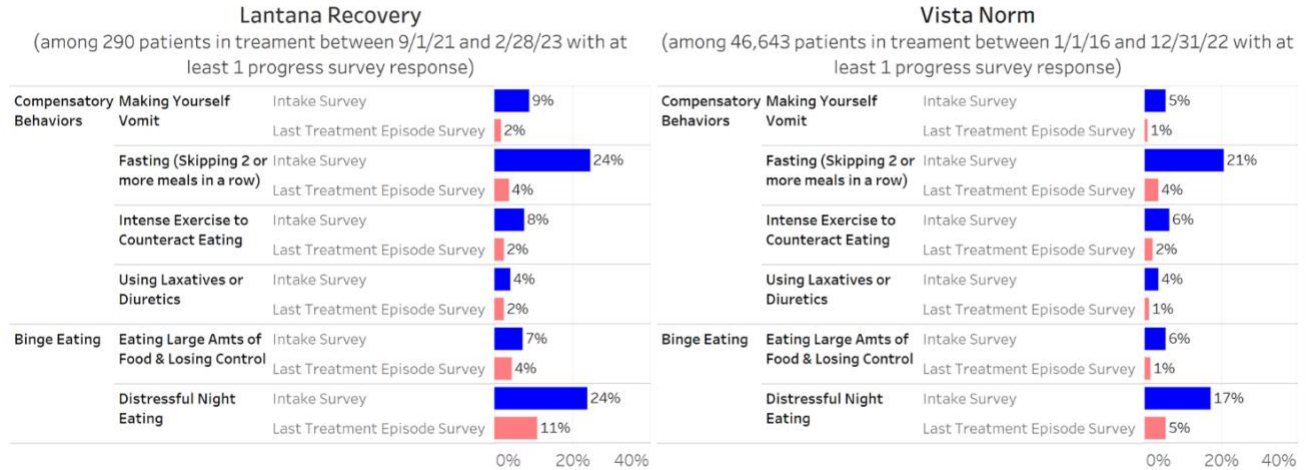
The 28% of PHP patients still reporting probable or severe PTSD symptoms on their last treatment monitoring surveys was higher than the 15% of patients discharging from IOP:

Patient Progress on Trauma Symptoms (PCL-6) by Program (among patients in treatment between 9/1/21 and 2/28/23)



Eating Disorders: The percentage of Lantana patients reporting disordered eating behaviors declined substantially during treatment. The percentages of Lantana patients reporting eating disorder behaviors on their last treatment survey were equal to or slightly higher than the Vista norms:

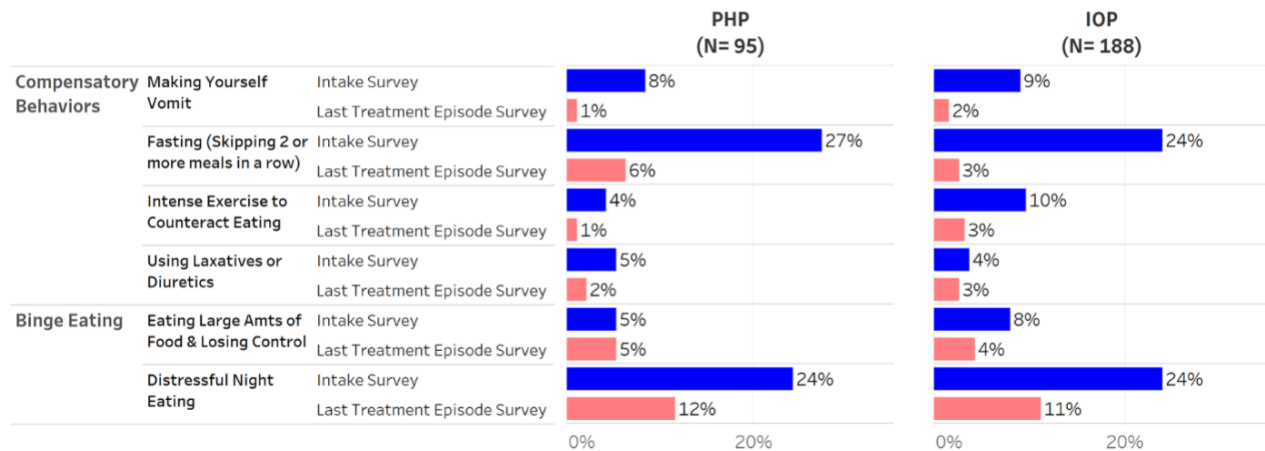
Patient Progress on Eating Disorders



On their last treatment survey, the percentages of PHP and IOP patients who reported eating disorder behaviors were similar, except for fasting which was slightly more prevalent among PHP patients:

Patient Progress on Eating Disorders by Program

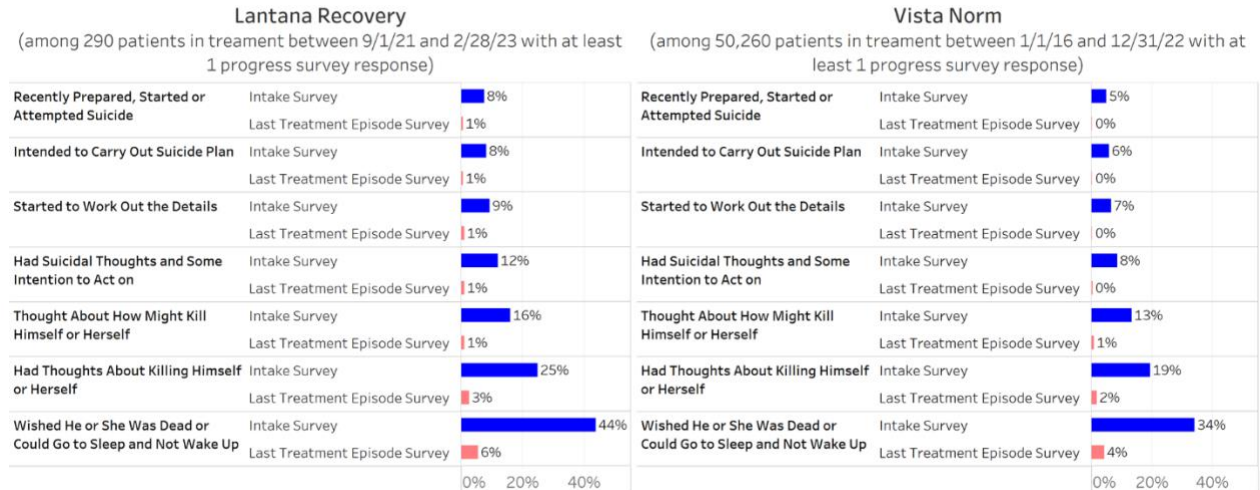
(among patients in treatment between 9/1/21 and 2/28/23 with at least 1 progress survey response)



Reduced Suicidal Thoughts

The percentage of Lantana patients reporting suicidal thoughts or intentions decreased dramatically during treatment. In general, higher percentages of Lantana patients reported specific suicidal thoughts or intentions at intake compared to the Vista norms. On their last surveys, the percentage of Lantana patients still reporting suicidal thoughts were slightly higher than the Vista norms:

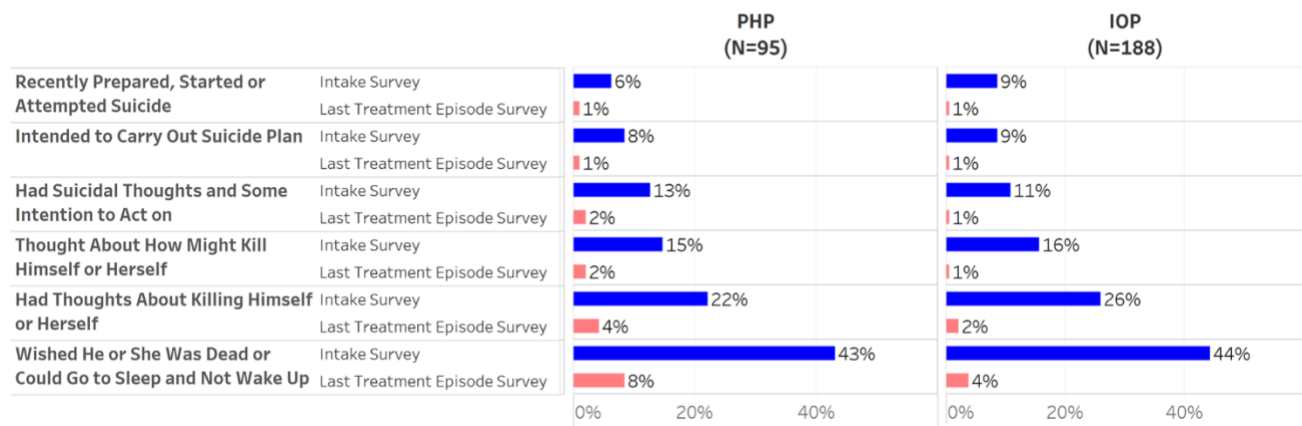
Patient Progress on Suicidal Thoughts and Intentions



PHP patients generally were slightly less likely to report suicidal thoughts or intentions at intake compared to IOP patients but slightly more likely to report them on their last treatment survey:

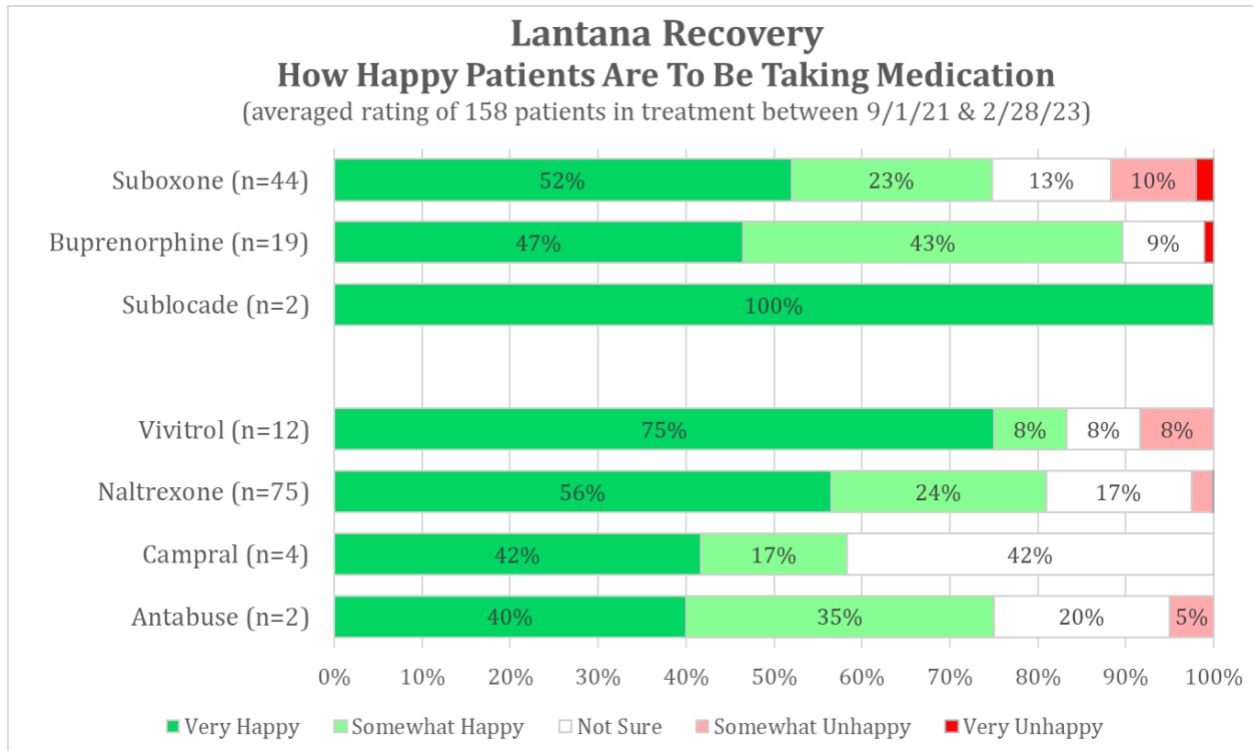
Patient Progress on Suicidal Thoughts and Intentions by Program

(among patients in treatment between 9/1/21 and 2/28/23 with at least 1 progress survey response)



Anti-Craving Medication Usage During Treatment

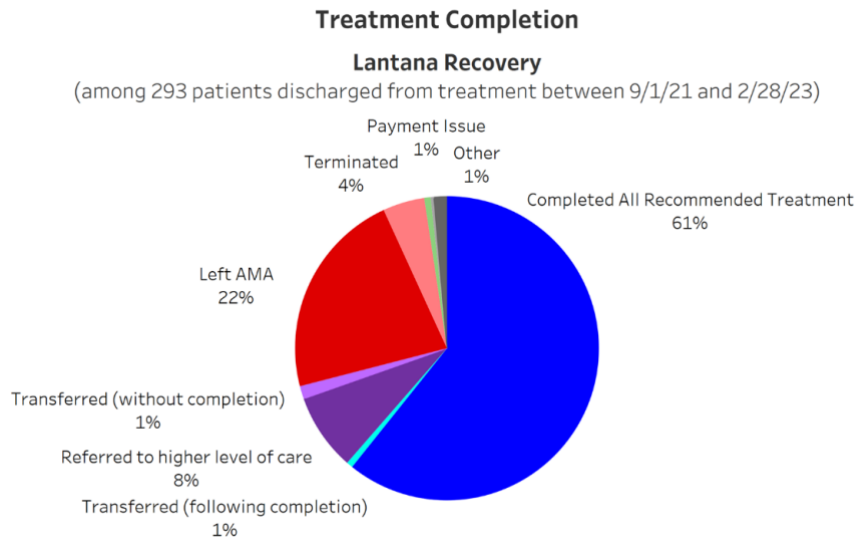
As part of every update survey, patients who were using an opioid or non-opioid anti-craving medication at the time they completed were asked to rate happy they were to be taking this medication. The following graph shows the averaged rating. For most medications, over three-quarters of patients reported being somewhat or very happy to be taking their medication. Campral was the exception, with which 59% of patients reported being happy on average:



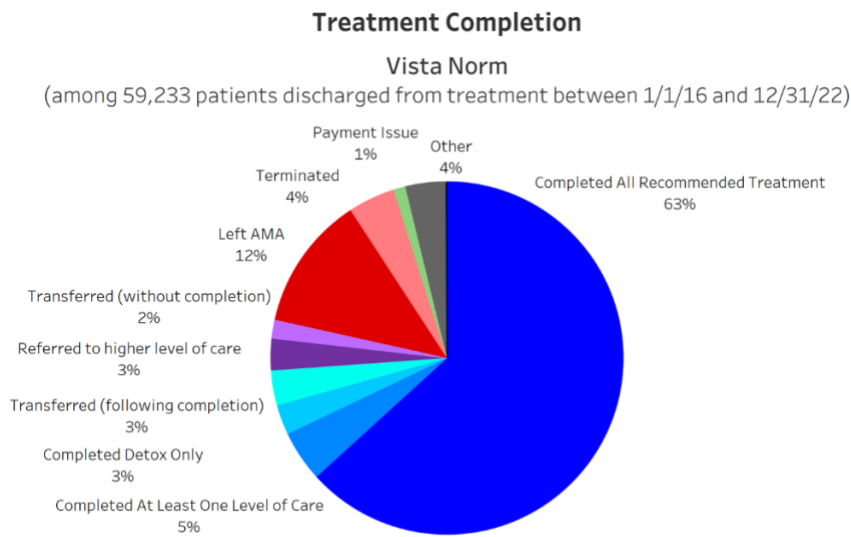
TREATMENT SUCCESS

Treatment Completion Rate vs. Vista Norm

Among 293 patients who were discharged from Lantana between September 1, 2021 and February 28, 2023, 61% completed all recommended treatment. Twenty-two percent (22%) left treatment against medical advice and another 8% were referred to a higher level of care. The median length of stay for patients completing all recommended treatment was 56 days:

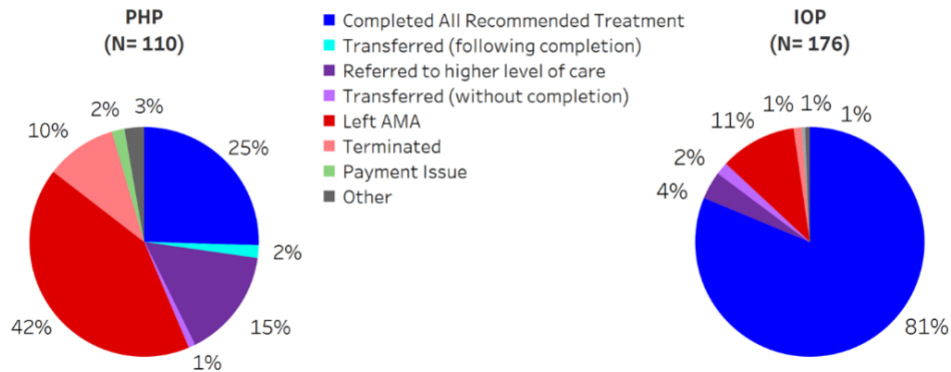


The percentage of Lantana patients who successfully completed all recommended treatment (61%) is slightly lower than the Vista norm (63%):



Treatment completion rates varied by level of care. The majority (81%) of patients discharging from IOP completed all recommended treatment, compared to 25% of PHP patients. Furthermore, all seven GOP patients successfully completed treatment. A much higher percentage (42%) of patients discharging from PHP left against medical advice:

Treatment Completion by Program
(among patients discharged from treatment between 9/1/21 and 2/28/23)

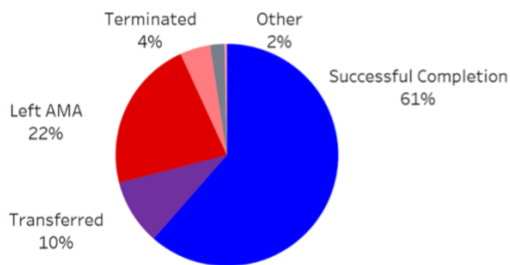


Treatment Completion Rate vs. National Norms

Because Lantana offers a continuum of care, there are no directly comparable national norms. The closest comparable national data is for patients completing IOP in the 2019 Treatment Episode Discharge Set: Discharges (TEDS-D). In this case, the 61% of Lantana patients who completed all recommended treatment compares positively to the 26% of TEDS-D patients who completed IOP treatment:

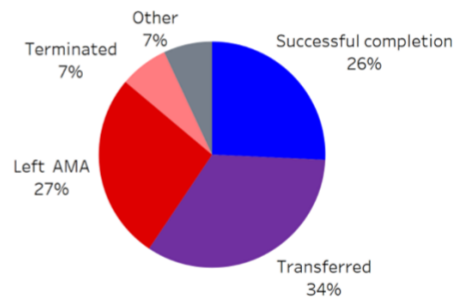
Treatment Completion Rate vs. National Average

Lantana Recovery
(among 293 patients discharged from treatment between 9/1/21 and 2/28/23)



Successful Completion: 61%
Median LOS of Successful Treatment: 56 Days

TEDS-D Intensive Outpatient
(among 215,014 SUD discharges in 2019)

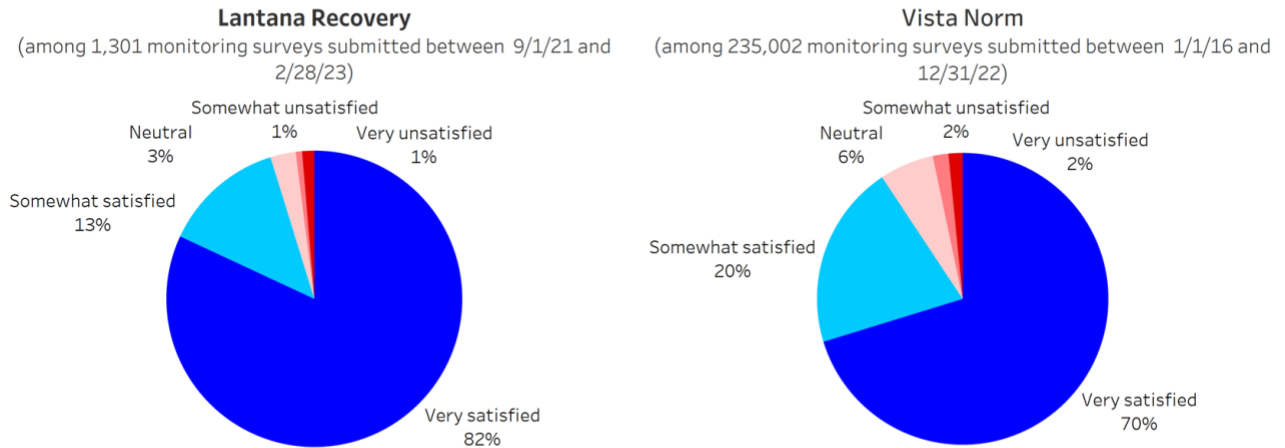


IOP National Average: 26%
Successful Completion
Median LOS of Successful Treatment: 83 Days

Satisfaction with Treatment

The majority (82%) of Lantana patients submitting update surveys during treatment said they were very satisfied with the treatment they were receiving, higher than the Vista norm of 70%. An additional 13% of Lantana patients said they were somewhat satisfied:

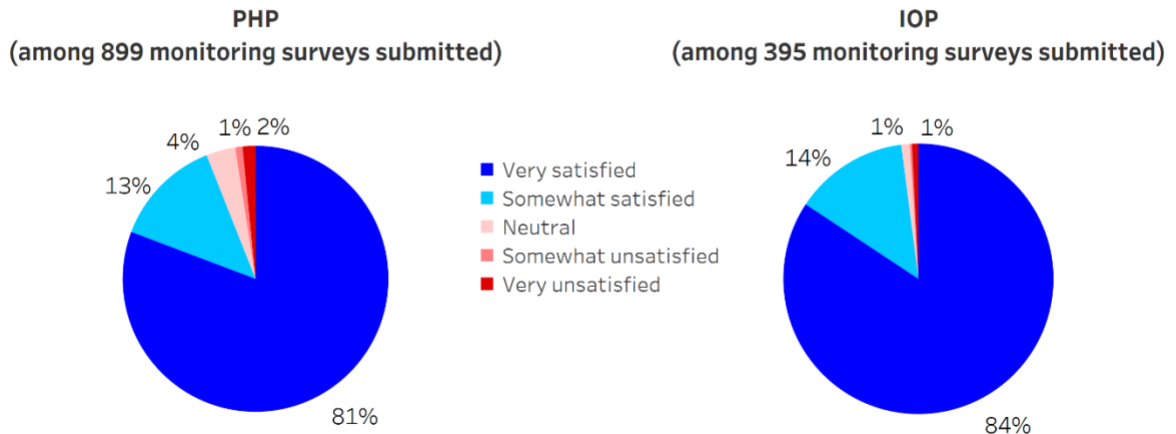
Patient Satisfaction with Treatment



The percentage of patients who were very satisfied with their treatment was slightly higher at the IOP level of care (84%), compared to PHP (81%):

Patient Satisfaction with Treatment by Program

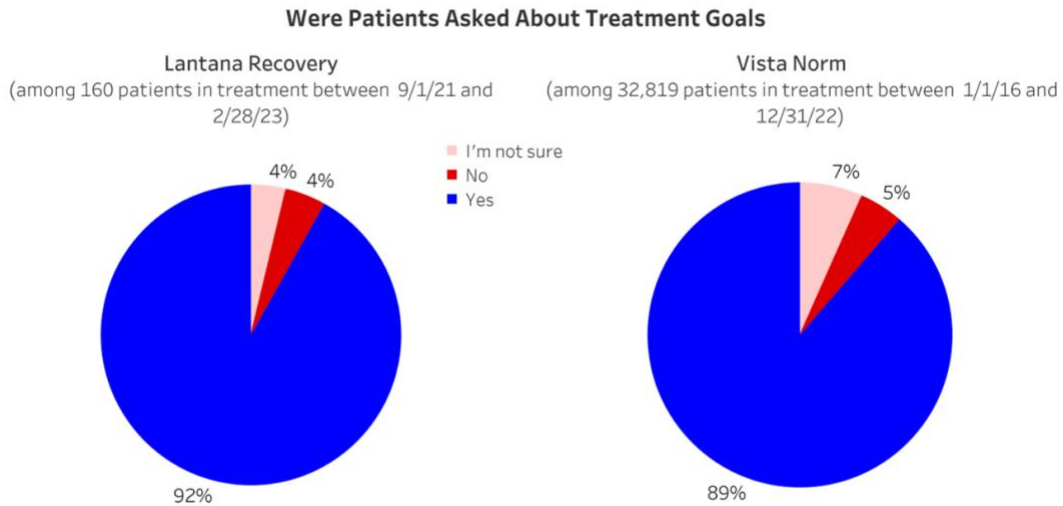
(among monitoring surveys submitted between 9/1/21 and 2/28/23)



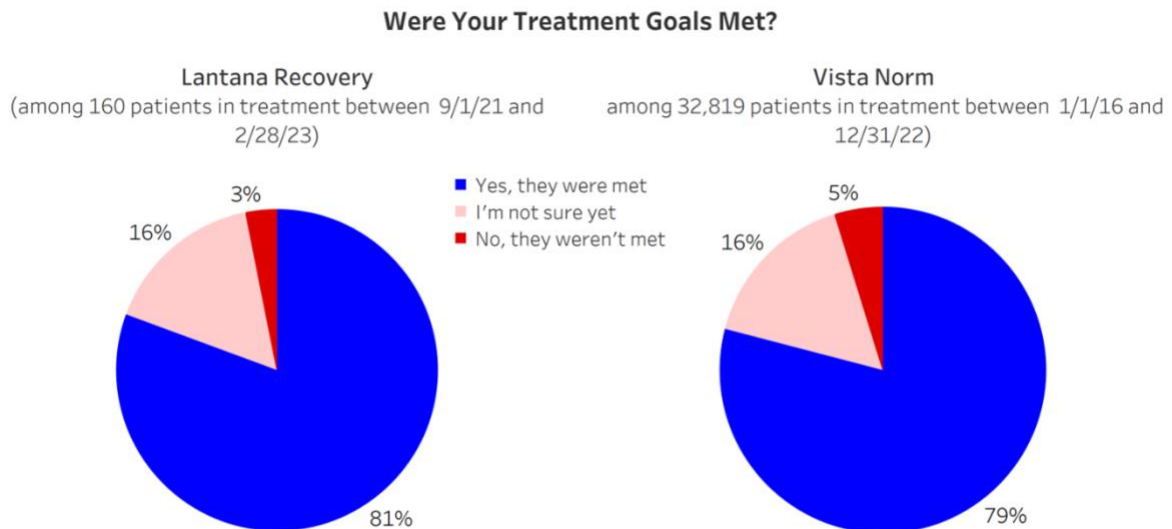
Sample comments from patients are included in the Appendix.

Meeting Treatment Goals

Patients who indicated a progress monitoring survey was likely to be the last they would submit before they left treatment were asked several questions about their treatment goals. The vast majority of Lantana patients (92%) reported having been asked about their treatment goals during treatment, which is slightly higher than the Vista norm of 89%:



The majority (81%) of Lantana patients said their treatment goals had been met, which is slightly higher than the Vista norm of 79%:



APPENDIX: SAMPLE PATIENT COMMENTS

Positive

Feelings about MAT

- Acomprasate has immensely helped with cravings.
- At first it helped with cravings and withdrawal symptoms. Now my doctor and I are working to taper off. I am ready to be free of all substances. Hopefully I will be able to go without cravings without the medication. If not I will keep taking it until I am ready to be off of them 100%.
- It is causing constipation, but it helps a ton
- Before being put on the medication, I had very little motivation to do anything and I did not feel like myself at all. Since being put on the medication, I am very energetic, I actually want to participate in just about everything. There are still sometimes when I am down, but not as much as I used to be,
- Cravings are starting to become a little more present but not overwhelming. Maybe need a higher dose
- Cravings for ice are still strong
- Cuts my cravings and I'm losing weight
- Haven't had any cravings for alcohol and it feels great.
- I am glad I am taking this medication right now to help me through this first part of sobriety but it's not a medication I want to be on more than a year.
- I am glad to have a medication that helps with the cravings of opioids and stops their effectiveness they have on my body.
- I am not experiencing anything other than mild cravings even when in the presence of alcohol
- I am not having any urges to drink alcohol and I am able to sleep somewhat better.
- I believe the medication helps short term....long term I am better not taking any medication
- I don't experience frequent cravings. When I do have cravings, they are not intense.
- I don't know that it's doing anything, because I don't typically have cravings or obsession with alcohol once I'm through withdrawals
- I don't sense any side effects and it seems to be doing what is intended
- I don't think I'd be successfully not drinking without it.
- I feel both of these meds help control cravings and keep me accountable.
- I feel good the suboxone helps and also it helps with my chronic pain as well.
- I feel my cravings have subsided to almost never, my anxiety is lifted to the point I can be present, enthusiastic, and excited for the future.
- I feel the Suboxone helps opiate cravings, and the Antabuse provides a mental block on drinking. I know I would have to come off meds for several days if I wanted to drink.
- I feel the medication helps hold me accountable. I know it would take a good bit of time and effort to relapse.
- I have been feeling sluggish/tired during the day. Not sure which medication it is due too.
- I have no cravings for alcohol which is a blessing. I do not experience any side effects and feel like the meds help level out some of my restlessness (though this persists during the PAWS periods).
- It has helped tremendously with overeating and purging

- I haven't seen a drastic change or any side effects from starting the medication.
- I stopped while I was taking Antonio's, had cravings & quickly resumed. This drug is my safety net. I won't stop again.
- I think it has affected my sex drive a lot. It also doesn't seem to help in the sense of me thinking about alcohol but the thought of what alcohol did to me and the drunk feeling memories are blocked for sure which is good.
- I think it is working. The real answer to whether it is working will be revealed when I leave
- I would leave treatment if I wasn't on this medication. I could not and would not live in a house with 12 people without this medication, including tapering off. I would leave if I was told to taper off.
- I would rather not be on any medication if it were my way, but it helps so I want to be taking it right now.
- I'm not actually sure if naltrexone helps with my drug cravings. From what I understand it is geared towards cravings for opiates and alcohol, neither of which I have been experiencing or expect to experience. However, I do believe that it may be helpful with food cravings (???), so I've been taking it at night which is when I generally find myself overeating. If there is a better drug for these kinds of cravings, I'd prefer to be on that.
- I'm not experiencing any cravings to drink and all thoughts of drinking are followed up by how well I'm doing without drinking and feeling like I'm gaining more than I would if I was drinking.
- I've just started taking it. So far, it has made my stomach upset. I threw up the morning after I took it. I'm hopeful that this side effect will go away after continued use.
- IT seems to be working and I'm not experiencing any negative side affects.
- I'd like to not have to depend on any medication to stay sober and hope that I can gradually taper myself off of this medication which is what the doctor is doing now. Instead of 16mg a day, she has tapered me down to 12mg a day and so far it seems to be working well for me. I hope by the time I leave I will be completely tapered off of this suboxone.
- In general the less meds I take, the better. However naltrexone helps with really bad cravings and, combined with my Wellbutrin, seems to encourage weight loss.
- It decreases my cravings for cigarettes and coffee
- It has allowed me to return to an almost normal mental state.
- It has definitely taken away cravings, and has been a great medication thus far. This is my first experience with this type of treatment and I'm more than pleased.
- It has really helped with cravings, although I still have a little bit of cravings and it has made me feel like myself again,
- It has reduced any cravings that I had, and I have been feeling less anxious and sleeping better
- It helps a lot with cravings and the uncomfortable physical withdrawal symptoms.
- It helps with cravings so much as before the craving would last much longer. now they are not as often anymore if even at all.
- It keeps me sober and keeps away the cravings.
- It levels me out as a whole I feel normal, and I am able to function as a normal human being it has also controlled the overpowering cravings I previously experienced
- It makes me feel like myself again,
- It seems to help stop the cravings almost completely.
- No observed side effects. Meds are going well. I plan to remain taking them.
- Seems to be working with the cravings. I don't really have them anymore in the gas station or grocery store.

- Since starting the suboxone, I have felt like myself again. before taking it, I was extremely down and just wanted to be alone, which is not who I am. Since taking it, I am back to my social bubbly self.
- Some days it seems to work and other days I can't tell. my strength, appetite and sleep have improved but the cravings are about the same which are moderate but not severe
- The medication helps the thoughts of drinking be mild and fleeting. I don't want to white-knuckle through this process if I don't have to. That always leads to relapse for me.
- after talking with the doctor and getting the recommendation about 6 months I feel better about it
- functioning...as well as can be expected...
- I haven't had cravings for heroin and feel as though it has been helping with PAWS. I think it will help me as I'm going through the process of taking the 12 steps.
- it does help me, but I don't want to keep taking it. I don't want to have to lean on a medication for help forever. I want to come off of it, I know where to find help and what tools to use when they become overwhelming,
- it's saving my life
- I've noticed it has decreased cravings and I don't have many at all now. i do feel hotter than normal & hands a little shaky but those are not a big deal
- the doctor prescribed something to reduce my cravings, I have really only had 1 or 2 strong urges to drink or use cocaine.

Why goals were met

- Because I feel greater than ever!!
- Because I feel like a new person
- Because I have committed to not use and am strongly against it. I feel better, less foggy in the head and clearer.
- Because I have stayed sober and feel equipped to maintain my sobriety and utilize the coping mechanisms I have learned in treatment.
- Because I was passionate about my stay here and the staff went above and beyond as far as their commitment to helping me.
- Because of how I'm doing, aa works.
- Everything I have expressed as an issue, the needs were met right away.
- I am feeling better about myself and feel that this program has made me feel at home and given me tools to use during my sobriety.
- I can already tell that my cravings and views have significantly changed and I am able to handle situations and my feelings without using.
- I don't crave alcohol anymore. I have a toolkit of ways to help prevent future cravings and to help navigate life.
- I feel like I can stay sober and was given many tools to help with my mental health and trauma. I feel better than I have in a very long time.
- I feel prepared to move forward with my life and my recovery and have uncovered some major roadblocks that have previously prevented me from staying sober. Also, I've been able to develop a network of support while in treatment that will help me once I leave.
- I have grown so much since I've been here. Honestly I don't want to leave I'm not ready for Lantana not to be a part of my life. I Want to be a Smart Recovery Coach here. And a voice for other men and women who have our disease as well as Eating disorders so I can help them.

- I have not completed my tx yet. Some of my goals will continue even after my discharge from the tx facility.
- I haven't reached any of my goals after leaving Lantana. but i did become sober
- I needed help getting started and finding a footing and medication as well as addressing some mental and emotional needs. I think these have been met within the constraints of the schedule set here.
- I was listened to when I brought up how I wanted to move forward in phase one and was very happy about that
- I was looking for tactical tools to use to address my episodic drinking. I got what I was after.
- I've become more knowledgeable about and more secure in my sobriety.
- Learned a lot about about my addiction and recovery and coping skills and tools to maintain a healthy lifestyle
- So far the goals in which I have set have been completed, however it is still very early to tell if I'm fit for the whole inpatient thing.
- The program gave me tools and the education that I lacked. I know what signs to look for in myself that may lead to relapse. I know what to do if I am in a situation where I may drink. I was able to use these tools while I was still in the program. I have secured a sponsor and am working the steps. The aftercare plan has me feeling that I have everything I need to continue to recover as long as I take action.
- The staff were amazing: patient, understanding, and knowledgeable. I felt listened to throughout my whole stay and any problem I had was immediately attended to. I'd recommend this facility to anyone I know dealing with these issues.
- Yes Lantana helped me in so many ways!! I'm so grateful for all their help in finding myself again and learning I'm worth the fight and I can win against addiction!!
- Yes. They were met while I was here, and I have also been given many resources that will help me continue my journey after my discharge date.
- feeling better both physical and mentally
- feeling confident, but nervous about entering the real world without being held reliable by a therapist.

Why satisfied with treatment

- provided at this center including my case manager and therapist.
- Grateful to be a part of this program. Look forward to continued growth at Lantana.
- I absolutely love this program and the people in it, they are all involved in my recovery. I am learning so many things.
- I already told you how awesome I think you are!! I thank you for getting me involved with AA and look forward to the groups you lead. Your passion inspires me.
- I am continuing to very much enjoy my time at Lantana! Everyone is really kind and nice and I am so thrilled I have achieved 30 days of sobriety.
- I am extremely positive and receiving an incredible amount of support and new tools to assist in my recovery.
- I am looking forward to moving forward with my new counselor who has gotten to know me on an intimate level through my process groups and other groups throughout the last month of being at Lantana. I am eager to continue one on one therapy and establishing a time and place to recognize and honor my voice.

- I am so very thankful for all the staff and willingness around me. I would say all the people I interact with for the most part dedicated to the mission at Lantana.
- I appreciate the skills and tools I am obtaining from this program as well as the one on one time with my therapist and case manager. It really helps and leaves me feeling grateful for every day.
- I believe I'm more insightful now than I ever have been before, not only pertaining to myself but how to recognize and handle situations that would've previously caused self-destructive behaviors that would be not only detrimental to myself, but to others that I both love and care about.
- I continue to benefit from this program and am so grateful for everyone's patience, listening, advice the structure of the program. I also cannot say enough positive things about the Friday MUSC Farm class/volunteer opportunity, Marcie's yoga class.
- I don't really even know who my counselor is at this point. I do know that I'm being overlooked for some reason.
- I feel Lantana is helping learn to look at myself and learn how to deal with my issues in a better state of mind and how to control some of the things I might have done differently when I was actively using. Thank you for everyone's support,
- I feel a lot better than when I first arrived at Lantana. I've struggled with exhaustion this week and some fears about what life will look like post-treatment, but I feel a lot more hopeful.
- I feel really good about everything and don't want to change anything. I haven't felt this good in a really long time. Things just seem so simple right now.
- I feel very heard and cared for in this environment.
- I have a temporary sponsor that I really like and can obtain a lot of knowledge from. He is a 66 year old man with a rough past like me, only more experience. He is 1 year sober and he is someone I can go to or call for anything until I find a permanent sponsor. I am not going to rush finding the right sponsor for me. I want this recovery to be the last beginning of my sobriety.
- I have started to push myself outside of my comfort zone and start opening up to people which has made me feel more confident about showing people who I am really am. However, I would still like to strongly work on my negative core beliefs and strengthen my confidence and self-love. I feel like the more I keep practicing opening up with others and being vulnerable the more comfortable I will get with doing it.
- I really appreciate the therapy work involving spirituality, sleep, OCD, and overall life skills like ADLs, planning, and organization. Also, my PA and I are simplifying things, and my psychiatrist back home in Augusta approves of all the changes. Aside from some displeasure with sober living, I quite enjoy the program and those affiliated. I feel better in many ways and wish to continue my work on sleep, talking about reservations with a new sponsor, and life balance.
- I really enjoy our process group meetings with Drew and the crowd on Tuesday-Friday mornings. It's extremely beneficial to see people from all walks of life with all types of different problems cope in a group setting, and Drew does a top notch job of facilitating and mediating the sessions. Jen has been awesome....extremely efficient with everything I've asked for help with (insurance, Vivitrol shot, housing/car stuff, recommending good meetings outside of treatment, etc). Dr. Lindsay has been great in our one on one meetings and I'm also getting a lot out of the group sessions she teaches. Very satisfied and looking forward to more! Thank you all!!!
- I really enjoy the classes and holistic activities though the sober living is somewhat disorganized/unpredictable as to where and when we go places. I am struggling to find balance yet do feel more emotionally stable. I have been obsessing over lists, blood pressure, and my body image, but I do aim to address my fears if we can work on some exposure techniques throughout our work together. ADHD seems somewhat stable though I have been restless,

forgetful, and unfocused several days of the week which I hope will get better. I have several health concerns that are being addressed (i.e., sleep disorder), so those worries are much better. Otherwise, I am excited and grateful to be here.

- I think the group sessions are well structured between free form discussion and moderated, topic driven discussion.
- I think y'all are doing great! Steve is a top notch RC coach and Nate is getting use to everyone here. Nate is having a hard time with some of the clients as far as respect. He can tell you exactly which ones. If I can help in any way I will. He tries and people don't give him credit. I think Nate needs to make decisions more instead of waiting on all the clients to give their opinion. Thank yall for everything!
- I'm so Grateful for Lantana. I will be recommending this place to anyone who needs help who wants help.
- I'm very grateful to be in this program and optimistic about my future. I want to soak up as much as I can while I am here and use every tool I can to maintain my sobriety.
- I'm very happy to be here and would like to learn how to open up more and not be fearful to share thoughts and feelings no matter how big or small in a respectful way
- I'm very happy to be here, it been an eye opening experience and the things I'm learning about myself is helpful. I have such awesome support and people whom push me to better myself, I love the suggestions and accountability.
- I've felt a decrease in anxiety, to the point that it's almost non-existent, which is huge progress for me. I'm excited to live my life again and haven't had cravings to use any substances.
- It has been a novel and refreshing experience working and speaking with each staff on an individual and personal level. I appreciate the time and dedication that Lantana makes for each person who is willing and honest to face recovery.
- Jen, Drew, Lindsay and Rob have been great! Been attending 8 AA meetings per week and on Step 4 with my sponsor. Got moved into a new apartment in MT. P and got a serving job at Charleston Harbor Fish House. Starting to get a routine down outside of treatment and it feels great. Thanks for all the help everyone!
- Keep it going it's really making a impression and having a great impact on my life. I find it very helpful with the tools I have gained to use in my everyday life.
- Lantana, so far, has been the most holistic, informative, pointed drug/alcohol/addiction education I have received. I am grateful to be here and look at it as a start of a new life— not view it as a punishment of any kind. The positivity and professionalism of the staff has helped me form this view.
- Nothing specific - just gratitude and praise for Drew, Jen, & Lindsay. I have never received such detailed and compassionate attention to any health matter and I have had several - in my life. These three individuals excel at listening and offering sound solutions to so many aspects of life it is truly impressive. When the day comes that I must leave Lantana I will sorely miss my team
- Thank you for giving me another shot at sobriety. I feel I have broke through some psychological barriers that were not allowing me to get sober. I will continue to work this program and help others get sober!
- Thanks for all of the help. I love Lantana and love you guys --- you truly make a difference in so many lives. You're super heroes!
- You and the other staff have helped me set up the best possible situation for myself leaving treatment. You've been integral in helping me develop as a person over the past 60 days. I came here hearing voices and using coke right up to the door. I'm leaving here almost 60 days sober and in the best mental health situation I've been in for years. Thank you for everything you do.

- for me it helps when I'm in a smaller group and one v one. I feel more comfortable also the medicine is helping a lot for me and it is helping with my pain in my ankle. Thanks!
- you have giving me so many tools to take from this place you give me tremendous amount of hope and are one of the driving forces that fuel my recovery. i am forever indebted to you for your amazing work to help me learn to set myself free.
- 1st Time ever seeking help so I have no comparisons to pull from but my experience has been nothing short of remarkable. Great Staff !!!
- A different approach from other treatment centers I've been to.
- Aftercare planning is more than I expected.
- After one week I feel more comfortable being here. Talking in group is easier, talking to others in general is easier. All of the team is supportive and makes being pushed out of my comfort zone a little bit easier.
- All staff have been honest, committed, engaged in their work and have sensitively been calling out BS and to encouraging me to dig deeper. The information shared has been useful, and in process I've made realizations and been supported.
- All the counselors are educated on different pathways to recovery and relapse prevention, and are very supportive.
- Because the program is easy to do. And the staff is wonderful!!!
- Education, post treatment plan, thorough
- Every one I have interacted with has been completely helpful. The program has taught me so much within my first month inside and there is still so much more to learn.
- Everyone at lantana is understanding and really dedicated to helping each client individually. Most employees are addicts themselves and know exactly how we feel.
- Everyone here actually cares about me and helps with whatever I need all the way from medications to just having a quick talk to help me stay on track.
- Everyone here actually cares about my success and isn't just trying to push me through the program. They meet all my needs and help me with anything I need in a timely matter.
- Everyone is very helpful and educated on addiction as well as how the human mind and body work.
- Everyone is very nice and welcoming here. The courses are different in content than some of the other treatment centers that I have attended so I am not getting as much repetition as I had
- Good atmosphere, I feel well supported by the staff and my therapist, I like my group therapy and individual sessions
- Good process groups and authenticity; learning lots of new things.
- Good support and dynamics. Learning a lot about my disease and moving forward . Identifying relapse risks/ feelings/ and behaviors
- Great support system and very helpful sessions teaching the relevant skills I'm looking to learn
- Group sessions are interactive and informative. Individual sessions are personalized and I feel in control and involved in my own treatment plan.
- I always feel comfortable opening up to staff and always feel i can go to staff members if anything is ever on my mind
- I am enjoying every day of my program here and learning good coping skills for dealing with addiction.
- I am enlightened by the counselors that pave the path for me to experience life on life's terms, their encouragement, and compassion.

- I am finding my inner compass, for my mental/ emotional/ physical health. I am grateful for the time I have in order to process in group my recovery/ life path. I am in tune with my boundaries and continuing to make them in and outside of the center.
- I am getting all the tools and resources i need right now.
- I am happy for the structure this is giving me on a daily basis. Some of the afternoon activities are not super beneficial to me.
- I am learning more and more each day about myself and about addiction as a whole. I have been setting goals and figuring out how to achieve those goals as well.
- I am receiving great information in regard to me and the way my addiction affects me. I am also enjoying everyone here. They are really nice.
- I am staying sober and progressing with my feelings. Learning healthy ways to take care of myself and be a success.
- I am still learning more and more about myself and the tools needed for my recovery...how and when to apply them. Staff is exceptional and very well educated to help me with what I need
- I am still learning the treatment philosophy and process,
- I can always count on center staff, meetings, and Recovery coach to keep me on the right path.
- I can see the progress that I am making and I could not have done it on my own. I am grateful to be continuing my journey with all the wonderful, knowledgeable staff here at Lantana.
- I continue to reach out to my peers and staff for support. I have heard and taken the advice and directions given to me. I appreciate the practice of honesty, accountability, and courage to face my substance use disorder head on in a safe environment.
- I don't find Saturday's as beneficial to my recovery but I appreciate the groups being "lighter" due to being in heavier groups all week.
- I feel Alive!!!
- I feel a lot better than when I first came in. The groups have been really good during the week, especially processing group. I feel like I am finally making some progress.
- I feel ambitious.. not like a number of a group. inspired to start new!
- I feel as though I am making progress here— regaining my confidence, self respect & trust in my sobriety. With the help of my co-patients & counselors I am also making strides in my family & marital relationships.
- I feel cared about. I have a good connection to staff, especially my therapist. And progress has been made with medications and overall.
- I feel like I am learning to handle the urge to drink
- I feel like the people here really do care and they have taught me a lot of skills I can use moving forward and I've also learned a lot about myself in the process.
- I feel like the staff really cares about each of us and helping us tailor a plan for recovery based on individual needs.
- I feel that I'm getting high level of care. I get a lot out of group consoling sessions as well as the individual counseling sessions. The staff here is amazing.
- I feel that I'm getting a lot more from my interactions with other clients. The sessions are good but mostly what I have done before
- I find process group and gender group very helpful, and I learn a lot from those groups.
- I had a rough start with getting good therapy services. Hopefully the change in therapists will mend this situation for the next two weeks. There seem to be changes going on last week that were affecting groups as a whole as well.
- I have all the resources that I have needed so far. They are extremely helpful and caring

- I have an amazing network of friends/therapists, etc. to call on at anytime and they will be there. Any issues I have get resolved immediately,
- I have been going through a tough time this past week and the community/staff have been extremely supportive. It is great to be surrounded by people that just want you to survive
- I have been provided and supported every step of the way being here.
- I have gained so many tools to combat the cravings and temptations presented with alcoholism and am working all of the stages of recovery as advised by my team here at Lantana successfully.
- program has helped me set up a plan to keep my sobriety when I leave.
- I have learned helpful tools, and meet people in recovery, that are helping me to stay sober and make progress in my recovery.
- I have learned so much in my short time in the program. The group counslers have been so helpful and caring. I want to continue to learn as much as I can.
- I have made significant changes in my life directly related to the information and the help, processing my thoughts feelings and behaviors, that I have experienced here.
- I have seen the progress I have made and that has been aided by the program here and the people that work here being informative and encouraging.
- I have substantial hope for the first time in over a decade! I am LOVING Lantana, especially since beginning mma. 🙏🙏🙏🙏
- I hope to complete treatment after recovering from Covid
- I just cant stress enough how amazing the staff is here. From the recovery coaches to the administration, this is an amazing place.
- I like that this program gives you boundaries, but still allows the freedom of choice. We are given the option to attend treatment, to attend 12 step meetings, and to attend counseling. Those who want to achieve long term sobriety and want to take advantage of the opportunities presented can. Those who aren't willing or ready to participate in the programs have the choice not to.
- I like the recovery management group
- I like the staff. This is much more in depth than my last go at rehab
- I like the style of my therapist and get along with him great- appreciate the morning sessions
- I like the variety of teachers, classes, options, living situation, gym, and options and requirements to get to meetings. I also appreciate that they got me to Church on Sundays.
- I look forward to coming here everyday; not only is the community incredible but the sessions are helpful and educational. I am attending my first meeting tonight and the support from everyone has been truly amazing.
- I love how much the treatment team emphasized subjects on how the addicted brain actually works. Also, the best way to stay sober.
- I love lantana for what it has done for me. I don't think I would have reacted the same to another program in a clinical setting. I'm about 40 days in now and my head is clearing a little bit. I guess I'm now seeing a lot of wasted time in groups. Staff showing up to groups late and unprepared. We constantly get off topic. I dunno...Maybe I'm just feeling irritated, but I'm just trying to get the most out of my time left.
- I love the personalized approach Lantana takes with their clients. I have individualized therapy sessions that offer unique solutions to my challenges. I find real value in the advise that I'm given because it comes from people in recovery and they have the experience to know what it is I'm dealing with.

- I love the staff here and feel like I've been given the tools to build a successful recovery in the "outside" world. I appreciate the opportunity I've been given to integrate into a recovery community locally and look forward to continued growth.
- I really, really enjoy the classes, but the sober living is somewhat difficult.
- I thoroughly enjoy the group sessions as well as the afternoon activities. satisfied with all of the information at my disposal.
- I trust the professional staff, the classes are relevant and group therapy has been very beneficial.
- I was pleasantly surprised at the groups, the staff, and counselors, it's pretty kickass. And I feel like I will get a lot out of it.
- I'm learning a lot about myself and my addiction. I'm learning new coping skill to deal with various emotions that i resolved with drugs before treatment.
- I'm learning new ways to get in touch with my feelings and share them with others in a positive way. I'm pushing myself to meet one new person at every meeting and text them trough out the week, so really I'm building new relationships with people that can hold me accountable and give me opinions and suggestions.
- I'm seeing things from a completely different perspective that I ever have before. Not only within myself and the decisions I make, but the way I analyze each situation and how to best assess each situation that may've been in the past a possible trigger.
- I've learned many coping skills that I use in my everyday life to control various situations.
- If Lantana was going public I would be buying the stock. To many reasons to list.
- Its been amazing, I have never been around staff that actually care and want to see me succeed. The options they give us to recover are phenomenal.
- Lantana changed my life. I have gained so much from this program, and feel better than I have in years. This place works!
- Lantana is professional, detailed, friendly & relevant. I feel that the work we are doing here is helping me stay sober on a daily basis and giving me tools to facilitate a future relapse-free life.
- Lots of good communication and helpful insight in understanding addiction and the behavior that goes along with it. Extremely helpful and knowledgeable staff .. caring and understanding.
- Professional staff/organized, structured program
- Same as before, benefitting greatly from morning programming but not so much the afternoon or Saturday programming and feeling pressured due to family commitments.
- Some of the specific topics duplicate what was at my last treatment center.
- Staff is very open to listening and the guidance has been amazing. Makes me feel like I'm really not alone on starting my recovery journey.
- Staff rocks. Great roommate. Shay and Anthony are great recovery coaches and I feel like I learn as much from my interactions with both of them as I do from some clinical groups. Beth's Trauma group and Lindsey's psychoeducation group are both amazing and I look forward to them each week.
- Staying clean, getting therapy and medical situation figured out. This place is great.
- The clinical team has been great. Drew and Jen have been especially helpful guiding me through the last few weeks and making suggestions on life outside of treatment.
- The content of the information is valid and makes sense. Explained to me in ways that I can understand and apply daily.
- The counselors all take the time to prepare for our groups and deliver meaningful information to process and help us through addiction. The other people that are here getting help are helpful and understanding as well.

- The counselors are very insightful and know what they are talking about. They provide tools and alternatives to us that are instrumental in keeping us sober, and they actually care for my well being. The yoga, think boxing, art therapy, etc and very nice additions that allow me to express myself in a different way.
- My therapist, the staff, and the integrated approach has been so healing.
- The groups are really good and I love my case manager and therapist. I feel like the treatment is really working.
- The information I am learning regarding the science of addiction and the reasons why I drank are very important to my recovery from alcohol addiction.
- The level of care here, kindness, compassion, expertise on addictions is unsurpassed!
- The meetings are helping me open up more as well as get insights from the meeting leaders and other participants
- The more I put into my recovery, the more I seem to get out of it.
- The people are great and the staff seems to genuinely care about your wellbeing.
- The people here really care and that is evident in treatment. I am confident in their ability to provide all the resources necessary to give me the tools I need to maintain my sobriety.
- The people that work here have been very receptive of my concerns and have been very helpful in my recovery.
- The people working here have been tremendously helpful with getting me to realize the thought processes I'm having that lead to me feeling out of control and the urge to get high or escape my problems and emotions.
- The program has deviated from the curriculum and has become more of a running out the clinical clock situation than focusing on teaching coping skills and mechanisms for staying sober. It feels like we are just being babysat in the evenings after our lunch break.
- The program is very different than what I have encountered in the past. It's a little uncomfortable because I'm bad about talking about feelings, but everyone has been amazing.
- The staff has helped me and gave me a second chance. The program allows me to help others. I don't know if it should, but it gives me a reason to help my friends in treatment before they make a bad decision or maybe can dissolve an issue before it gets to staff. That helps me.
- The staff here at Lantana goes above and beyond to encourage/support my decision to get sober by providing me with all the necessary tools and resources! Very personable and professional.
- The staff is excellent and the program is very thoughtful and effective. I am learning a great deal about the disease of addiction.
- The staff/faculty have gone out of their way to make me feel better and have accommodated all of my needs.
- The structure of the program seems well thought out and effective. I very much like and enjoy the people and the convenience of the locations certainly doesn't hurt.
- The support, counseling and education from the staff. The approachability of the staff. The variety of physical outlets for mental health.
- The treatment is informative and personalized. The staff have met me where I am at and I can tell they are actually invested in my future. They go above and beyond and give a ton of themselves to their clients.
- The treatment topics are relevant to my recovery. I like the structured environment & the easy to talk to, educated, professional, accessible staff & holistic programming.
- The whole program is wonderful. The staff is compassionate and knowledgeable, the classes are very educational, and the groups are a safe place to be vulnerable.

- Therapy is very beneficial; the staff is knowledgeable on addiction, and they have all been through it themselves. The staff shows they actually care and are genuinely interested in how I am doing on a daily basis. I have also been learning new things everyday.
- This has been a different way to heal - something I've never been exposed to in this way the most important lessons for me this week have happened during process group yesterday i learned about complex ptsd and codependency and have been relating it to all my relationships (people, substances, ... all of them) ever since - and talking about it with other friends in recovery. today i learned more about what happens in the mid brain and the validation of the disease model (in a family who understands addiction as moral failure) relieved my shame and suffering a little bit more.
- This has been completely different than what I thought rehab would be like. I thought it would be really awful, but this is nice, like sobriety summer camp.
- This has been the most insightful week of my entire recovery journey thus far; connected lots of dots (Trauma, chronic relapse, spiritual path, etc.) Est. 2009
- This is a comprehensive, detailed program in which I feel I can be honest & focus on what's going to keep me sober.
- This program has saved my life and relationships. I am very grateful to be apart of this program.
- This week has been a huge eyeopener for me. I'm really enjoying change of pace, the time for introspection, the opportunity to learning new material, meeting new friends and that are providing me with huge insights into life just from casually learning their stories.
- Thorough. The 'tour' of AA meetings is eye opening and offers meeting and relating to all walks of life. Everyone has a story and I am very pleased to understand that and embrace it.
- Treatment is very relevant to my current circumstances, sensitive to my needs, well researched & well communicated.
- Very compassionate staff that knows how to make me feel welcome and understands me and my disease.
- Very educational. Hearing things I have not heard at other treatment centers.
- Wonderful staff. Very knowledgeable, I feel as though I am learning a lot that will help me move forward with my recovery.
- a different approach to recovery, very "normal life" like as well as outside meetings beach
- because I needed to be brought back to earth, to reconnect with my inner self and reevaluate my thought process and all the tools and experience I have. its awesome because I'm entering back into the recovery community that I have strayed so far away. I'm able to open up and reconnect
- because the Lantana Program is something that keeps me busy in my recovery.
- during the duration of my internment at lantana recovery I've come to formulate somewhat of an understanding of how i want my life to be.
- it's very thorough and every employee seems to genuinely care for me and my sobriety.
- just a little different than treatment centers i have been to in the past / just not used to seeing residents that use able to remain in the program
- people know my name, the multiplicity of help and variety of treatment has been helpful and the listening and caring one on one treatment, and the help of a DR getting me on a new med, and the working relationships developed with my pain specialist, my Dr and my office with Lantana staff has helped us take steps with care and finally I am thankful for the help my wife is getting with family night and the connection with various staff members. i am right where i need to be.
- staff has been very good and know exactly what I'm going through. Overall the other people in treatment have been helpful with a few exceptions.

- the care and compassion of the ENTIRE staff at Lantana have absolutely wrapped its arms around me and made me feel the most Loved and safest i have felt EVER. the one on one care here is extraordinary
- the staff here is really respectful, I feel they truly want me to succeed, it helps that most of them have been in my shoes and can relate to what I have going on
- they have been helping me tackle my emotions as well as helping me keep my sobriety. they also have been helping me with outside resources to aid in my recovery.
- this is the best clinical setting i have ever gone through the staff is phenomenal and they hold me accountable and bring things to my attention that I don't always see or understand and that gives me room for growth.
- Lantana treatment has been a complete rehabilitation for my life in all aspects. Their curriculum has helped me identify ways to combat stressful situations in life going forward and has taught me so much about myself and has helped me deal with past trauma and move forward towards and healthy and successful future in sobriety!

Negative

Feelings about MAT

- Don't really want to take it but feel I have to in order to not crave drugs
- still have the cravings but stronger than before
- I don't want to have to take something everyday to subside cravings.
- Because I'm a little upset that I even have to take this medication right now, but I understand that a lot of people have to take medications for other diseases. I hope to taper down off this medication at some point, but it's still necessary for me being able to be stable right now. I believe it's a lot better than putting a needle in my arm and hoping for the best.
- Don't want to exchange one drug for another
- Generally have difficulty remembering to take Naltrexone/ other pills daily and on time
- Having upset stomach, heartburn
- I am getting really irritable in between doses. I want to begin taper sooner than later to avoid going through withdrawal outside of treatment. I want to be clean and sober and under control
- I am terrified that I am going to become dependent on this medication.
- I still have pretty strong cravings to use throughout the day
- I think it is working, but that is really tough to measure. I do get occasional nausea which may attribute to naltrexone.
- I'm afraid I'm going to get out and be on subs and that my insurance is going to cut them out... then I'm going to go through withdrawals and start using again.
- I've been feeling a bit dull in my personality, and am not sure if that's related to Naltrexone or if it's due to stress, because my stress levels have been higher recently due to drama in the house and the holidays.
- It makes me tired.
- It upsets my stomach
- No physical cravings just a mild mental obsession.
- because it doesn't work at all and i still have terrible cravings
- feel that it benefits me but feel anxious and shaky
- without it I know I would bolt out the door I still have terrible overwhelming cravings with it however I know without it I would not be able to perform daily activities. I at least feel somewhat "normal"

Why goals were not met

- my plans and goals after treatment haven't been discussed in detail. no concrete efforts have been laid out.

Why dissatisfied with treatment

- More and more rules and guidelines are being made to the point as a live in resident.... it's starting to feel more like locked up institutionalized community
- Medication needs have gotten better, meaning I am not so worried about it and I got off two meds (made Hydroxyzine PRN and got off Propranolol). My next goal is to quit smoking. I did lie to my parents once and have to work on honesty and accountability. I am still of the belief that the treatment is great but sober living may not be the best option for me due to: medication timing difficulties, not enough gym time, no choice in AA and not enough meetings, displeasure with roommates, only one bathroom, and lack of independence. Regardless, I am open to new ideas and outlooks so long as I am heard as well. McCrae and I are working on sleep which persists as a difficulty, though OCD is better as is scheduling.
- Being accused of things I haven't done.
- Big change from 5 days a week to 1 hour. I miss group sessions
- I am learning how to experience my emotions without judgement and identify where they are coming from, allowing time for them to pass, change, and grow through the discomforts of life on life's terms.
- I appreciate the variety of options but am struggling questioning some of them.
- I'm beginning to feel rushed and exhausted. I'm just going thru motions. I am still having cravings.
- Last Friday we had a new instructor who taught 3 hours in a row. Unfortunately, half the class was asleep & she challenged the half that stayed awake on our answers— it felt a bit sloppy. But I chalked it up to transition or growing pains.
- Several people relapsed and moved more people into housing that also relapsed causing a surge in cravings and opportunities for relapse in a supposed "sober community" ... over a week staying strong showed resilience on my part. When I finally broke down, I was treated like I was not working a strong enough program, ridiculed, judged and am now under constant surveillance. On the day I was supposed to leave residential, I admitted my relapse and now I receive extra punitive rules placed on just me. If I elected to leave at the original time as opposed to accepting the suggested extension of residential stay, then I would be dismissed from Lantana. My severe chronic knee pain was finally given attention although were still trying to "schedule" the appointment now close to a month I mentioned how important this issue is. I said at first therapist appointment, it is the greatest threat to my sobriety. At the time I didn't know drugs and alcohol were going to be put in my face at residential.
- Some clinicians have left leaving many clients confused and feeling as though they've fallen through the cracks. One clinician in particular has been very negative in her approach to groups and pretty snippy with clients. This has been discussed in process group as of today.

Suggestions to Improve Treatment/Safety

- Going forward I would like to see more communication with my wife. We are a team and this is going to have to be a team effort. I am lucky that she is willing to work with me and I need all the help i can get
- I wish I could have more one on one therapy and trauma therapy and other alternative means of therapy. Sitting in a circle and saying the word 'fuck' and laughing isn't therapeutic to me.
- Bring in a nutritionist as a life skills class

- Comply with requirement that I switch to morning meetings ONLY (effective immediately)
- Force in house residents to go to meetings- everyone must go
- Fully Train the Recovery Coaches, maybe make them practice everything until they get it right and can remember each step. Medication takes him until 11-12 at night to get done with meds.
- I think the rules should be uniform between the genders and that the rules set in place be fully communicated upon the initial arrival of patients, as well as an explanation of the schedule and sessions we attend.
- Let people be with there family's on holidays..... all of the staff has that privilege but not us?
- Not going 1/2 days
- Once a week with the therapist is hardly enough
- Please have more for Eating disorders let me know what i have to do so i can help be the staff here for other people like me so what happened to me doesn't happen to anyone else. more people struggle with eating disorders they just are too scared to speak up about them.
- Reduce the hours "required" and let me WORK
- Sensitivity training regarding sexual trauma and giving patients a heads up before discussing/broaching it in mixed gender groups. It only happened once and with one employee. Hopefully it was/can be a learning opportunity for him.
- maybe an in-house nurse when appropriate for Lantana.
- more info on time of treatment and schedule could be given before you start, just to make it more comfortable at start. Maybe have a person that has been here awhile have a meeting with newcomers so they know what to expect.
- reconsider phone policy...so many seem to get distracted when they get their phones..even depressed...maybe give them a few calls durind the second week like on Saturday..and on week 3 give them full use.
- stop vaping in the building and putting condoms in the restroom promoting sex hire more people that are black so i as a african american would feel like you all are not biased to only one race of counseling
- I am enjoying everything very much so far. I would like to foster more of a community environment at the house with game night and more group fun activities. with the addition of the saturday programing i think its important to either build in a fun activity right after or on sundays. I do wish the saturday session could be slightly shorter. it is a bit challenging just having 1 day off it makes it feel more like a grind. but the programming is very good on sat.
- I think that maybe I didn't get enough advice about how I was feeling and why, or what would be the best thing for me PERSONALLY to do in order to benefit the most from being at lantana. Like should I be doing meetings every single day based on my drinking past, would it be the most beneficial for ME to keep a journal, and stuff like that if that makes any sense.
- I wish I was able to get more from therapy such as a different schedule. We do the same group work weekly. I don't feel as I'm getting to the root of my individual issues. I love Lantana, just feel as if I'm being lumped into a group setting instead of one on one treatment.
- I would like assistance on managing panic attacks. I would also like some homework assignments to get me set up to leave here successfully.
- I would like guidance on how to handle an emergency room that is outlandish and on how to apply for SNAP benefits before leaving the program. I am also interested in what a vocational counselor may be able to assist me with if it is not too late to explore that option.
- I would like to have Saturday sessions that help us become more well rounded outside of just addiction chats.
- I would like to have a therapy session or two with myself, my counselor and my spouse.

- the rooms are too small to adequately provide space for people
- i would like to feel like im being heard more about my problems
- less vaping in groups, it gives me a headache. when people complain about outside things in groups they should be asked to address it outside of the group so they dont take away from everyone else's recovery. overall everything has been great and i am very motivated to get better.
- All is well, however my from my point of view, the inability to use my telephone to knock out legal and medical appointments, would be very useful and cut down on the mental pressure associated with my immediate future.
- one fridge for four people is really hard to work with.
- wish i would have had a better orientation so i would not be learning new things ever day.
- medication weren't called in correct also I was not able to get refills on important medication
- More in depth classes. More free time/activities outside.
- I wish I could have more clinical sessions and less art and games.
- I wish the staff was more trauma informed and that we had groups that involved AA/NA programs.