Pain Recovery Program

The Pain Recovery Program at Sovereign Health is designed to help individuals whose pain derived from physical injury has led to an addiction to prescription and/or illegal drugs.

Addiction is a chronic and multidetermined brain disease that often includes relapses and may include physical pain as an initial trigger. Sovereign Health’s integrative approach to pain recovery focuses on the biological, social, environmental and personality variables that maintain the addiction to pain medication.

Depending on each patient’s unique situation, our mission is to reduce the patient’s primary reliance on addictive medication and enhance their nonpharmacologic pain recovery.

Program Goals:

• Lower pain level
• Improve the quality of life
• Identify the negative emotions that reinforce pain
• Re-establish meaning, purpose and social relationships
• Decrease dependency on medical professionals

For more information, please visit www.sovhealth.com

24/7 ADMISSIONS HELPLINE 866.432.5686
Pain Recovery Program

Sovereign Health is a leading, national provider of behavioral health treatment, focusing on chronic pain, trauma, eating disorders, mental health and substance use disorders. Our clinicians use the latest measurement-based treatment modalities as well as alternative therapies to foster holistic recovery.

Patients Served
- Men and Women
- 18 Years and Older

Levels of Care
- Detoxification
- Residential Treatment
- Partial Hospitalization
- Intensive Outpatient

Meet the Chief Clinical Officer
Anthony J. Mele, Psy.D.
Dr. Anthony J. Mele is a licensed psychologist who brings almost 25 years of clinical expertise and executive leadership to the behavioral healthcare industry. As Chief Clinical Officer for Sovereign Health, Dr. Mele oversees the development and delivery of state-of-the-art behavioral health treatment serving hundreds of patients in a nationwide network of facilities.

“Sovereign’s Pain Recovery Program is based on our understanding that the experience of pain is unique and mediated by a host of biopsychosocial variables. Our goal is to address the maladaptive strategies that an individual has used in an attempt to manage their pain which have, instead, led to addiction. Without blaming or shaming, we help the individual manage their pain using a wide range of integrative psychosocial techniques.”

Dr. Anthony J. Mele
Chief Clinical Officer

Treatment Modalities
- Individual, Group and Family Therapy
- Cognitive Rehabilitation and Brain Wellness
- Experiential Therapy
- Nutrition and Exercise Programs

Multidisciplinary Team
- Psychiatrist
- Primary Therapist
- Group Counselors
- Case Manager
- Clinical Concierge

Ancillary Services
- Court / Legal Services
- Financial Counseling
- Life Skills / Vocational Planning
- Advanced Laboratory Services (Pharmacogenetic Testing)

Most Private Insurance Accepted. Call us today at 866.432.5686 to speak with a treatment specialist, complete a confidential assessment and review financial options.