

# Chemsex Program

Admissions

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## WHAT IS THE CHEMSEX PROGRAM?

Breathe's Chemsex Program is a specialized, multidisciplinary treatment approach that offers compassionate, nonjudgmental, and sex-positive care for individuals navigating the physical, psychological, and social impacts of drug use in sexualized settings, particularly involving substances, through evidence-based medical, spiritual, and therapeutic strategies tailored to each client's unique journey.

## INCLUSIVE AND AFFIRMING SUPPORT

Supporting individuals of all identities who engage in sexualized drug use, while navigating co-occurring conditions in a safe space, addressing stigma, shame, and harm, especially for those who may not feel comfortable in traditional treatment settings.

## PROGRAM STRUCTURE

Medically Monitored Detox, Residential Treatment, Partial Hospitalization Program (PHP), Intensive Outpatient (IOP), Sober Living.



IN-NETWORK PROVIDER

## KEY OBJECTIVES

Integrated support through targeted addiction counseling (including CBT, DBT, IFS, and more), comprehensive mental health care for co-occurring conditions, physical health monitoring with referrals for STI, HIV, and hepatitis care.

## PROGRAM COMPONENTS

A comprehensive assessment of substance use, sexual health, and mental well-being, followed by individualized and group therapy, peer-led support, and psychoeducational groups addressing addiction, emotional regulation, intimacy, and recovery planning, all supported by a psychiatrist and culminating in personalized aftercare to ensure lasting healing and community connection.

## PROPRIETARY CURRICULUM

As part of our specialized approach, Breathe Life Healing Center has developed and trademarked the Chemsex Recovery Workbook, authored by Kathleen Murphy, LMFT, and Brad Lamm, CIP, which offers a compassionate, evidence-based guide to healing by exploring system functioning, the brain's role, and the roots of trauma that impact physical, emotional, and sexual well-being.

A MILIEU OF RESPECT AND CONFIDENTIALITY