When you or someone you love needs help with addiction or mental health, two questions often come up right away: can I trust this program, and will it feel like a place where I belong? Recreate Behavioral Health of Ohio was built to answer both. Located on a serene campus in Gahanna, a peaceful suburb of Columbus, the center is part of the Recreate Behavioral Health Network, which has facilities in Florida, New Jersey and New York. That combination brings the experience of a larger organization together with the warmth and personal attention of care close to home.

What Being Part of a Network Means

Belonging to a network is not about being large or distant. Put simply, it means Recreate Ohio is linked to a wider group of treatment programs united by a shared dedication to compassionate, evidence-based care. That relationship carries national expertise into a hometown setting. People across Central Ohio gain the outlook of an organization that works with clients in multiple states, without giving up the personal attention and close-knit atmosphere of a program grounded in their own community.

At the same time, the heart of Recreate Ohio is local. The team knows the region, the community partners and the everyday realities of life in and around Columbus. That local knowledge matters when it comes time to plan the next stage of recovery, because the support that follows residential addiction treatment is most helpful when it fits into the places where people actually live, work and spend time with family.

For families, this balance can be especially reassuring. Loved ones often want to know that the people caring for someone they love bring real experience, and they also want that care to feel human and approachable. Recreate Ohio offers both. Clients are known by name, treated as individuals and supported by a team that sees the whole person, while the program draws on the shared commitment to quality that connects the network.

What Recreate Ohio Offers Locally

Not all rehab centers offer detox; however, Recreate Ohio is proud to offer medically supervised detox. Adults withdrawing from alcohol, opioids or fentanyl receive 24/7 monitoring, and medication-assisted treatment (MAT) may be prescribed and monitored by medical staff when appropriate. Following detox, residential treatment offers a structured, supportive environment for deeper healing. Recreate Ohio is also licensed by the state to provide primary mental-health treatment for depression, anxiety, post-traumatic stress disorder (PTSD), bipolar disorder and more, both alongside substance use and independent of it.

At Recreate Ohio, addiction treatment brings together evidence-based methods and holistic practices so that care reaches the whole person. On the evidence-based side are cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), eye movement desensitization and reprocessing (EMDR), motivational interviewing and contingency management. Holistic options, including art therapy, yoga and meditation, give clients new ways to manage stress, process feelings and rediscover a sense of self. Since co-occurring disorders frequently go hand in hand with substance use, both are addressed together in one plan.



The setting itself is part of the experience. The campus sits across from a municipal golf course and near the Big Walnut Creek trails, offering a peaceful, non-clinical environment that feels calm and grounded. Our staff includes people with lived experience of recovery, who bring empathy and hope to the work. Recreate Ohio is Joint Commission accredited, licensed by the Ohio Department of Mental Health and Addiction Services and LegitScript certified.

Care for Adults Across Central Ohio

Recreate Ohio welcomes adults from across Central Ohio and beyond who are ready to make a change. That includes people who need detox before anything else, people living with co-occurring disorders such as anxiety, depression or trauma, people stepping down from another level of care and people who have tried addiction treatment before and want a fresh start. Whatever your history, you will be met with respect. Addiction is a chronic disease, not a moral failing, and every person deserves a chance to heal, rebuild and reclaim their life.

Care at Recreate Ohio is personalized and client-centered from the start. Instead of applying one approach to everyone, the team takes time to learn about each person's *dual diagnosis addiction treatment* background, strengths and hopes, and builds addiction treatment around those details. A strengths-based perspective recognizes the resilience and abilities you already carry, alongside the challenges you face. Supported by a national network and delivered by a local team, that individual attention helps people feel truly heard from the beginning.

The Benefits of Staying Near Home

Choosing a treatment program near home can make a meaningful difference for adults across Central Ohio. People often appreciate a local option for reasons like these:

- Loved ones remain nearby and can be part of the healing process.
- Ongoing care is more practical when it fits into your own community.
- The transition home feels more natural when the next steps are already nearby.
- Community partners in the area know the local landscape and what it offers.

Staying close to home also means recovery can grow within a familiar landscape. The same streets, parks and neighborhoods that once held reminders of substance use can become places where new habits and healthier

memories take shape. With the right support in place, home can shift from a source of stress to a foundation for the life you are rebuilding.

A Seamless Continuum of Care in Your Community

Recovery continues after residential treatment, and Recreate Ohio plans for that from the start. Through intentional, collaborative relationships with community partners, clients are launched into a support system that includes intensive outpatient programs (IOP), outpatient care and community 12-Step groups. These seamless transitions are part of a continuum of care designed to keep support in place as people return to daily life. Being close to home makes that continuity easier, since the next steps are within reach of family, work and the routines that matter **addiction treatment** most.

Start Your Journey in Central Ohio

If you are looking for addiction treatment that combines the strength of a national network with the comfort of care close to home, Recreate Ohio is here to help. The center is in-network with Cigna, Medical Mutual, Blue Cross Blue Shield (BCBS), TRICARE and most major carriers, and our team offers seamless insurance verification. Coverage depends on your plan, but we believe finances should not be a barrier to care. Call Recreate Ohio or ask us to verify your insurance, and take the first step toward transforming your life and reclaiming your future.

Recreate Behavioral Health of Ohio
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Compassionate, evidence-based care for addiction and co-occurring mental health conditions on a serene campus in Gahanna, near Columbus.

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