

## A Message from Randy...

Dear Friends,

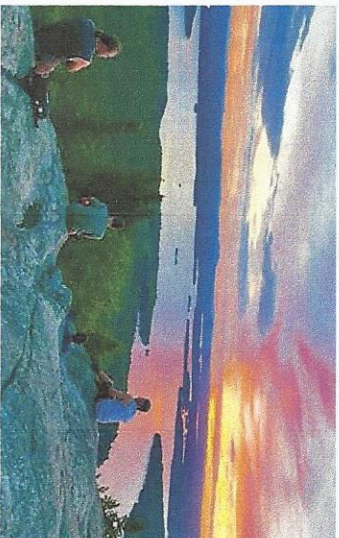
In 2012, I founded the Riverbank House residential recovery community to provide men with evidence-based solutions to the despair of addiction — a disease that threatens not just the life of a man struggling with substance misuse but also the quality of life for all who love him.

At Riverbank House, we infuse a spiritual approach to recovery with the progressive, science-based support recommended by experts. Our program is founded upon four guiding principles; it is not an approach based on what is popular, marketable, trendy, or profitable.

Riverbank House is not a hospital or an institution. We are a community, a neighborhood, and a brotherhood that afford men the opportunity to practice and live the skills of recovery. We don't prepare patients for discharge; we prepare men for full lives of sustained freedom from addiction and self-destruction.

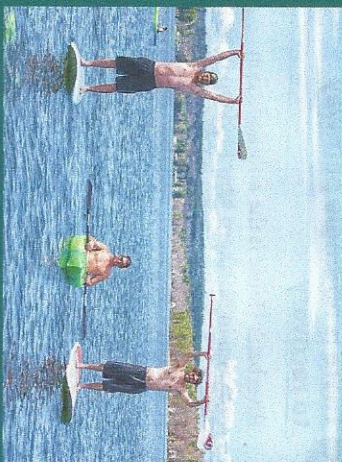
My passion is the restoration of families. Please do not hesitate to contact me directly if I can be of assistance. My personal line is 603-505-7912.

Randy Bartlett



## Riverbank House

*Located in the beautiful  
Lakes Region of New Hampshire*



Just 20 minutes from I-93 Exit 20



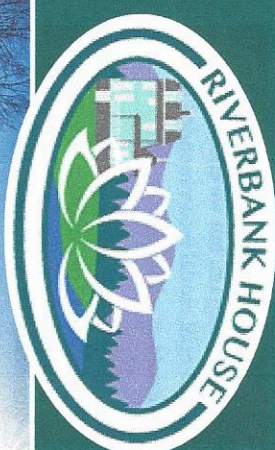
Nashua NH	1 1/4 Hrs.
Manchester NH	1 Hr.
Portsmouth NH	1 1/2 Hrs.
Boston MA	1 1/4 Hrs.
Portland ME	2 Hrs.
Rutland VT	2 1/2 Hrs.
New York City	5 Hrs.
Hartford CT	3 Hrs.
Logan Airport	1 1/2 Hrs.
Manchester/Boston Regional Airport	1 Hr.



*To learn more about  
our philosophy, program, and  
Four Guiding Principles,  
please visit us at...*

[www.riverbankhouse.net](http://www.riverbankhouse.net)

**Full-Continuum  
Addiction Recovery Support  
for Men**



- Withdrawal Management
- 28-Day to Six Month Intensive Residential Program
- Clinical Services
- Sober Living of Unlimited Duration
- Recovery Coaching
- Recovery-to-Work and Career Training Pathways

**...all within one recovery  
neighborhood!**

**Riverbank House**

96 Church Street • Laconia, NH 03246  
(603) 505-7912



# Our Four Guiding Principles

## 1 Adequate length of stay is crucial

Riverbank House does offer a "traditional" 28-day program, but we encourage the longer residential model recommended by experts in the field of addiction.

Generally, for residential treatment, participation for less than 90 days is of limited effectiveness, and treatment lasting significantly longer is recommended for maintaining positive outcomes.

– National Institute on Drug Abuse

## 2 Both body and brain need to heal

Contemporary research has found that active addiction causes neurological changes in the brain. Our SOLO NO MORE activity program promotes healing of both brain and body.

When an addict quits, what's left is emptiness... the void needs to be filled with some positive behavior for the change to take root. There can hardly be a better option than physical exercise.

– John J. Ratey, MD,  
Spark: The Revolutionary New Science  
of Exercise and the Brain

## 3 There is no single pathway to recovery

Riverbank House is the *only* addiction program in Northern New England to actively practice and advocate for the "many pathways to recovery" approach endorsed by experts.

Recovery from substance use disorders can be achieved in many ways and through multiple different pathways.

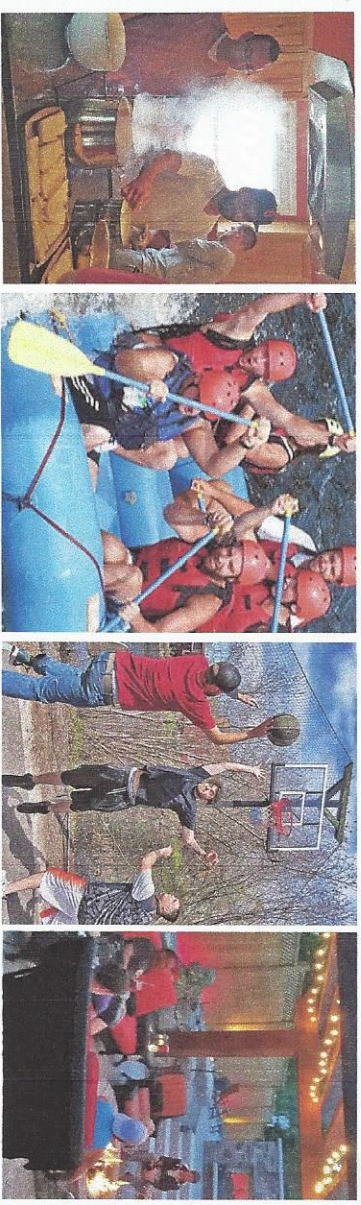
– The Recovery Research Institute of  
Harvard Medical School and  
Massachusetts General Hospital

## 4 Successful recovery requires practice within a safe community

Our neighborhood model provides experiential, hands-on, real world practice in daily abstinence, self-responsibility, true brotherhood, and employment opportunity.

Substance use disorders (SUDs) often erode social functioning, education/vocational skills, and positive community and family ties. Thus, recovery involves rehabilitation—relearning or re-establishing healthy functioning, skills, and values as well as regaining physical and emotional health.

– National Institute on Drug Abuse



These Riverbank House businesses support career training and scholarships right in our own neighborhood...

