



Limen Recovery + Wellness Services: Overview for Saint Francis Hospital

Limen Recovery + Wellness is a mission-driven organization dedicated to providing compassionate, comprehensive support for individuals navigating substance use and co-occurring mental health disorders. Our holistic continuum of care integrates evidence-based treatment, peer-led recovery services, and trauma-informed wellness programs that meet clients wherever they are in their journey.

Core Service Areas

1. Outpatient (OP) & Intensive Outpatient (IOP) Programs

Our OP and IOP programs provide flexible, clinically-driven treatment tailored to each individual's needs. Clients engage in structured group therapy, individual counseling, and evidence-based practices (CBT, DBT, motivational interviewing) while maintaining daily responsibilities. IOP offers a more intensive level of care for those requiring additional support without full residential treatment.

2. Residential Treatment Program

Our residential program offers a safe, supportive, and structured environment for individuals requiring 24/7 care. This immersive experience includes clinical therapy, recovery support, case management, and daily wellness programming. The residential model focuses on stabilization, healing, and skill-building to prepare clients for independent recovery.

3. Sober Living Residences

Limen's sober living homes provide safe, recovery-focused housing for individuals transitioning from residential treatment or seeking a stable, substance-free environment. Residents benefit from peer support, recovery meetings, curfews, and accountability practices designed to foster community, structure, and personal growth.

4. Peer Recovery Support Services

Certified Recovery Specialists offer non-clinical, lived-experience support—empowering clients through one-on-one mentorship, goal setting, and ongoing encouragement during and after treatment.

5. Care Navigation & Case Management



We connect clients to critical resources such as healthcare, housing, employment, legal aid, and benefits. Our navigators act as advocates and guides, ensuring continuity of care and reducing system barriers.

6. Hospital-Based Engagement

In partnership with institutions like Saint Francis Hospital, we provide bedside peer engagement, post-discharge follow-up, and warm handoffs to recovery and support services—minimizing gaps in care and reducing recidivism.

7. Wellness & Life Skills Programming

Our trauma-informed, strengths-based wellness programming includes mindfulness, expressive arts, nutrition, exercise, and financial literacy—empowering individuals with tools to support long-term recovery and self-sufficiency.

Our Commitment

At Limen, we believe recovery is not just possible—it's sustainable. Through collaboration with healthcare partners like Saint Francis Hospital, we offer an integrated model of care that restores dignity, fosters resilience, and builds lasting wellness for individuals and families.