concierge behavioral health services
Nationwide In-Home Coaching, Treatment & Recovery

Contents

5 Overview

6 Message from our CEO

8 Our Model

10 What Makes Us Different
Overview

Koplin Consulting is passionate about providing mental health and coaching services which allow individuals life-changing help in real life and in real time. By working alongside our clients in their daily life surrounded by the people they normally interact with new habits and behaviors are formed based on real time feedback from their coach.

This real-time approach is much different then what normally occurs inside a treatment center or office where everything is merely discussed and not experienced. Relapses usually happen when someone is alone and struggling to implement what they’ve learned while fighting against years of bad habits. The incredibly high relapse rate for addictions and eating disorders is what led to our unique approach and why our company came to be.

Our discrete, tailored, and in-home solution also lowers some of the shame around seeking help for issues such as addictions, eating disorders, depression, anxiety, and lack of motivation amongst other psychological and behavioral concerns.

“"I hear and I forget. I see and I remember. I do and I understand.”
—Confucius

Personalized Programs
We select the right providers to address the struggles and complexities involved.

Family Inclusion
We work with the family to provide skills and support so that the whole system is able to grow and heal.

Dual Diagnosis
While most facilities focus only on one issue we specialize in complex cases.

866-448-9000
Message from our CEO

I’ve had clients who could write their own treatment plan but couldn’t figure out how to implement it in the course of real life. They would go from an isolated environment of 24 hour support and minimal triggers to returning home where there were 24 hour triggers and minimal support. It seemed backwards to me.

Amanda Koplin LPC
Founder & CEO

For those of you who are trying to start or continue in your journey to recovery from an addiction, eating disorder, depression, anxiety, or another mental health symptom/diagnosis, you know how hard it is to do it alone. Yes, some of you are lucky enough to have supportive family members. Most of the time, however, they don’t know what to do either. Family members often end up feeling just as hopeless as the person struggling as they watch you spiral further downward.

How many times have you said to your therapist, “I wish you could just come home with me!”? I know those words came out of my mouth countless times when I was on my journey to recovery from an eating disorder. I always felt like it was easy enough for my treatment team to say what I should do from an office. However, I just couldn’t manage to do it on my own at home. I suffered countless relapses, lost hope, became even more depressed, anxious, and scared, and my quality of life was practically non-existent.

Company Mission
Helping others achieve long lasting recovery through real-time coaching backed by a team of experts

Company Vision
A world where multiple relapses and treatment stays are not the norm

Life doesn’t happen in an office or treatment center and neither does our solution. We’re bringing recovery home to you. We have home-based services which include: counseling, fitness, nutrition, recovery coaching, and in-home coaching. Our in-home coaches can be with you anywhere from one to twenty-four hours a day to help you during the times you need them the most.

866-448-9000
Our Model

Learn
Apply
Practice
Succeed

1 Phase 1: Stabilization
Stabilization is the shortest phase of the program and includes continued assessment and determination of needs.

2 Phase 2: Skill-building
This is the longest phase of the program and is dedicated to the creation and implementation of life/recovery tools.

3 Phase 3: Sustainability
The sustainability phase is a continuation of skill building when we take the time to titrate the level of coaching support. This phase involves having the client continue to work on the skills and use the resources provided with increased autonomy and some help from the coach.

Services Offered
Coaching Services:
- Live-in
- Hourly: In-home or virtually
Counseling:
- Hourly: In-home or virtually

Our coaches are typically highly skilled individuals who have a master’s degree in addition to personal and professional experiences in their area of specialty. Sometimes we do use highly skilled individuals who have personal and professional experiences accumulated over multiple years but do not have a master’s degree. Our coaches are always ready to meet you where you are and implement a comprehensive service plan.

How to Work With Us
Assessment: After the initial phone call, we schedule a needs and goals assessment. A comprehensive assessment with the client, their families, and current (if any) treatment team members in order to gather history, get a better understanding of the presenting problem, assess for safety, and create a goal plan for moving forward. The price of the assessment is determined by the length of time needed to speak with providers in order to obtain a complete overview of past treatment history.

Service Plan: Depending on the results of the assessment, Koplin’s treatment team will provide a tailored treatment plan with recommendation of hourly or live-in services.

866-448-9000
What Makes Us Different

Sustainable Results
+ Our qualified professionals teach needed skills and work in real-time to assist in their implementation in order to create successful experiences which can be repeated over time. Most people know what to do but struggle implementing new skills in the moment.

Personalized Approach
+ Specialists: Instead of tailoring to a group we use professional counselors, coaches, and support staff who specialize in your needs. This is a one on one customized approach.

Focus On The Solution
+ Focusing on the problem (ie. staying sober, managing eating disorder behaviors, medication management, etc.) does not tell you how to build a life. We believe building a life is the ultimate goal. We help our clients connect with purpose, passion, and community to thrive and live a full life.

Family & Friends All Inclusive
+ Nobody lives in isolation. Family and friends are often impacted by their loved one who is struggling with addiction, eating disorders, and mental illness. We work with the family to provide skills and support so that the whole system is able to grow and heal together.

866-448-9000