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# Nationwide In-Home Coaching, Treatment & Recovery



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Bringing Recovery Home



**“I hear and I forget. I see and I remember. I do and I understand.”**

**—Confucius**

## 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 lives, 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 than 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.

### 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.



# Message from our CEO

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: in-home coaching, counseling, fitness and nutrition. 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.



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 on a 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 they watch their loved one spiral further downward.

Have you ever 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 and became even more depressed, anxious, and scared.



### 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



## Our Model

# Learn Apply Practice Succeed

### 1 Phase 1: Stabilization

Stabilization is the shortest phase of the program. We work diligently to put out the biggest fires and work more intensely to set the foundation of moving into phase 2.

### 2 Phase 2: Skill-building

Skill building takes the most time in our program as we help the person struggling and their family members to learn and implement tools on a regular basis, help the direct client envision and create a life worth living, and troubleshoot in real time the obstacles they're encountering which may otherwise throw them backward.

### 3 Phase 3: Sustainability

The final phase of our program is designed to make sure that all the tools and elements of life created during the skill building phase are sustainable. In this phase, the client takes the lead and the coach is there to make sure that the client has the support they need if they get stuck, a sounding board when they need to brainstorm further solutions, and resources in place to prepare for the exit of the coach.

#### Services Offered

**Coaching Services:**  
Live-in or Hourly  
(In-home or virtually)

**Counseling:** Hourly  
(In-home or virtually)

All of our coaches are masters level clinicians, behavioral specialists, or certified professionals in their specialty. Our coaches have a strong background in addiction, recovery and mental health.

#### How to Work With Us

**Needs and Goals 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.





# 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, 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.



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