

# CLIENT E-BOOK



Welcome To Nova  
Transformations

2026

# Table Of **Contents**

---

Welcome Message from the CEO

---

The Vision, Mission

---

The Clinical Building

---

Programs

---

Group Descriptions

---

Mens Sober Living

---

Womens Sober Living

---

Meetings & Experiential Outings

---

A La Carte Ad On Services

---

Resources & Onboarding Checklist

---



# Welcome Message



Welcome to the beginning of your journey with Nova Transformations! We are delighted to have the opportunity to support you as you take this important step towards positive change.

At Nova Transformations, we firmly believe that the most valuable aspect of our work is the relationships we build with our clients. Each of you brings unique experiences and aspirations that enrich our community. Our commitment is to create an inclusive and supportive environment where you can transform, thrive and eventually triumph over your addiction.

As you embark on this path, we encourage you to embrace collaboration and explore the many possibilities that lie ahead. We value open communication and trust, and we are dedicated to supporting you as you navigate this transformative process. We too have been in your shoes both addict, and family member alike. The journey is long, but we are here to walk alongside you as you transition into treatment.

Please take a moment to familiarize yourself with our values and the innovative programs we offer. We are confident that your journey with us will be impactful, and we are excited to see the positive changes that will unfold. Once again, welcome to Nova Transformations!

Warm regards,  
Stacy and Andrew Strittmatter  
Co-founders, Nova Transformations



**Stacy Strittmatter, CEO  
Nova Transformations**



# The Vision

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Nova Transformations was built from the ashes of our own pain and the hope that no one should have to walk this road alone. Our vision is to be a place where people feel seen, understood, supported, and believed in--even when they don't believe in themselves. We exist to remind every person that recovery is possible, that change is real, and that transformation begins the moment you decide your story isn't over yet.

***There is purpose in the pain.***

# The Mission

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At Nova Transformations, we are dedicated to creating a safe and nurturing environment where individuals can embark on their journey to healing from addiction and co-occurring mental health illnesses. Our mission is rooted in compassion, integrity, and a deep commitment to the well-being of those we serve. We believe in an individualized person centered treatment plan where both client and multidisciplinary teams collaborate to determine the best route.

We strive to eliminate stigma, shame, and guilt from the healing process, fostering a community where every person is treated with respect and dignity. Our team of trained, educated, and experienced professionals is devoted to providing exceptional client care above all.

We take a dynamic approach that integrates neuroscience, medicine, and holistic healing to transform habits, dynamics, and behaviors. Every level of care receives the same priority and attention and is regarded with the utmost compassion and importance.

Together, we will inspire hope, promote healing, and cultivate resilience, guiding each person to reveal the light within. At Nova Transformations, we are more than a treatment center; we are a place of hope and a beacon of light.

***Reveal the Light Within.***

# Reveal the *light* within you

**Nova Transformations** ensures a unique and personalized treatment plan provided by our dually licensed and experienced clinicians. Elements of our programming include, but are not limited to:

- Affective Liminal Psychology (ALP)
- Cognitive Behavior Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Dual Diagnosis Treatment
- Emotion-Based Behaviors Family
- Family System Awareness Relapse
- Relapse Prevention
- Art Therapy
- Breath-work
- Exercise & Movement
- Psychodrama
- Sound Healing and Music Therapy
- Yoga

Breaking the mold of traditional treatment, we focus on *healing the whole person*—not just the substance use disorder—so every client begins their journey with care designed for lasting change. We want to support you in revealing what is already within you!



## *Here's How We Make It Happen*



- Multiple Levels of Support
  - PHP / IOP
- Medication-Assisted Treatment (MAT)
- Work / Healing Balance Options
- Insurance or Private Pay
- Customizable Add-On Services Available
- Scholarship Opportunities Available Upon Request

# Programs

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## ***Partial Hospitalization Residential***

The PHP-Res program offers a range of therapeutic interventions, including medicated assisted treatment, individual therapy, group therapy, case management, family programming, and experiential outings. Participants receive personalized treatment plans tailored to their specific needs, focusing on both addiction recovery and mental health. The residential aspect of the program provides a stable and sober living environment, which is crucial for individuals in early recovery. Living in a gender specific sober home fosters accountability, life skills, healthy routines, coping strategies, and community support among peers who share similar goals of sobriety and personal growth. This level of care is the highest level of care offered at Nova Transformations. This program is typically 45 days.

## ***Partial Hospitalization Day Treatment***

The PHP-Day program offers the same range of therapeutic interventions as the PHP-Res level of care without the sober living component. This level of care is often implemented into a clients treatment plan when they have a stable, supportive, and structured living environment at home. Living outside of the home is sometimes not feasible due to many different factors such a work, responsibilities, dependents, disabilities, or transportation. Often times this level of care is a stepping stone to less intense treatment plans or the precursor to establishing a need for a higher level of care. This program is typically 45 days.

***Help isn't a sign of brokenness-  
It's a bridge to healing.***

# Programs

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## ***Intensive Out- Patient***

The IOP program offers a much more flexible schedule with only evening therapeutic treatment for the clients in a group setting. Individuals also have access to individual therapy sessions with their clinicians and medicated assisted treatment, however, the frequency of sessions is less than the PHP setting. This program is ideal for clients who have already completed a PHP-Res or PHP-Day treatment plan and are transitioning back to work and/or home. Ideally clients in this level of care are ready to begin taking steps towards assimilating back into their typical routines and relationships. This program is typically 8 weeks.

## ***Transform Together: The Family Journey***

At Nova Transformations, we believe the pain extends beyond the individual. The Family Journey program is a compassionate, educational, connection-driven program designed to help families navigate the path of recovery side-by-side. This program empowers loved ones to understand addiction, rebuild trust, and learn effective ways to support both themselves and their family member in treatment and recovery. Transform Together offers a safe, judgement-free environment where families reconnect, rediscover hope, and redefine what healing looks like- together. On-line support groups facilitated by peer support specialists and case management team members are a critical part of bridging the gap between family members and the client. This program runs the entire duration a loved one is involved in a treatment program here at Nova Transformations. This includes the Alumni Academy as well.

***In the face of addiction,  
our family's love can light  
the path to recovery.***

# Programs

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## ***Alumni Academy***

The Nova Alumni Academy Program is designed to engage, support, and empower our alumni community through a series of initiatives that foster lifelong learning, networking, and professional development. The program aims to maintain strong connections with alumni while providing valuable resources that contribute to their personal and professional growth. While mainly virtual meetings encompass the weekly touchpoint for Alumni, there are also opportunities for the entire Alumni Academy to gather. Organized in person events allow alumni to reconnect, share experiences, and expand their sober network and support. Engagement of alumni to give back to the community through service projects and initiatives that align with their values and interests facilitated by “THE FLARE OF HOPE” Foundation. These opportunities allow us to spotlight our Alumni giving them a sense of pride and connection. This program is life-long.

## ***Becoming a SuperNOVA Mentor***

Opportunities for alumni to connect with current clients after a sustained period of sober time (6 months minimum) to provide guidance, support, and valuable insight about their own personal journey with sobriety. Encouraging others to stay sober through peer-to-peer mentoring relationships, fostering community and connection

## ***Career Opportunities***

Members of the Alumni Academy who choose to pursue engagement as a SuperNOVA Mentor are eligible to transition into a full-time mentor role as a paid Peer Support Specialist or Behavioral Health Technician here at Nova Transformations. In order to be eligible, members must complete a successful mentorship with regular engagement as a SuperNOVA Mentor for a minimum of 6 months.

***Light the way in someone else's journey. Only the brightest light can guide you home.***

# Group Descriptions

## ***Breaking the Silence***

Naming what has been hidden to move forward. Work through processing past pain so that you can move on. Focusing on deep emotional exploration beneath the surface.

## ***Breakthrough***

Working through trauma using psychodrama and experiential healing techniques. Reliving moments and rewriting the narrative and story to get through to the new you.

## ***The Bridge***

Reconnecting and repairing relationships. Mastering communication styles, family systems, and developing tools for the real world and real relationships.

## ***The Continuum***

Restructuring daily life with purpose. Building and preparing for the life you want after treatment. Preparing for the transition from treatment to life with planning for continued growth with connection to recovery.

## ***Elevate***

Whether a higher power is already present or not exploring the depth of this concept is important to releasing the control of addiction. Dropping ego and building a perspective that something outside of the addiction is stronger.

***Transformation requires  
trust and an open mind.***

# Group Descriptions

## ***Empower Hour***

Rebuilding the inner narrative. Reframing how we see ourselves and what we feel and say inside our minds. Forming a healthier perspective on who we are and who we want to become.

## ***Fire & Flow***

Harnessing emotional energy instead of being consumed by it. Understanding where emotions come from and how they grow. Practicing emotional awareness and response skills.

## ***Inner Alchemy***

Creating the calm within. Transforming thoughts, body, and spirit using different mindfulness techniques and movements. A time for breathwork, meditation, sound healing, and other holistic healing practices.

## ***Insight Circle***

Exploring the “why” behind behaviors. Building a strong educational base surrounding addiction, trauma, and healing.

## ***Legacy***

Applying everything learned throughout the week to design the life you want to live. What will your legacy be?

***Transformation requires  
trust and an open mind.***

# Group Descriptions

## ***Reclaim***

Owning your choices. Reflecting on what was lost at the cost of addiction and making peace with the result. Learning how to rebuild and reconstruct from the ground up.

## ***Recovery Collective***

Uncovering the inner thought loop through poetic expressions. Putting pen to paper to offload the deeper emotions and feelings.

## ***The Safety Net***

Preparing for the expected. Bringing old habits to focus and clearly identifying triggers, patterns, people, places, and things that all lead back to the past. Strengthening coping skills, awareness, and tools to maintain sobriety and preventing relapse.

## ***Self Series***

A guided exploration of self- identity, self- worth, and self-care. Learning how to rebuild a relationship with yourself, rooted in compassions, respect, and authenticity. Understanding needs, love languages, setting healthy boundaries, and prioritizing self-well-being as essential components of recovery.

***Transformation requires  
trust and an open mind.***

# Group Descriptions

## ***Unmasking***

Living in the truth by unmasking. Sharing the guilt, shame, and stigma that have shaped behaviors and beliefs that lead to addiction or came because of it. Learning to accept the reality, become comfortable with it, and move past it.

## ***Unscripted***

Real conversations about real struggles. A safe place for emotional processing and inner change where emotions and experiences are shared in a therapeutic setting for growth and connection.

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## ***Transform & Train***

Physical movement is a powerful tool in the recovery journey. Strengthening not just the body, but the mind and spirit. At Nova Transformations we offer a dynamic approach by our clients having access to a membership at the YMCA- Matthews. Every rep, every breath, every step forward is progress. Together, we move toward balance, strength, and sustainable recovery.

**Move your body,  
transform your mind.**

***Transformation requires  
trust and an open mind.***

# AURORA'S HOUSE

Gender Specific Female Housing  
Private or Semi Private Rooms  
Reinforcing Recovery  
Building Human Connection  
Practical Life Skills  
Forming Healthy Routines and Habits  
Finding Employment  
Access to Community & Fellowship  
Transportation & Recreation  
24/7 On-site Supportive Care

## Sober Living for Women

**Because where you live should make you feel good.**

Imagine a place where you can put your mind at ease and enjoy the company of other like-minded women going through similar life experiences. A place that is supportive and caters to the needs of those struggling with the inner journey of self discovery and recovery. A place that is elevated and feels uplifting and inspiring during your time of revival. That is Aurora's House. Come and stay a while.



Utilities | Recreation Space | Cable | Wi-Fi | Bedding | Linens  
Laundry | Fully Stocked Kitchen | Cleaning Supplies

LUMINARY  
LIVING

✉ [info@luminaryliving.com](mailto:info@luminaryliving.com) 🌐 [luminaryliving.com](http://luminaryliving.com)

# MENS SOBER LIVING

# ORION'S HOUSE

## Where Healing Meets Home

Gender Specific Male Housing Private or Semi Private Rooms Reinforcing Recovery Building Human Connection Practical Life Skills Forming Healthy Routines and Habits Finding Employment Access to Community & Fellowship Transportation & Recreation 24/7 On-site Supportive Care Private & Shared Rooms



Mint Hill, North Carolina

## *Sober Living Tailored to You*



Utilities | Recreation Space | Cable | Wi-Fi | Bedding |  
Linens | Laundry | Fully Stocked Kitchen | Cleaning  
Supplies | Swimming Pool | Garden & More

Fellowship, comfort, safety, and convenience are the foundations of our men's sober living home in Mint Hill, North Carolina.

# Experiential Outings

## Meetings

The exposure to the sober community and available resources for those in recovery is essential to maintaining a steadfast sobriety. We encourage clients to get engaged with the different sober communities they feel suit their interests and preference. At Nova Transformations we believe that recovery is different for each individual. Our facilitation of exposing clients to the different types of sobriety meetings available, allows them to decide for themselves how they want to continue engaging with the sober community after they take steps towards transitioning back home.

Narcotics  
Anonymous

Alcoholics  
Anonymous

Celebrate  
Recovery

Dharma  
Meetings

Smart  
Recovery

## Experiences

Recovery should be LIVED. A common belief prior to recovery is that without the manifestation of addiction, life will be boring. Well, here at Nova Transformations, we expose clients to the opposite. We show clients through experiential engagement that life can still be fun sober. Through different experiences such as golfing, crafting, hiking, movies, festivals, cooking, self-care, and more, our clients are able to cultivate new relationships with hobbies or activities that speak to them. With the absence of addiction, one is able to finally thrive and enjoy life.

***Recovery is not a one size fits all journey.***



# Supplemental SERVICES

At Nova Transformations, we believe that recovery is a very personal and individual experience. Here are the therapeutic services we offer to support your recovery journey during your stay at Nova. Services listed are additional and not included in our regular programming. Prices vary per experience, please see back for details.



## Nutrition

Personalized sessions with a nutritionist to create sustainable habits that nurture physical health, emotional balance, and long-term recovery.

## Salon Services

Restore confidence and self-care through services for men and women in recovery, available Monday to Friday.

- Manicure/Pedicure
- Facials / Massages
- Men's / Women's Hair Services

## Drip Therapy

IV hydration at THE INVIGORY in Waverly to replenish the body, improve clarity, and support overall recovery wellness.

## Salt Room Session

A private 45-minute Himalayan salt room session at THE INVIGORY in Waverly to reduce stress, ease tension, and promote inner calm.



## Light Therapy

A 20-minute light bed session at THE INVIGORY in Waverly, designed to lift mood, restore energy, and aid recovery progress.

## Private Outing

A private outing with one of the owners to connect, share experiences, and find strength in the recovery journey.

## Family Therapy

Family members can schedule one-on-one sessions with clinicians to strengthen bonds, build understanding, and support recovery at home.

## Private Experience

Curated outings within the Charlotte area to rediscover joy, practice connection, and celebrate milestones in recovery.



Supplemental services must be scheduled during Nova Transformations' operating hours unless otherwise arranged and approved by staff. Services provided at The Invigory are not affiliated with Nova Transformations and are booked at the discretion of the client.

# Client Resources

## **Admissions**

Admissions Coordinator: Neal@novatransformations.com  
Please contact us with how to get started!

## **Compliance & HR**

Director of Clinical Quality, Compliance and Human Resources  
• Kelsey@novatransformations.com  
Please contact Kelsey with any program concerns or grievances

## **Finances**

Payment Processing Concerns: Dion@novatransformations.com  
Insurance Concerns: Billing@novatransformations.com

## **Transform Together**

Client and Family Concierge - david@novatransformations.com

- Family Google Meeting Links will be sent weekly, please reach out with any family program needs, or concerns.
  - Concerns for loved one
  - Family Forward Workshop Information
  - Delivery of items for loved one
  - Visitations or Family Therapy Schedule

## **Alumni Academy**

Client and Alumni Concierge - kaitlyn@novatransformations.com

- Alumni Google Meeting Links will be sent weekly, please reach out to with any alumni program needs, or concerns.
  - Continued support
  - Employment Opportunities

***Today is the first step towards  
your brighter tomorrow***

# Contact Us

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- **Phone**

 704-997-3500

- **Message**

 [info@novatransformations.com](mailto:info@novatransformations.com)

- **Website**

 [www.NovaTransformations.com](http://www.NovaTransformations.com)

- **Address**

 3326 Siskey Parkway Suite 300  
Matthews, NC 28105



*Let your light  
guide the way.*

# Onboarding Check List



Onboarding can be repetitive and so we do our best to prepare you adequately for a smoother transition into treatment. Please use this checklist as a guide.

## Pre- Admission

- ☐ Call: 704-997-3500
- ☐ Pre-Assessment
- ☐ Schedule Intake
- ☐ Coordinate Transport
- ☐ Coordinate Benefits
- ☐ Coordinate Payment

## Intake

- ☐ Urinalysis
- ☐ Breathalyzer
- ☐ Hx of substance use
- ☐ Bag search
- ☐ Person search
- ☐ Safe call to family

## Packing

- ☐ 7 under garments
- ☐ 7 tops/ shirts
- ☐ 7 bottoms
- ☐ 2 heavy sweaters
- ☐ 5 sets work out clothes
- ☐ 14 pairs of socks
- ☐ Sleepwear/ pajamas
- ☐ Robe
- ☐ Coat/ Jacket
- ☐ Hat/ Beanie
- ☐ Sneakers
- ☐ Slippers

## Toiletries

- ☐ Toothpaste/ Brush/ Floss
- ☐ Electric Razor
- ☐ Face wash
- ☐ Deodorant
- ☐ Alcohol Free Haircare
- ☐ Q-tips/
- ☐ Make-up
- ☐ Body Lotion

## Other

- ☐ Approved medications
- ☐ Journal/ Books
- ☐ MP3 player for music
- ☐ Non-smart watch
- ☐ Picture of family
- ☐ Credit/ Debit/ Gift Card

**Unsure if it's allowed?  
Please ask if it's not on the list.**

Shampoo, Conditioner and Body Wash are all provided.