Recovery from addiction touches every part of a person's life: the body, the mind, relationships and a sense of purpose. That is why whole-person care ***inpatient addiction treatment*** has become such an important part of modern addiction treatment. At Recreate Behavioral Health of Ohio, in the peaceful Columbus suburb of Gahanna, holistic therapies such as art therapy, yoga and meditation work hand in hand with evidence-based clinical care. This article explains what those holistic practices involve, why they are always paired with research-based methods and how a calm setting can support the healing process.

Treating the Person, Not Just the Symptoms

Substance use disorder is a chronic medical condition shaped by many influences, from genetics and brain chemistry to stress, trauma and environment. It has nothing to do with weak character. Because so many factors are involved, a whole-person approach considers the full picture: physical health, emotional well-being, relationships and any co-occurring disorders like anxiety or depression. Rather than treating a person as a diagnosis, this philosophy builds on their strengths and supports them as they reclaim balance in every area of life.

It is important to be clear about one thing: holistic therapies are not a replacement for clinical care. At Recreate Ohio, they are always paired with evidence-based therapies such as cognitive behavioral therapy, dialectical behavior therapy, EMDR, motivational interviewing, contingency management and medication-assisted treatment when appropriate. The clinical work provides structure and research-backed tools, while holistic practices help people relax, process emotions and reconnect with themselves. Together, they create a more complete form of addiction treatment.

Creative Healing Through Art Therapy

Art therapy invites people to use drawing, painting and other creative activities as a way to explore feelings. No artistic talent is required. The value lies in the process, not the finished piece. For many people in recovery, emotions such as grief, shame or fear can be hard to put into words, and art offers another path for expressing them. Creating something can also bring a sense of accomplishment and calm, and the work can open the door to meaningful conversations in group or individual therapy.

Art therapy also complements clinical approaches in practical ways. Insights that surface during a creative session can be explored more deeply in cognitive behavioral therapy, for example, while the focus and calm that art provides can reinforce the mindfulness skills taught in DBT. For people who have experienced trauma, creative expression can offer a gentle way to approach difficult emotions at their own pace. In each case, art becomes one more tool for self-understanding and growth within a broader treatment plan.



Finding Balance With Yoga and Meditation

Substance use can leave the body feeling depleted and out of sync. Yoga offers a gentle way to rebuild that relationship through mindful movement, stretching and controlled breathing. The practice encourages people to notice physical sensations without judgment, which can be helpful when learning to recognize early signs of stress or cravings. It does not require flexibility or experience, and beginners are welcome. Over time, yoga can become a reliable, healthy habit for releasing tension and restoring a sense of calm.

Meditation teaches the mind to rest in the present moment. Through guided practices such as breath awareness or body scans, people learn to observe thoughts and feelings without getting swept away by them. This skill can be especially useful when cravings or anxious thoughts arise, because it creates a small pause between an urge and a response. Meditation pairs naturally with the mindfulness skills taught in DBT and can help people manage stress, improve focus and approach recovery with more patience and self-compassion.

Why a Serene Setting Supports Healing

The environment around you can either add to stress or help ease it. Recreate Ohio provides a serene, non-clinical campus in Gahanna, just outside Columbus, located across from a municipal golf course and close to the Big Walnut Creek trails. This calm setting gives people room to breathe, think clearly and focus on healing without the noise and distractions of daily life. For practices like yoga and meditation in particular, a quiet atmosphere can help the mind settle and make each session feel more restorative.

Feeling at ease helps people open up. Residents at Recreate Ohio have their own room, a personal TV and a shared bathroom, giving them privacy along with a sense of normal life. The atmosphere is warm instead of hospital-like, and some team members have lived experience with recovery, which brings an added layer of understanding and hope. This combination of a calm place and compassionate people creates a supportive community where clients can be honest, take healthy risks and start to rebuild.

Comprehensive Care From Detox to Community

Holistic healing is woven through every stage of care. It starts with medically supervised detox, something not every rehab center provides, but which Recreate Ohio is proud to offer on campus. Detox includes around-the-

clock monitoring and medication-assisted treatment when the medical team determines it is appropriate, with support for alcohol, opioid and fentanyl withdrawal. From there, clients transition into residential addiction treatment. Since May 2025, Recreate Ohio has also been state-licensed for primary mental-health treatment, serving adults with depression, anxiety, PTSD, bipolar disorder and other conditions, even when substance use is not part of the picture.

Recovery keeps growing long after someone leaves campus. Through collaborative relationships with community partners, Recreate Ohio connects clients to intensive outpatient programs, outpatient services and local 12-Step meetings. Rather than ending abruptly, care flows forward with seamless transitions into a ready-made support system. The holistic habits people develop during their stay, such as a short daily meditation or a creative outlet, can travel with them and continue to support well-being as they rebuild life at home.

Recreate Ohio belongs to the Recreate Behavioral Health Network, which also has facilities in Florida, New Jersey and New York. That connection provides the depth of a national organization while keeping care personal and rooted in the local community. The center is Joint Commission accredited, holds a license from the Ohio Department of Mental Health and Addiction Services and is LegitScript certified, reflecting a strong commitment to responsible, compassionate addiction treatment for every adult who walks through its doors.

Begin Your Whole-Person Recovery

Concerns about cost should not stand between you and addiction treatment. Recreate Ohio works in-network with Cigna, Medical Mutual, Blue Cross Blue Shield, TRICARE and most other major carriers, and the admissions team makes insurance verification simple and seamless, because finances should not be a barrier. Whenever you feel ready, give the team a call to talk through your questions, or start by checking your benefits. Healing the whole person begins with a single conversation, and a caring team is ready to listen.

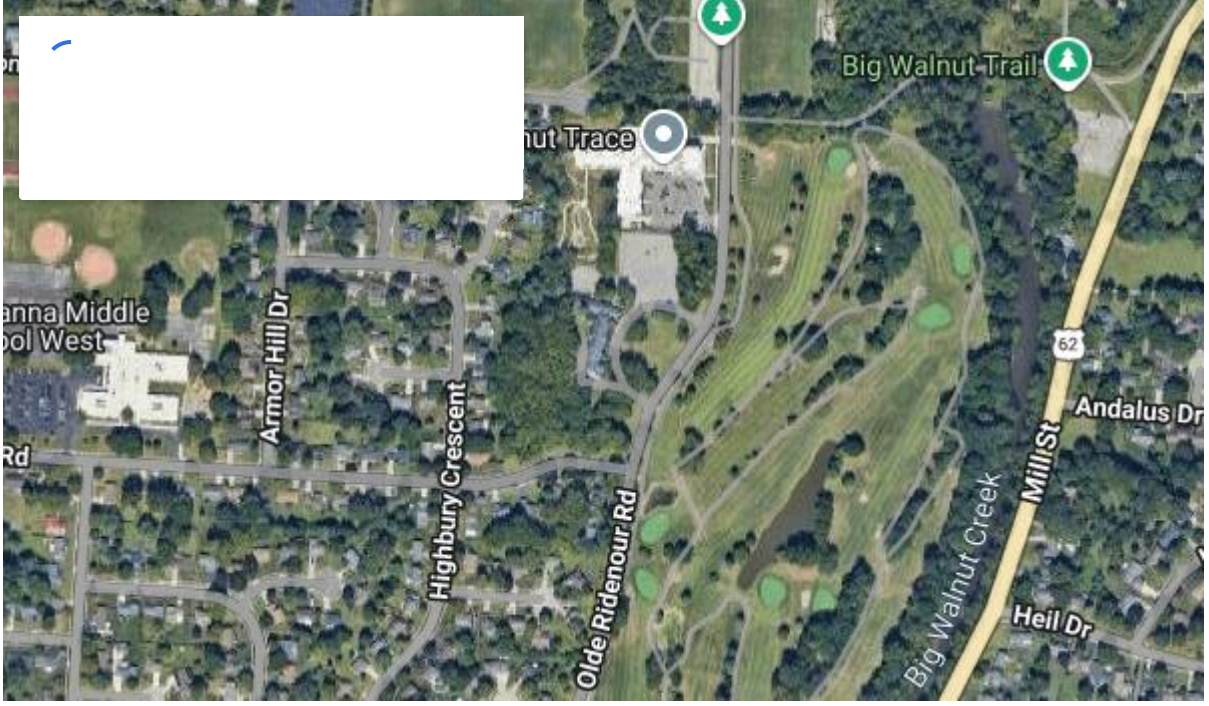
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Detox, residential treatment and mental-health care for adults across Central Ohio, part of the Recreate Behavioral Health Network.

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