

Who we are

We are a licensed 10-bed residential treatment facility for men in North Phoenix, specializing in substance use and mental health care.

We understand that seeking care can feel overwhelming for individuals and families. Our team listens without judgment, answers questions, and offers support at each step.

Care built around the person

Individualized assessment and treatment planning identify clinical needs, strengths, and goals to support quality care and meaningful progress.

Evidence-based approaches

CBT and DBT help clients examine thought patterns, strengthen coping skills, and practice healthier responses.

The next step is a conversation.

See A Clear Path Forward to learn how admissions begins.

Start with a conversation

We work with most commercial insurance companies. Our caring admissions team can help you review needs and benefits, and plan your next steps to recovery.

01 Talk with admissions

Share your concerns and ask about the program.

02 Review needs and coverage

Discuss clinical needs and verify insurance benefits.

03 Complete assessment

Complete intake and admission screening, and plan arrival.

(480) 534-6358

14414 North 29th Street
Phoenix, Arizona 85032

Email: admissions@anewlife.health



Become More.

RESIDENTIAL SUBSTANCE ABUSE AND
MENTAL HEALTH CARE FOR MEN

THE APPROACH

Quality treatment in a human environment.

Our trauma-informed setting supports coordinated, evidence-based care for substance use and mental health concerns, guided by an individualized treatment plan.

What we address

Substance use

We provide individualized care for substance use involving Alcohol, Cocaine, Opiates, Fentanyl, Methamphetamine, and Prescription Drugs, with attention to each person's needs.

Mental health & co-occurring care

Mental health assessment and medication management for concerns such as anxiety and depression. When mental health and substance use concerns occur together, our individualized care addresses both.

THE TREATMENT EXPERIENCE

Care with purpose

Residential treatment pairs clinical care with daily routines that support recovery and personal growth.

Individualized treatment

Individual and group therapy, with medical oversight and a plan tailored to each person.

Wellness, meals and recreation

Yoga, meditation, movement, professionally prepared meals, and shared recreational activities support physical well-being and connection.

Life after treatment

Discharge planning connects each person with continuing care, aftercare programs, and ongoing support to help sustain progress throughout recovery.



THE PEOPLE BEHIND THE CARE

Clinical leadership

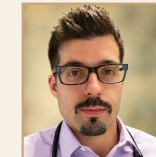


Dr. Reyes Topete, M.D.

Medical Director

Addictionologist

30+ years in addiction medicine



Alex Spritzer

FNP/PMHNP-BC

Nurse practitioner

Specializing in addiction medicine and whole-person care for mind and body.



Ifeanyi Willson, LCSW

Clinical Director

Licensed clinical social worker specializing in crisis care and personalized treatment.

We assess each person's needs, including withdrawal risks, to ensure we can provide appropriate care.