



Dear friends in the treatment field,

We are delighted to hear of your interest in learning more about integrating Mindfulness in Recovery® into your treatment modality.

It is important to us that we are a good fit for the programs and therapists that we work with. With that in mind, we would like to have an initial meeting, either in person or via web conference, to learn more about each other's programs.

If we find we are a good match and your team would like to explore integrating MIR into your program, we have cost effective approach to help you efficiently implement MIR into your program.

Mindfulness in Recovery® Program Integration

We provide training for your staff to integrate mindfulness practices into your treatment program to help clients establish a daily practice utilizing the Mindfulness in Recovery® curriculum and the Mindfulness in Recovery® Community.

Upon successful implementation, there is a three month trial period to make adjustments and determine program efficacy. At this point, your clinical team and MIR will meet regarding program efficacy and decide if the program is working well as is, needs some adjustments, is not a good fit, or that it is appropriate and desirable to engage in additional training and support.

This level of collaboration includes the following:

- Staff training in the foundations of mindfulness and meditation.
- Mindfulness in Recovery® Workbook implementation training.
- Support in integrating the MIR skills into your program's treatment philosophy.
- Program specific guided meditations.

In addition to working collaboratively, providing training, curriculum, and support, we also offer a year of continuum of care support through our Mindfulness in Recovery® Community at a reduced rate.



Integration Costs

Initial cost: \$3,000, plus expenses, cost of workbooks, and continuum of care MIR memberships.

Includes: 24 hours (3 full days) of implementation support, 30% discount off the retail price of the workbook (current retail is \$24.95), and a 20% discount off the cost of annual MIR community memberships (current annual membership is \$120/per person).

Additional costs: Training and support beyond the 24 hours included in the implementation package is \$125 an hour, plus expenses.

Please let us know if you have questions or if we can be of help in any other way.

Contact Melissa Mose, Director of Programs – melissa@mindfulnessinrecovery.com