

# Xplore Recovery Launches New Tennessee Addiction Treatment Program Centered on Adventure Therapy

*New addiction treatment program in Ocoee, TN, combines evidence-based clinical treatment with structured outdoor experiences to support lasting recovery*

OCOEE, TN, UNITED STATES, January 27, 2026 /EINPresswire.com/ -- Xplore Recovery, a new alcohol and drug rehab program in Tennessee, announced it will open on February 9 and launch its addiction treatment services designed to help individuals navigate substance use and co-occurring mental health disorders through a blend of evidence-based care, outdoor connection, and compassionate support.

Located along the Ocoee River, Xplore Recovery delivers clinical programming alongside optional, structured [adventure therapy experiences](#) intended to build resilience, confidence, and community.

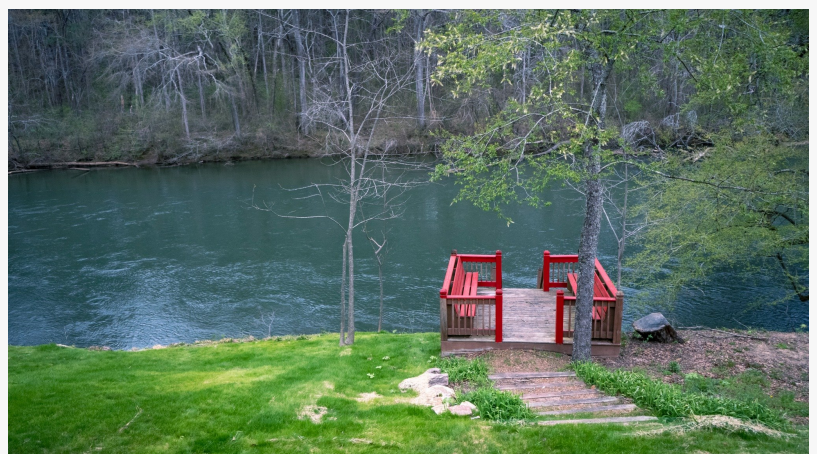
A Clinically Grounded Program with a Nature-Based Complement  
Xplore Recovery specializes in dual diagnosis treatment with addiction-primary care, recognizing that mental health and substance use often occur together and require integrated support.

## XPLORE RECOVERY

Xplore Recovery



Xplore Recovery House



Ocoee River at Xplore Recovery

The program is designed to provide structured levels of care including [Partial Hospitalization \(PHP\)](#) and [Intensive Outpatient \(IOP\)](#), helping clients access the intensity of treatment that best fits their needs.

#### What to Expect

Xplore Recovery's PHP model provides intensive clinical support with an average length of 30 to 45 days, including 30 hours of group therapy per week (Sunday through Friday) plus weekly one-on-one counseling.

The center is designed to maintain a small-community environment, with capacity for 16 men's beds and 12 women's beds.

#### Adventure Therapy as an Optional, Integrated Component

Xplore Recovery integrates adventure therapy as a complement to core clinical services, featuring structured outdoor activities such as white-water rafting, rock climbing, zip-lining, hiking/nature walks, and Lacota-inspired sweat lodges.

Activities are facilitated by a Certified Adventure Guide/Course Manager and integrated into individualized treatment plans, with reflection and therapeutic processing to connect experiences back to recovery goals.

#### Admissions and Contact

Xplore Recovery is located at 672 Hildabrand Rd, Ocoee, TN 37361. For admissions information or to request a confidential conversation, call (423) 522-1457 or email [info@xplorecovery.com](mailto:info@xplorecovery.com)

#### About Xplore Recovery

Xplore Recovery is an addiction treatment center in Tennessee providing evidence-based care for substance use and co-occurring mental health disorders. The program offers structured levels of care including PHP and IOP, combining clinical services with optional adventure-based experiences designed to support healing, resilience, and connection.

Alan Walshe

Xplore Recovery

+1 423-522-1457

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

---

This press release can be viewed online at: <https://www.einpresswire.com/article/882877066>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

