

Proven, World-Class Treatment for Opioid and Alcohol Use Disorders

Providing Evidence-Based Drug and Alcohol Addiction Treatment That Addresses the Whole Person

Call Today 866-287-5921



THE Symetria METHOD®

Your Goals

You choose your goals...cutting down, regaining control, or even tapering off to abstinence.

Get Your Life Back With The Symetria Method®

If you can't imagine a day without your substance of choice, you've come to the right place. The Symetria Method® is a unique, holistic, and highly respectful approach to SUD (substance use disorder) recovery — because all-or-nothing isn't your only option.

At Symetria Recovery®, you choose your goals, and we help you achieve them, measuring your success with every positive change. We'll help you discover a compassionate recovery you can live with while helping you to define and resolve underlying challenges that feed your substance abuse.

More About The Symetria Method®



18+
Years in Business

8,800+
Success Stories

89% *
Recovery Rate
*per a mutual study with a major insurance provider

96%
Patient Satisfaction Rate



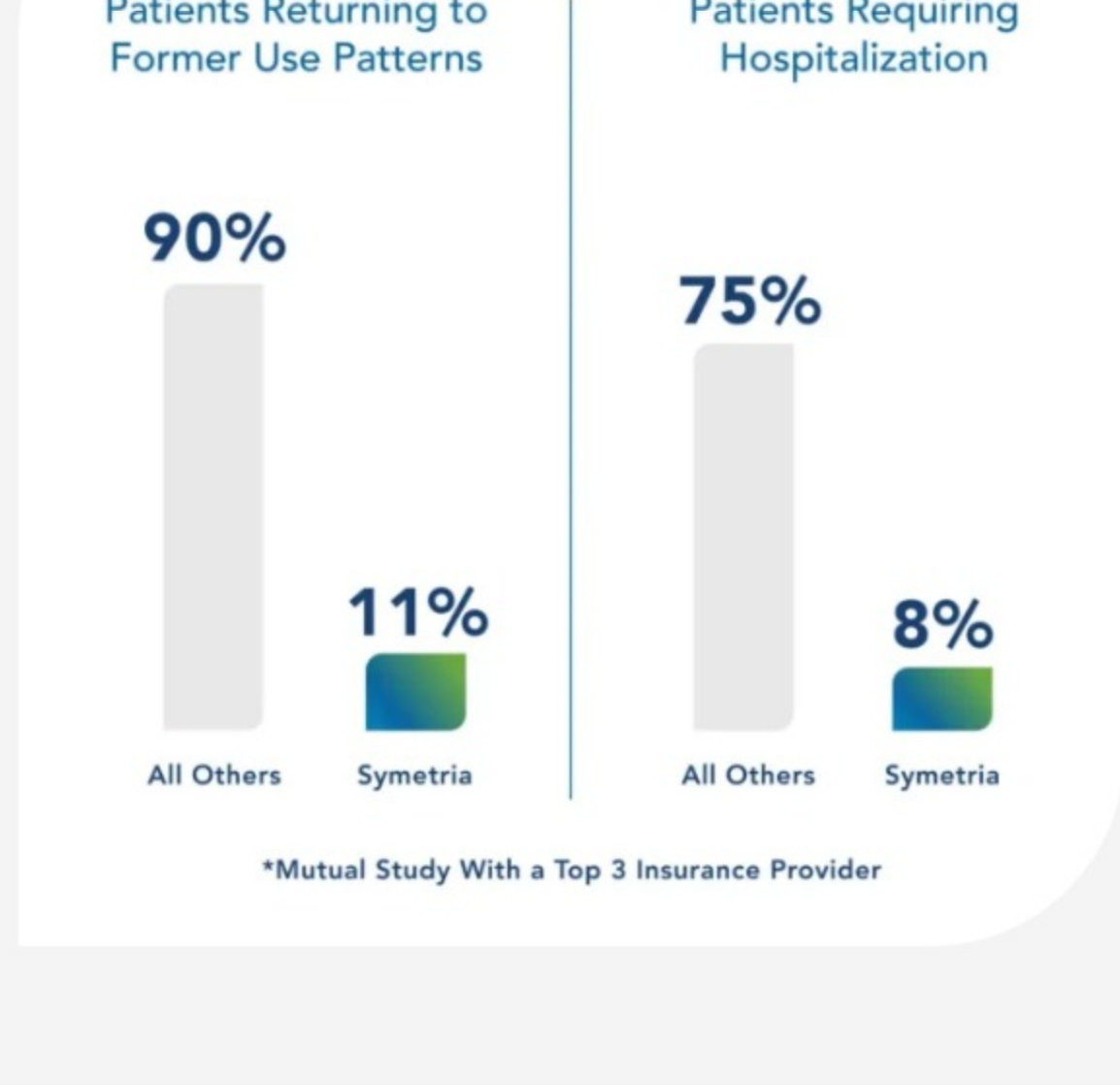
All or Nothing Isn't Your Only Option

Symetria Recovery is a place where all are welcome and safe. Whether you're looking to cut back or pursue lifelong sobriety, we're here to help — because we're not just another methadone clinic. We recognize that recovery isn't about checking boxes or fitting into a mold; it's about actually feeling better, whatever that takes and whatever that means for you. That's why we use a well-rounded approach to recovery that combines medication-assisted treatment (MAT) with mental health, social support, and compassionate care. It's a proven method that has helped us renew thousands of lives.

The Symetria Method® Works

The medical community commonly uses relapse rates to evaluate the effectiveness of a drug and alcohol addiction treatment program. In other programs, 90% of opioid or alcohol-addicted patients relapse. Here at Symetria, only 11% of our patients experience relapse or return to previous use patterns — clearly highlighting the success of our approach.

Check Your Insurance to Get Started



What Our Patients Say

Chris Thornhill
7 days ago
★★★★★
Symetria has been an outstanding experience from start to finish. The staff, doctors, and counselors are all top-tier. I especially want to recognize Charla...
[Read more](#)
Google

Gwen R
16 days ago
★★★★★
They Ubered me to the clinic when my car broke down and even they stayed open late because of the bad weather. These people always go the extra meter...
[Read more](#)
Google

nicholas green
20 days ago
★★★★★
Everytime I come here the staff are beyond amazing very personable no judgement passed on and extremely helpful always quick and easy Cynthia is...
[Read more](#)
Google

John David
24 days ago
★★★★★
Carla and Dr. Trotta and nurses Sasha and Lennette along with Chris, Susan and Joseph are an amazing team of professionals whom genuinely care about the w...
[Read more](#)
Google

Chad Streed
1 month ago
★★★★★
Great staff very friendly and very good service
[Read more](#)
Google

A Unique Holistic Approach Under One Roof

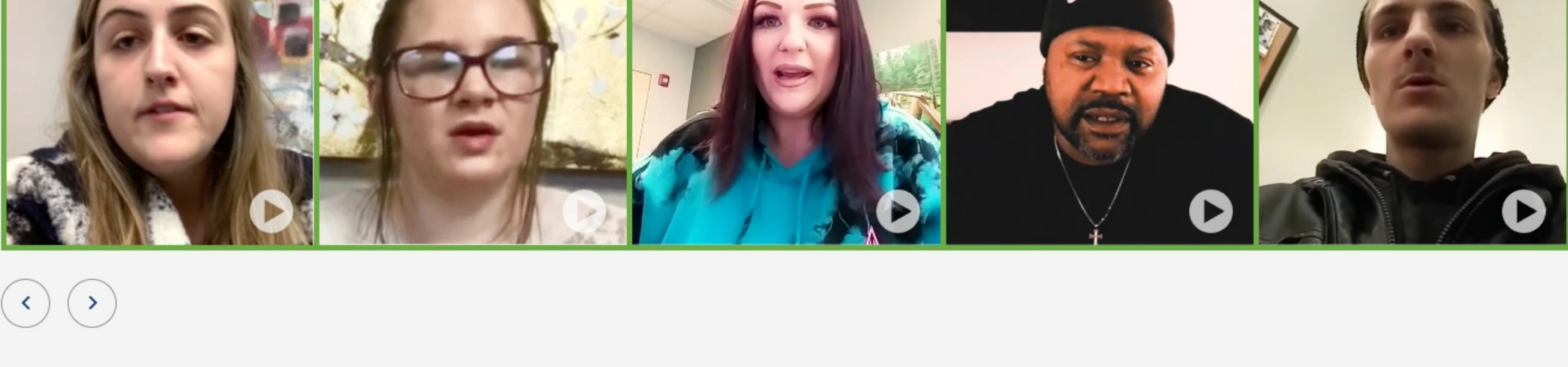
As a leading outpatient opioid and alcohol addiction treatment provider, Symetria Recovery specializes in comprehensive treatment for individuals struggling with substance use addiction, with a deep specialization in opioid use disorder. Our experienced addiction specialization doctors use a method of treatment that includes FDA-approved medications, coupled with our **Intensive Outpatient Program (IOP)**, unlimited individual counseling, family counseling and OP programming. To further support recovery, every Symetria location is equipped with an on-site pharmacy, providing immediate access to methadone, Suboxone, naltrexone, buprenorphine and many other medications, so you can feel better right away.

If you're searching for a trusted outpatient MAT clinic providing Suboxone®/buprenorphine, methadone, naltrexone, buprenorphine and many other medications, so you can feel better right away. We have same-day and next-day appointments available!

What We Treat

You Are Not Alone

Listen to Inspiring real-life stories from individuals who have successfully overcome addiction.



Success Stories

Endorsed by Healthcare and Media Experts



Serving Texas and the Chicagoland Area

We serve Chicago and the surrounding suburbs, the Dallas-Fort Worth Metroplex, and Houston, including College Station.



- Illinois**
 Chicago
 Des Plaines
 Joliet
 Naperville
 Palos Heights
 Vernon Hills
- Texas**
 Arlington
 College Station
 Fort Worth
 Houston
 Hurst
 Lewisville
 Spring

Find a Location Near You

Recovery With Respect

Founded in 2006 by highly regarded addiction medicine specialists, Symetria Recovery is an outpatient drug addiction treatment provider headquartered in Naperville, Illinois. The organization specializes in treating opioid and alcohol use disorders through a comprehensive approach known as The Symetria Method®, which integrates medication-assisted treatment (MAT), ancillary psychiatry, unlimited individual one-on-one counseling, IOP group therapy and family counseling, all within a single outpatient setting.

Today, Symetria operates over a dozen clinics across Illinois and Texas, and we're accredited with the CARF Gold Seal and Blue Distinction from Blue Cross Blue Shield, ranking among the top drug and alcohol addiction treatment centers for quality care and patient outcomes.

About Us



Latest Insights

From Scars to Stories: How Track Marks Can be a Turning Point for Recovery

Track marks, the visible signs of intravenous drug use, are often seen as a symbol of addiction's destructive power. They can be a source of shame, stigma, and painful memories. But what if we looked at them from a different perspective? What if, instead of being a reminder of a dark past, they could become a...

How Can Families Create a Recovery-Friendly Home Environment?

Families are a major part of a loved one's recovery journey, and that's why it's important to know how to create a recovery-friendly environment for them. Recovery is tough on the person recovering and their family, making it even more important to understand your role. A "recovery-friendly" home can mean a lot of this...

Vivitrol vs. Campral: What's the Difference and How Do They Work?

Alcohol and drug use is something that many people struggle with, but it can be somewhat silent. When you start to get treatment for sobriety from drugs or alcohol, there is a hardship that's usually faced with maintaining that sobriety, and that's where medications come in. Medications are important in avoiding relaps...

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Call 866-287-5921 for Immediate Relief

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