

# Recovery Support Resources

Confidential, customized consulting for families and individuals facing addiction issues.



Addiction knows no boundaries. Education, income, race, social status – no one is immune. Meaningful recovery requires ongoing structure and support, and a commitment to the process before, during and after treatment.

## A Purpose to Serve

Families and friends can feel lost when trying to find the appropriate pathway to helping their loved one who is struggling. To help alleviate stress and bring clarity to the process, IPS Advisors offers specialized recovery support resources through its trusted partner **John Shelton**, a behavioral health consultant.

Serving as your personal coach, John works with each client to develop a plan to fit their specific needs, including professional interventions and treatment management assistance. Each case is handled with utmost confidence and care to help promote the highest possible outcomes for long-term healthful living.

## About John Shelton

In his own recovery for 30 years, John is a compassionate ally and confidant, a role model and mentor to individuals and families facing addiction issues. After spending numerous years working for Employee Assistance Program (EAP) providers, he saw the need to develop personalized consulting programs to help families on a more intimate level (than EAPs typically can provide). Today, he leverages his personal and professional experience to help others navigate the recovery process.

## Services include:

Treatment Oversight

Family Sessions

Interventions

Treatment Facility Evaluation

Aftercare Follow-up

Seminars and Workshops

DOT Drug Testing

Consulting

Successful recovery is about transformation and growth. Healing takes time. It also takes advocates who understand the journey families and individuals face.

**John Shelton is ready to help.**

**Call 817.874.3999 to learn more or email [jshelton@ipsadvisors.com](mailto:jshelton@ipsadvisors.com).**



Services are available either a la carte or on a retainer basis. Pricing available upon request.

John Shelton is a consulting partner of IPS Advisors. John Shelton and IPS Advisors do not provide healthcare services or treatment programs of any kind.

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# John M. Shelton

## Behavioral Health Consultant

John Shelton is dedicated to supporting families and individuals facing addiction and mental health issues. Serving as their personal, confidential coach, he helps bring clarity to the treatment management and recovery process.

### Background

John has worked in the behavioral health field for over two decades, including 15 years working for Employee Assistance Program (EAP) providers. It was during these frontline experiences John began to see a deeper need to provide intimate-level consulting services to families who were oftentimes overwhelmed with navigating the many pathways to helping a loved one.

Today, as a behavioral health consultant and information resource on the topic of recovery, John offers a variety of one-on-one support guided by the utmost level of discretion – from treatment management oversight to facility evaluations to family sessions and aftercare follow-up.

In his own recovery for 30 years, John is deeply passionate about his work and brings to each new relationship an empathetic ear and a trustworthy heart (balanced with just enough tender humor).

### Education

Bachelor of Science in Communications,  
University of Texas, Austin

### Training and Credentials

300 hours of course work in the addiction field  
Course work for Peer Support and CPS licenses (in progress)  
Registered Health Underwriter (RHU)  
Founder, Texas Association of Health Underwriting



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### Activity

Presented 50+ programs focused on Workplace Cost of Substance Abuse to business and insurance groups

Sponsored more than 100 individuals in recovery

Conducted numerous interventions

Plays "recovery comedian" in numerous skits about addiction