

## ABOUT ASHLEY ADDICTION TREATMENT

Addiction isn't a choice, it's a disease.

Choosing treatment means choosing life.

At Ashley, we use every innovative tool available to help you overcome your substance use disorder so you can find your way back to health and happiness. Our tranquil campus nestled on the Chesapeake Bay offers an atmosphere of awakening. Our expert staff will create a personalized program that combines clinical, medical, physical, and psychological care to address your unique needs holistically, including chronic pain and any co-occurring issues.

## PARTICIPATE IN HEALING ACTIVITIES

- Exercise, including cardio & yoga
- Spiritual counseling
- Recreational activities
- Massage and acupuncture
- 12-Step meetings
- Music and art

## CONTINUUM OF CARE

Recovery is a journey with a unique path that we refer to as the "Continuum of Care." Once you've chosen to engage in treatment, we help you establish a program to begin your journey. Our expert team will help guide you forward, in an environment of respect and dignity. Within every program, we integrate the right balance of clinical, medical, physical and psychological treatments for you. We'll provide you with care, support, and knowledge so you can achieve lasting recovery.

## Everything for Recovery

Call **1.800.799.HOPE** or email  
**info@AshleyTreatment.org**  
to learn more.

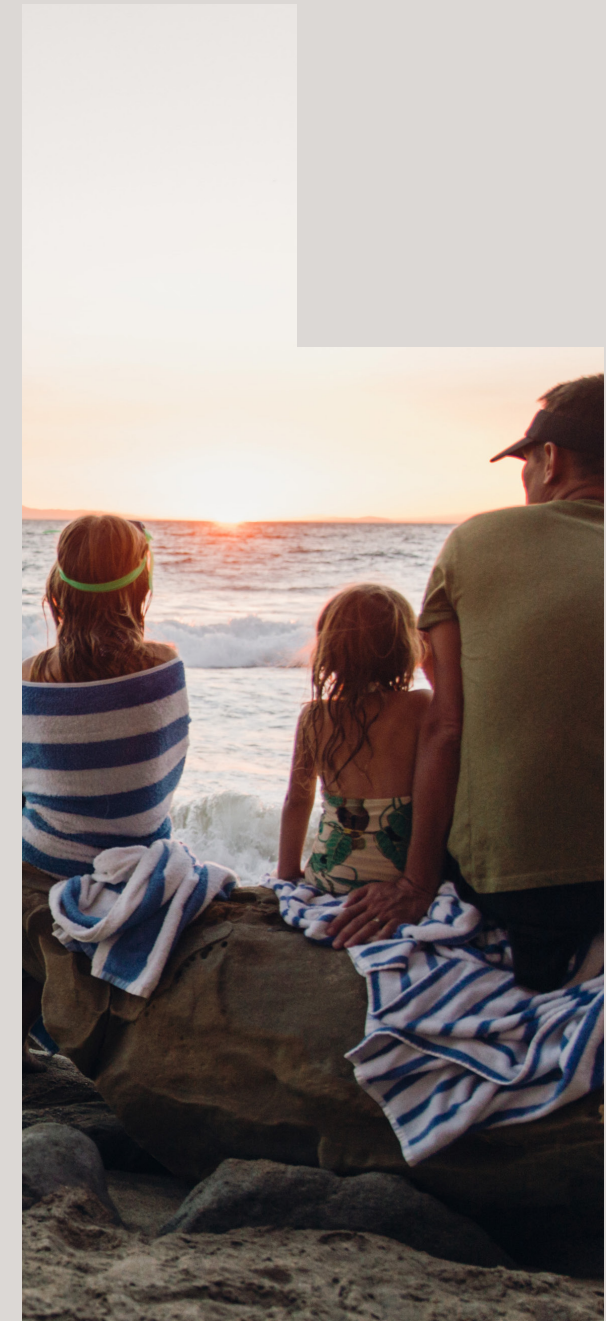
Visit **AshleyTreatment.org** for more information  
on admission and program details.



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To preserve patient anonymity, models have been used.

FAMILY PROGRAM



Everything for Recovery



# Come together again.

## PROGRAM OVERVIEW

Total commitment from family—including partners, parents, children and other relatives—can make all the difference in lifelong recovery. It takes participation from the entire support system to get well and enjoy everyday experiences again.

Our Family Wellness Program helps loved ones cope with the collateral effects of addiction. As part of this program, we'll focus on the perspectives of everyone involved, because the patient often isn't the only person in need of healing. Your family members will receive time with Ashley's expert counselors—trained in family therapy—so you can voice any feelings, past or present, and begin the healing process together.

We'll guide you and your loved ones through the recovery process so you can begin to embrace life again as a family.

## PROGRAM DETAILS

While participating in the Family Program, you will:

- Attend from Friday morning until Sunday afternoon
- Gain coping skills to manage stress, fear and co-dependency
- Work with Ashley's dedicated staff, trained in addiction and family dynamics, including certified and Ph.D. level clinicians

“My family came from different directions. We left with one clear direction.”

– Ashley alumnus

## REGISTRATION AND INFORMATION

Ashley's sole focus is to help your whole family recover from the disease of addiction, so we offer one family member complimentary\* admission to our Family Wellness Program. Please note:

- Pre-registration is required
- Must be age 15+ (if under 15, register for our Children & Youth Program)
- Open to families of patients and non-patients
- For more information on registration call 1.800.799.4673 ext. 227 or email [FamilyWellness@AshleyTreatment.org](mailto:FamilyWellness@AshleyTreatment.org)

*\*complimentary admission for inpatient only*

