



# ERIN KNIGHT

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[AshleyTreatment.org](http://AshleyTreatment.org)



# Ashley

Everything for Recovery



## CAMPUS AMENITIES

Ashley's scenic 147-acre campus is ideally nestled on the banks of the Chesapeake Bay in Northern Maryland and includes a variety of amenities to help inspire, motivate and heal a patient's mind, body and spirit.

- Private and semi-private rooms.
- State-of-the art fitness center led by an on-staff personal trainer.
- Basketball, volleyball, table tennis, and other recreational activities.
- Yoga, acupuncture, massage, and other holistic therapies.
- Seasonal and freshly made culinary dishes created by professionally trained chefs who also fulfill special dietary needs.
- On-site housekeeping staff that clean rooms, change bedding, and provide fresh towels, and launders / delivers patients' clothes on a daily basis. Dry-cleaning services are also available.
- Available transportation services for help with intake, discharge, or outside referrals.



## PROGRAM DIFFERENTIATORS

Ashley has been a leader in addiction treatment for over 35 years and has treated over 40,000 patients. Because we are a non-profit treatment provider, our bottom line is always the health and recovery of our patients.

- [Joint Commission accredited.](#)
- Comprehensive assessments to address individual treatment needs.
- Full-time, on-site medical staff that includes 6 Physicians, 2 Physician Assistants, and 24-hour nursing care.
- Detox that is physician monitored and medication assisted.
- 1:7 Case Manager to patient ratio with Masters level trained clinicians and 24-hour clinical supervision.
- In-network with most major insurance carriers.
- Men's and women's services to address gender specific needs.
- Spiritual support and pastoral counseling - for all faiths.
- Individualized continuing care treatment plan upon discharge.





## Primary

- Designed for patients who are in treatment for the first time to provide a solid entry to recovery.
- Foundational education on addiction, mental health, spiritual wellness, and balanced recovery.
- Interactive workshops on refusal skills, healthy decision-making, connecting mind, body and spirit, process addictions, and more.

## Relapse

- Designed for patients who have been in treatment before and/or achieved an extended period of recovery.
- Identify underlying issues, triggers, and co-occurring disorders.
- Learn to identify relapse warning signs and how to master them.
- Master's level counselors who are certified in relapse prevention.

## Emerging Adult

- Designed for young people who struggle with the transition from adolescence to adulthood due to substance-use disorders.
- Interactive workshops that address issues and challenges specific to emerging adults.
- Experiential life skills programming to support future healthy living.
- Clinicians share progress of patient with parents and/or guardians.

## Emerging Adult Extended Care

- Additional 60 days of treatment for young males who want to build on the success achieved through completion of a 28-day program.
- Dedicated team of counselors, technicians, and certified peer-recovery specialists.
- On and off-campus recreational therapies.
- Life-skills training to support independent living.

## Pain Recovery

- Designed for adults who have a growing dependence on prescription drugs for treating chronic pain.
- Individual treatment and physical conditioning plan with physician-directed patient care.
- Helps restore strength and improve comfort through physical therapy, individualized fitness plans, acupuncture, aqua therapy, massage, yoga, and reflexology.
- Dedicated team of Board Certified staff physicians, psychiatrists, cognitive therapists and social workers.

## Family Wellness Program

- Three-day weekend program for family members aged 15 years or older.
- Loved ones gain coping skills through workshops to manage stress, fear, and co-dependency.
- Clinical staff of certified and PhD level clinicians who specialize in addiction and family dynamics.
- Loved ones learn about resources, including regional support groups for families.

## Children & Youth Program

- One-day Saturday session for children under 15 facilitated by specialized counselors.
- Learn how to express and channel thoughts and feelings.
- Explore ways to openly communicate and rebuild trust.

Contact me to set up a tour of our facility:

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