



Emerging Adult Program

**Creating healthy
connections to self
and others.**

**Connection is the key
to recovery.**

Emerging adults confronted with substance use disorders (SUDs) deserve a chance to reach their full potential. As part of Ashley's core inpatient programs, the Emerging Adult Program helps patients achieve independence and a high quality of life free of substances. The program focuses on developing a healthy connection to self and others, as well as a sense of meaning and purpose.





“ Choose courage over comfort. Choose whole hearts over armor. And choose the great adventure of being brave and afraid. At the exact same time. ”

-Brene Brown

How the Program Works

The Emerging Adult Program consists of 28 days of inpatient treatment at our main campus in Havre de Grace, Maryland. Experienced staff guide patients through interactive workshops and experiential therapies designed to engage emerging adults and give them the tools they need to make long-term recovery possible. Most programming is gender, and group-based. Throughout the month, participants:

- Undergo on-site, medically-monitored detoxification if needed.
- Attend individual and group counseling and case-management sessions.
- Address co-occurring issues such as grief, anxiety, depression and trauma.
- Overcome developmental issues and challenges specific to emerging adults.
- Attend life-skills training workshops to support future healthy living.
- Work through a 12-step recovery program at meetings tailored to young people.
- Learn about mindfulness and meditation.
- Strengthen relationships with their family and loved ones.

Additional services include direct access to medical, psychiatric, psychological and clinical services; art therapy and group theracoustic activities; and community-building and recreational activities. The patient, their family, counselors and case managers will collaborate

to create an individualized aftercare plan to sustain recovery upon completion of the program. Extended care programs are also available to those who need more support beyond the successful completion of an inpatient treatment program.

How to Participate

The Emerging Adult Program serves men and women who want to take on life with confidence. This program is suited for those who want to become independent adults, develop responsibility and life skills, and gain freedom from substances. Participation in our Family Wellness Program is required so families are able to pave the path toward recovery together. To learn more or get started, call 800.799.4673 or email Info@AshleyTreatment.org.

A Legacy of Compassionate, Effective Care

Our co-founders, Mae Ashley Abraham and Father Joseph C. Martin, believed we should treat SUDs differently. To them, SUD was a disease — a disease they both lived with. They knew the only path to lifelong recovery is one of understanding and empathy. Their legacy has helped more than 65,000 patients and 110,000 family members heal their minds, bodies and spirits. We know that recovery means everything; and we know that recovery is possible.