



# Men's Extended Care Program

**Building on treatment success.**

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**Recovery is a lifelong journey.**

All men struggling with substance use disorders (SUDs) deserve a chance to be free from drug and alcohol dependency for life. Continued care following inpatient treatment can make lasting recovery possible and prepare men to become active family and community members. As part of Ashley's extended care programs, the Men's Extended Care Program provides additional support for patients in early sobriety. The program focuses on holistic wellness and meeting each patient's physical, emotional and spiritual needs.





*“ I did then what I knew  
how to do. Now that I  
know better, I do better. ”*

*- Maya Angelou*

## How the Program Works

The Men’s Extended Care Program consists of 60-90 days of treatment at a private, Ashley-owned residence in Churchville, Maryland, following the successful completion of an inpatient treatment program. A combination of psychological and clinical care gives young men the tools they need to make long-term recovery possible. Over the course of treatment, participants:

- Undergo psychological assessment and receive individualized treatment plans to address the causes of their addiction. Common issues addressed include co-occurring medical and mental health disorders, unresolved grief, loss and trauma, poor impulse control or cognitive distortions.
- Attend individual, group counseling and case-management sessions.
- Work through a recovery support program.
- Cultivate positive connections with peers in the program.
- Learn how to integrate fun activities into their lives without substances.
- Complete relapse prevention training.
- Get help from a certified peer recovery specialist.

Additional services include LGBTQIA+ specific programming, access to and education about medication supported recovery, family therapy sessions, art therapy, exercise and nutrition plans, life-skills modules such as financial planning, vocational training, cooking and

nutrition, understanding the impacts of social media on mental health, Sober Saturdays activities such as kayaking, paintball, going to the movies, bowling, go-kart racing and more.

Patients will also collaborate with clinical staff, family members and other specialists to develop a detailed continuing care plan for after the completion of the program.

## How to Participate

Men’s Extended Care serves those who want to build on their success from an inpatient treatment program. This program is suited for those with underlying factors that may hinder long-term recovery, who wish to improve self-efficacy, and who want to achieve balance in recovery so they can live a more fulfilling life. To learn more, call 1-800-799-HOPE (4673) or email [Info@AshleyTreatment.org](mailto: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.