



Outpatient Programs

**Find healing
close to home.**

Recovery requires unwavering support.

People who are diagnosed with/living with a substance use disorder (SUD) are capable of change and of living a fuller life. The path to recovery calls for empathy and compassion in order to make sustained sobriety possible. As part of Ashley's core programming, our outpatient facilities utilize evidenced-based treatment to help patients work toward recovery.

Bel Air Campus

802 Baltimore Pike, Suite 102, Bel Air, MD 21014
(443) 760-3456

Elkton Campus

ChristianaCare, Union Hospital, Prof. Building
111 W. High Street, Suite 109, Elkton, MD 21921
(443) 760-3620





“ You guys are the only support I really have right now, for real. I had a bad weekend and the first thing that popped into my head was calling Ashley.”

- Anonymous Patient

How the Programs Work

The Outpatient structure consists of three separate programs: General Outpatient, Intensive Outpatient and the Partial Hospitalization Program. Each of these programs provides patients with affordable and individualized professional care through medical, psychological and holistic services. Some of these services include:

- Group therapy
- Case management
- Individual counseling
- Family therapy sessions
- Medication Supported Recovery
- Naloxone™ training and certification
- Acudetox
- Holistic therapies
- Tobacco cessation

We also provide transportation to and from treatment, as well as a family education program that teaches loved ones about SUDs, treatment and recovery support skills.

General Outpatient

Our General Outpatient Program is ideal for someone with a strong support system and a positive environment at home. Treatment lasts six to eight months and requires weekly or twice weekly attendance at one of our outpatient campuses. Over the course of

the program, participants will attend group, individual and case management sessions to create sustainable change.

Intensive Outpatient

The Intensive Outpatient Program is well suited for people who need structure and support to maintain recovery. The program lasts eight weeks and requires more than nine hours of treatment per week. We use the Matrix Model™ — a proven and effective, federally-recognized protocol that reinforces positive behavior by combining evidence-based treatment practices with innovative therapies.

Partial Hospitalization

The Partial Hospitalization Program is designed for people who either have a history of relapse after residential treatment or during outpatient programs or for those waiting for residential treatment. Patients are often experiencing such severe symptoms that they cannot be treated safely in a less intensive setting. Over the course of the program, participants will attend treatment for six hours a day, five days a week.

How to Participate

The Outpatient Program serves adults who are at least 18 years old. We accept most commercial insurance, self-pay and medical assistance to make treatment both affordable and accessible.