



# Spiritual Care and Wellness


**Holistic healing for mind,  
body, and spirit.**

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**Heal the body.  
Open the mind.  
Lift the spirit.**

We believe in holistic care, or caring for the whole person. Substance use disorders don't simply affect the body, they affect the mind and spirit too. As part of Ashley's addiction treatment services, we offer spiritual care and wellness activities to all of our patients. Our main campus has the innovative tools needed to support holistic healing, from extended recovery skills to relapse prevention to everyday health and wellness.





*“ Connection is the key to recovery. Get connected, stay connected, it will decide everything. ”*

*- Mark Hushen*

## How Treatment Works

Holistic treatment at Ashley consists of a variety of services that patients can take advantage of while part of a traditional inpatient program at our main campus in Havre de Grace, Maryland. Holistic treatment works in tandem with our medical, clinical and psychological services to make lifelong recovery possible — for everyone.

### Spiritual Services

Connection is the key to recovery. We believe in the importance of being connected to self, others and a power greater than self. Our spiritual care services focus on designing, implementing and monitoring a “design for living that really works” — a philosophy from the 12-Steps. We offer the following services: individual spiritual counseling, grief groups, multi-denominational worship services, meditation practice, art therapy, creative art activities and drumming.

### Fitness Services

Fitness supports treatment and recovery. Exercise reduces stress and helps get rid of any negative emotions a patient might be holding on to. Exercise also releases endorphins and dopamine to promote wellbeing. Our fitness services include: personal training, nature walks, Wii™ and other recreational games, basketball, volleyball, etc.

### Wellness Services

When combined with other modalities of treatment, such as individual and group therapy, our wellness services support lasting

recovery. Wellness practices can help reduce cravings, ease withdrawal symptoms and physical pain, regulate emotions, decrease anxiety and stress and regulate sleep. Our services include: acudetox, yoga (beginner-level to Vinyasa and restorative), acupuncture, massage and reiki.

## How to Get Started

Spiritual care and wellness services are available to patients who are part of a 28-day inpatient program. For more information and help finding a program that best suits your needs, call 1-800-799-4673 or email [Info@AshleyTreatment.org](mailto:Info@AshleyTreatment.org). We accept most commercial health insurance plans and will work with you and your provider to seek the maximum coverage for which you are eligible to make treatment both affordable and accessible.

## 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.