



# Women's Extended Care Program

**Specialized care  
for lifelong recovery.**

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## **Substance use disorders affect women and men differently.**

Women face unique challenges when confronted with substance use disorders, including high rates of co-occurring mental health disorders. As part of Ashley's gender-specific services for women, the Women's Extended Care Program is delivered for women by women and provides additional support to women in early sobriety. The program focuses on holistic wellness and meeting each patient's physical, emotional and spiritual needs.





*“ Ashley was built to be a beautiful and dignified atmosphere — free of blame, shame and judgment. ”*

*- Mae Ashley Abraham*

## How the Program Works

The program consists of 90 days of treatment at a private, Ashley-owned residence in Bel Air, Maryland, following the successful completion of a residential treatment program. A combination of psychological, health and wellness and clinical care gives women the tools they need to make long-term recovery possible. Over three months, participants:

- Familiarize themselves with 12-step recovery.
- Work with a family counselor on learning how to develop and strengthen healthy relationships.
- Attend individual and group counseling sessions.
- Work with Ashley staff on case management, spirituality and mental health services.
- Learn how to integrate fun activities without substance use.
- Engage in equine-assisted, art and schema therapies.
- Participate in health and wellness activities, such as nutrition, cooking demonstrations and fitness classes.
- Engage in meditation and mindfulness through music and nature.

Additional services include attending a variety of self-help meetings and fulfilling self-care practices, including medical appointments and medication management.

Recovery immersion follows a specified timeline and introduces to and engages participants in a program of their choice, consisting of creating a recovery network, sponsorship and the 12 Steps.

Sober Saturday activities such as working with ceramics and making candles, practicing self-care, kayaking, holistic exposure, playing mini golf, watching movies and going to community events take place every weekend.

## How to Participate

Women's Extended Care serves women of all ages who want to build on the success of completing a residential program. This program is well suited for women 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 happier, healthier life.

To learn more or get started, call (800) 799-4673 or visit [AshleyTreatment.org/womens-extended-care-program](https://AshleyTreatment.org/womens-extended-care-program).

## 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.