



Ashley
Everything for Recovery





Ashley's main campus in Havre de Grace, Maryland

Ending the stigma to change lives.

Our founders, Mae Ashley Abraham and Father Joseph C. Martin, believed we should treat substance use disorders differently. To them, SUD was a disease — a disease they both lived with. They knew the only path to lifelong recovery was one of understanding and empathy. By removing the stigma of substance misuse and treating each patient with dignity and respect, their legacy is now a core tenet of Ashley and has helped more than 45,000 people achieve recovery and become who they want to be. Ashley Addiction Treatment has been committed to transforming and ultimately saving the lives of people experiencing substance use disorders for more than 35 years. We know that recovery means everything. And we know that recovery is possible.



Freedom from addiction made possible.

At Ashley, we see a substance use disorder as a disease. That's why we approach it from every angle — medically, clinically, and spiritually — to heal the whole person. And because substance use disorders affect everyone differently, each of our patients receives a customized treatment plan tailored to their individual needs, including treatment for chronic pain or co-occurring medical and mental health disorders. Recovery means returning to health and happiness for life, so we support our patients with continuing care plans to help their recovery evolve throughout their lives.

Hope and healing for everyone.

We offer accessible substance use disorder treatment programs for people in every stage of recovery and for every situation. Our high-quality, evidence-based services help people achieve lasting recovery.

INPATIENT PROGRAMS

All inpatient program participants receive an assessment upon intake. Onsite withdrawal management, therapeutic services, skills training, and mental health services all play a role in the program's ability to find and treat the root causes of substance use disorders.

PRIMARY

Our core program uses a holistic approach, focusing on healing both the body and the mind to address all aspects of substance use disorders openly and directly. This program is for people who have little to no knowledge of substance use disorders, substance abuse, or the 12-Steps.

RELAPSE

The relapse program is designed specifically for people struggling with return to substance misuse. In this program, medical consultations, therapy, and strategy workshops help to identify underlying issues and triggers to help patients return to their journey of recovery.

EMERGING ADULT

Specifically tailored to emerging adults, this program provides patients with an understanding of substance use disorders and the tools to achieve independence and a high quality of life. Gender-specific programming, experiential workshops, and art therapy work in tandem with medical and psychological care to pave a path toward recovery.

MEN'S EXTENDED CARE

The men's extended care program is a 60-day program for emerging adult males that builds off of the Emerging Adult Primary Care Program. Individualized treatment plans, recreational activities, life skills training, and counseling motivate young men to take back control of their lives.

WOMEN'S EXTENDED CARE

The women's extended care program is a 90-day program designed for patients needing a long-term, residential continuum of care. It addresses the specific needs of women with substance use disorders, with focus on women's health and wellness, building on patients' personal strengths, and cultivating their internal resources.

PAIN RECOVERY

The comprehensive pain recovery program (PRP) aims to treat patients with chronic, debilitating pain. Chronic pain not only affects people physically, but also emotionally, cognitively, and spiritually. This program addresses chronic pain: a complex physical and psychological condition. Healing the person's mind, body, and spirit help patients reduce pain, increase function, and learn how to live a life free of opiates.



OUTPATIENT PROGRAMS

Outpatient programs provide affordable, compassionate, and individualized care in a healing environment that's close to home. Each offers medical and psychosocial services, as well as transportation to and from our facilities, to meet patients' needs.

PARTIAL HOSPITALIZATION (PHP)

PHP is designed for people who would benefit from a high level of support, as indicated by their difficulty in attaining and maintaining recovery. PHP participants attend short-term day programs consisting of intensive treatment in a therapeutic environment.

INTENSIVE OUTPATIENT (IOP)

IOP is appropriate for patients who require a more intensive approach. It is an eight- to 12-week program that utilizes therapy, acupuncture, and meditation to provide the tools needed to overcome substance use disorder and increase chances of long-term recovery. The program reinforces positive behavior and provides individualized support.

OUTPATIENT (OP)

The general OP program lasts six months to two years and involves group therapy, monthly individual therapy, and case management sessions to maintain recovery. It is best suited for those with a strong support system and who can safely recover at home.

TREATMENT SERVICES

Imbalanced care leads to relapse. By healing their mind and body, patients are better equipped to attain lifelong recovery. Our treatment services work in tandem with our core programs to give each patient the help they need.

MENTAL HEALTH

The Ashley staff includes mental health professionals who evaluate and treat co-occurring disorders. Treating mental health disorders along with substance use disorders enhances a patient's ability to achieve lifelong recovery.

MEDICAL

Patients with substance use disorders frequently have untreated or undertreated medical issues. We provide comprehensive and personalized treatment by physicians, physician assistants, and nurses.

SPIRITUAL CARE & WELLNESS

Our spiritual care and wellness programs provide a variety of holistic services that aid in achieving and sustaining recovery. These include grief counseling, spiritual support for all faiths, and meditation and mindfulness activities, among others.

FAMILY SERVICES PROGRAM

Recovery is possible with the commitment and support of everyone substance misuse affects. Family services programs support partners, parents, children, and other relatives to achieve lifelong recovery.

FAMILY WELLNESS PROGRAM

The Family Wellness Program is a resource for family members aged 15 years and older to speak with trained family therapists and use open communication to heal from the effects of their loved one's substance use disorder. Participants get a chance to voice their honest feelings and learn to manage stress, fear, and co-dependence.

CHILDREN & YOUTH PROGRAM

The Children and Youth Program is a one-day session for children ages six to 14, and includes workshops with counselors, fun and educational activities, and lessons on open communication and expression. The program addresses the individual needs of each child and how they cope so they can reach their full potential and avoid long-term difficulties like academic problems and delinquency.

The “where” makes a difference.

Where patients choose to start their journey toward recovery matters. All of Ashley’s treatment facilities are communities of healing. We offer both inpatient and outpatient programs to meet the needs of and give hope to everyone seeking recovery.

MAIN CAMPUS

All of our inpatient programs take place at our main campus in Havre de Grace, Maryland. Situated on the banks of the Upper Chesapeake Bay, the 147-acre campus is the perfect place to find motivation and introspection so patients can recover.

BEL AIR AND ELKTON CAMPUSES

Affiliated with major health systems (UMMS and ChristianaCare), our Bel Air and Elkton campuses are home to our outpatient programs and provide comprehensive, affordable care that’s close to home.



Everything for Recovery

Ashley Addiction Treatment

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“Yesterday is
but a dream,
tomorrow
a vision.
But today
well-lived
makes every
yesterday
a dream of
happiness.”

- Father Joseph C. Martin
ASHLEY FOUNDER