



## A Legacy of Compassionate, Effective Care

Our co-founders, Mae Ashley Abraham and Father Joseph C. Martin, believed we should treat SUD differently. To them, SUD was a disease — a disease they both lived with. They knew the only path to lifelong recovery was one of empathy and compassion. To this day their legacy has helped more than 55,000 patients and 100,000 family members heal their minds, bodies and spirits. We know that recovery means everything; and we know that recovery is possible.

### Locations

#### BEL AIR CAMPUS

Klein Family Harford Crisis Center  
802 Baltimore Pike, Suite 102  
Bel Air, MD 21014  
443.760.3456

#### ELKTON CAMPUS

ChristianaCare, Union Hospital  
Professional Building  
111 W. High Street, Suite 109  
Elkton, MD 21921  
443.760.3620



**Everything for Recovery**  
**Ashley Addiction Treatment**  
800.799.HOPE (4673)  
info@ashleytreatment.org  
AshleyTreatment.org

# Outpatient Programs

Find healing  
close to home.





## Recovery requires unwavering support.

People who suffer from a substance use disorder (SUD) are capable of change and of living a fuller life. But the path to recovery calls for empathy and compassion in order to make sustained sobriety possible. As part of Ashley's core programming, the Outpatient Programs use evidence-based treatment to help patients work toward recovery at our outpatient facilities across Maryland.

### HOW THE PROGRAMS WORK

The Outpatient Programming 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 have a history of relapse after residential treatment or during outpatient programs or 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 Programs 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. To learn more or get started, call **800.799.4673** or email [info@ashleytreatment.org](mailto:info@ashleytreatment.org).