



# Primary Program

**Discovering life  
beyond addiction.**

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**Your journey to  
recovery and a fulfilling  
life starts here.**

People who suffer from a substance use disorder can only maintain long-term recovery if they understand and accept the disorders of addiction. As part of Ashley's core programs, the Primary Program integrates clinical, medical, and spiritual practices to treat individuals suffering with substance use disorders with compassion, dignity, and respect in an inpatient setting. The Ashley team uses innovative approaches to treatment and patient education to support our patients and families on their road to long-term recovery.





“*Love is the proper therapy for the human soul.*”

- Fr. Joseph C. Martin

## How the Program Works

The Primary Program takes place at our 147-acre main campus in Havre De Grace, Maryland. Nestled in the Chesapeake Bay, it's the perfect setting for patients to find the motivation needed to heal their mind, body and spirit. Each patient's treatment plan is tailored to their specific needs and includes a variety of modalities — family therapy, drug and alcohol detox programs, individual therapy, meditation, physical wellness and more — to treat any co-occurring issues and achieve the best possible outcome.

All participants in the program will be able to:

- Receive onsite, medically monitored detoxification, if needed.
- Attend consultations to address medical, therapeutic and dietary needs.
- Access a team of certified medical professionals and masters-level clinicians.
- Attend individual and group therapy.
- Attend interactive, gender-specific and LGBTQ-specific workshops and activities.
- Attend 12-Step meetings.
- Learn about the neurobiology of substance use disorders and recovery.
- Receive tools to manage cravings and support long-term recovery.
- Receive an individualized continuing care plan to manage the transition from inpatient treatment to the next stage of recovery.

Throughout the program, patients will have support from their peers in our inclusive environment where all people are treated with dignity and respect. They'll have the opportunity to participate in healing activities such as yoga, spiritual counseling, recreational activities, massage, acupuncture, music therapy, art therapy and more.

## How to Participate

The Primary Program serves adults who are ready to live a life free from substance use — for good. 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. To learn more or get started, call 1-800-799-4673 or email [info@ashleytreatment.org](mailto:info@ashleytreatment.org).

## A Legacy of Compassionate, Effective Care

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. Their legacy has helped more than 45,000 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.