



# Relapse Program

**Turning setbacks into solutions.**

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## **Relapse is often a process, not an event.**

Someone with a substance use disorder may be in recovery for months or even years when they find themselves turning to substance use again — seemingly without warning. Sometimes signs of relapse can go unnoticed or be dismissed. And if not proactive, the risk of relapse will grow. But, Ashley can help people take back control. The Relapse Program helps patients get back on their feet with a treatment plan unique to their needs and circumstances. A team of licensed counselors identifies and addresses any underlying issues and co-occurring or untreated mental health concerns to pave the way to lifelong recovery.





*“ You can’t run from a relapse, but you can work towards recovery. ”*

*-Anonymous*

## How the Program Works

The Relapse program takes place at our 147-acre main campus in Havre De Grace, Maryland. Nestled into the Chesapeake Bay, it’s the perfect setting for patients to find the motivation needed to heal their minds, bodies and spirits. Our relapse team specializes in prevention techniques outlined by Terence Gorski and the Gorski Approach, meaning they can see substance use disorder with fresh eyes and help the patient restore and maintain a life free from addiction.

Participants in the program will:

- Undergo onsite, medically monitored detoxification, if needed.
- Have access to Ashley’s team of certified medical professionals and relapse counselors.
- Work with the team to identify personal relapse warning signs and develop a plan to manage them.
- Attend interactive, gender-specific and LGBTQ-specific workshops and activities.
- Attend 12-Step meetings.
- Attend individual and group therapy.
- Receive an individualized continuing care plan to manage the transition from inpatient treatment to the next stage of recovery. Experience has taught us that longer-term treatment results in better outcomes.

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 Relapse 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.