



Women's Extended Care Program

**Specialized care
for lifelong recovery.**

**Substance use
disorder affects 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 Women’s Extended Care Program consists of 90 days of treatment at a private, Ashley-owned residence in Churchville, Maryland, following the successful completion of a residential treatment program. A combination of psychological, holistic, and clinical care gives women the tools they need to make long-term recovery possible. Over three months, participants:

- Work with a family therapist on strengthening and learning how to develop healthy relationships.
- Attend individual and group counseling and case-management sessions.
- Attend life-skills training workshops.
- Work through the 12-Step Recovery Program.
- Learn how to integrate fun activities without substance use.
- Gain holistic care exposure such as float therapy, salt spas, reiki and sound meditation.
- Complete relapse prevention training.
- Engage in equine-assisted, art, and nature therapies.

Additional services include mutual support groups, sponsorship, schema therapy, exercise and nutrition plans, life-skills modules such as self-defense, automotive and finances, or gardening; Sober Saturday activities such as rock climbing, spa days, art galleries, bowling and community service projects.

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 www.ashleytreatment.org/womens-extended-care-program.

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.