

WHAT TO EXPECT: RECOVERING TOGETHER AT ASHLEY



Welcome to the Recovering Together at Ashley Program! We know this isn't an easy step to take. Committing to Recovering Together can bring up a lot of questions, emotions, and maybe even uncertainty. Please know you are not alone. What you're doing matters. And we're here to walk with you every step of the way.

This experience is about learning, healing, and connection. You don't need to be an expert, and there's no "perfect" way to show up. Just being here is a powerful part of your loved one's recovery and your own.

STRUCTURE

This intensive two-day event invites families to join their loved ones on campus for a deeper, hands-on recovery experience.

Daily Schedule

Check-In: 8:00 AM - 8:30 AM

Sessions Begin: 8:30 AM

Lunch Break: 12:00 PM – 1:00 PM

Afternoon Sessions: 1:00 PM – 3:30 PM

End Time: 3:30 PM - 3:45 PM

*Please plan to arrive at the designated check-In time for your program. We aren't able to accommodate early arrivals, and want to make sure you get the full experience right on time.



WHAT EACH DAY LOOKS LIKE

Day 1

You'll spend time in group settings learning about addiction, the recovery process, and how families play a role in healing. Expect presentations from our clinical team and open discussions with other families. There will also be an Al-Anon meeting for you to experience what the meeting structure might look like and learn how to engage in one in your area.

Day 2

This day is more personal. You'll meet one-on-one with a family therapist in an individualized family session. Your loved one will join you for this session. There will also be activities that speak to the legacy of the entire Ashley program. The day wraps up with some time to reflect and look ahead to the next steps.

This is a time for you to engage in the most beneficial education specific to families beginning their healing journey. Mostly, you will be attending these lectures on your own. However, there are two conjoint sessions on Day 1 that both you and your loved one will attend as well as your scheduled family session on Day 2.

During the individualized family session, we'll focus on supporting the family's recovery, identifying current needs, and exploring healthy next steps. While we recognize there may be unresolved issues or past hurts, this one-hour session isn't meant to unpack those fully. Instead, we'll encourage families to continue that important work with an outpatient therapist who can offer ongoing support.



MEALS AND BREAKS

You'll have breaks throughout the day, including time to enjoy lunch. Lunch is provided on both days. Snacks and drinks will be available during breaks.

While we do provide lunch, breakfast and dinner are on your own. You're welcome to explore local restaurants.

Breakfast:

Chesapeake Grill – 913 Pulaski Hwy, Havre De Grace, MD 21078

Screaming Bean – 3700 Churchville Rd Unit B, Aberdeen, MD 21001

Panera Bread – 1022 Beards Hill Rd, Aberdeen, MD 21001

Dinner:

Tidewater Grille – 300 Franklin St, Havre De Grace, MD 21078

The Olive Tree – 1005 Beards Hill Rd, Aberdeen, MD 21001

Mr. Y's Pizza N Fries – 111 Bata Blvd, Belcamp, MD 21017

After Dinner Treats:

Bomboy's Homemade Ice Cream – 322 Market St, Havre De Grace, MD 21078

Miss Twist – 1834 U.S. Hwy 40, Havre De Grace, MD 21078

Rita's Italian Ice & Frozen Custard – 772 W Bel Air Ave, Aberdeen, MD 21001

ACCOMODATIONS

We don't have overnight lodging onsite, but there are plenty of nearby hotels.

- Hilton Garden Inn Aberdeen – 1050 Beards Hill Rd, Aberdeen, MD
- Courtyard Aberdeen at Ripken Stadium – 830 Long Dr, Aberdeen, MD
- Country Inn & Suites by Radisson – 1435 Handlir Dr, Bel Air, MD 21015

Special note:

All meeting spaces and restrooms on our campus are ADA-compliant. There are ramps at the front of the Bantle Building to gain access to the spaces that will be utilized for the family sessions on Day 2. There is also an elevator in the lobby area of the Bantle Building to access the second floor.

DIRECTIONS & TRANSPORTATION

Program Location:

800 Tydings Ln., Havre de Grace, MD 21078

Parking:

Free parking is available on-site. No permit needed. Just follow signs for visitor parking when you arrive.

Getting Here:

- From the airport: Baltimore/Washington International (BWI) is the closest major airport (approx. 1 hour away).
- By train: The Aberdeen Amtrak Station is about 10 minutes away.
- Rideshare options like Uber and Lyft are available in the area.



— WHAT TO BRING (AND NOT TO BRING) —

What to Bring:

- A notebook and pen (you'll probably want to jot things down)
- Any printed materials we send you ahead of time
- A reusable water bottle or comfort item like a sweater

What Not to Bring:

Please do not bring personal items directly to your loved one. Instead, any packages should be turned into staff members to ensure only campus friendly items are making their way onto our grounds.

No food or beverages are allowed to be given to your loved one.

No recording devices, and we ask that you don't take photos or videos during your time on campus to ensure HIPAA protections.

Phones & Laptops:

We ask that all items be left in your vehicles if possible.

We understand emergencies do come up. Devices can be used during breaks but should be silenced and put away during sessions. Wi-Fi is available in designated areas.

Dress Code:

Dress comfortably! Think casual, relaxed clothing that's good for sitting in groups or light movement.

A lanyard designating you as part of the Recovering Together at Ashley program will be distributed upon arrival at the Welcome Center. Please return the lanyard upon departing each day. Visitors are not permitted on campus without a lanyard.

Please do not wear clothing with suggestive graphics, foul language, references to drugs, alcohol, or drug culture. Please also do not wear any clothing with political references or messages that could be considered divisive or inflammatory.



FREQUENTLY ASKED QUESTIONS

Q: May I bring gifts or items to my loved one?

A: Yes, we will be accepting all items intended for your loved one at the Welcome Center when you arrive. Please see our list on our website of what items are appropriate to bring <https://www.ashleytreatment.org/admissions/what-to-bring/>.

Q: Will I be required to participate in family therapy?

A: Yes, family therapy is a core part of the program and will provide valuable insight for both you and your loved one in treatment.

Q: Do I need to prepare anything before attending?

A: No preparation is required. However, we encourage you to reflect on any concerns or questions you may have about your loved one's recovery journey.

Q: What if I'm uncomfortable sharing personal experiences?

A: Participation is encouraged but never required. You are welcome to listen and engage at your own pace.

Q: Is there support available for me after the program?

A: Yes! We will provide information on continued support options, including family counseling, 12-step groups, and additional educational resources.

Q: Can I smoke while I'm on campus?

A: Smoking is only permitted in designated outdoor smoking gazebos. All other areas of campus, including buildings and vehicles, are strictly smoke-free in accordance with Maryland law and federal life safety codes. Smoking indoors is prohibited.



FAQ CONTINUED

Q: Are vapes or e-cigarettes allowed?

A: No. Electronic cigarettes, vaping devices, and similar products are not permitted anywhere on campus, regardless of nicotine content. This applies to visitors, family members, and patients.

Q: Can I bring tobacco products for my loved one in treatment?

A: Yes, but with conditions. Tobacco products for patients must be unopened and turned in to staff for inspection. Once cleared, they will be released into the patient community following campus guidelines. Sharing tobacco products with patients is strictly prohibited.

Q: Can I use my cell phone during the program?

A: We ask that you silence or turn off your phone during all sessions to support full presence and reduce distractions for others. This is a clinically intensive day, and your focused engagement is essential. Please do not allow your loved one or any other patients access to your device.

Q: What if I need to take a call or check messages?

A: We understand that urgent needs may arise. If you must use your phone, please step away during a scheduled break or step out discreetly so as not to disrupt the group. Our staff can show you areas where you may use your phone.