



Recovering Together at Ashley

Healing as a Family

At Ashley, we believe recovery is a shared journey. Recovering Together at Ashley is a new in-person program designed to support the loved ones of those in our residential treatment. Whether family, friends, or partners, participants will receive individualized guidance, education, and tools for healing—together.

This optional program offers a deeper level of support for those ready to reconnect, rebuild, and prepare for life after treatment.

Who Should Attend?

Adult family members or close support persons of patients in residential care who are:

- Seeking personalized support
- Ready to engage in recovery
- Interested in their own healing and growth

What to Expect

A structured, hands-on experience that occurs weekly, Monday and Tuesday from 8 AM - 4 PM, including:

- **Education & Skills:** Learn evidence-based practices to support recovery
- **Future Planning:** Create personalized recovery and communication plans
- **Reconnection:** Participate in visitation and trust-building connection activities
- **Family Therapy:** Attend a session with a licensed clinician for tailored guidance on navigating family recovery
- **Peer Support:** Join an Al-Anon meeting for connection and perspective

Recovering Together at Ashley is more than a program—it's a foundation for lasting healing. Let's walk the path of recovery together.

UNDERSTANDING THE SERVICES ASHLEY OFFERS FAMILIES AND SUPPORT PEOPLE

At Ashley, we know that recovery is not a solo journey — it's a path best traveled together. Family engagement is one of the best predictors of a patient's long-term success. Substance Use Disorder is a family disease; therefore, recovery needs to be a family process to allow everyone involved the opportunity to heal. Here's a quick guide of the services that we offer to families and social supports across the continuum of care.

ASHLEY BEHAVIORAL HEALTH & WELLNESS

What it is: A therapeutic telehealth program for Maryland residents ages 18+ that can be utilized by anyone in need of support from a therapist to address behavioral health concerns, not limited to substance use disorders.

Why it's important: It offers accessible, ongoing therapeutic support and helps maintain momentum in the healing process right from the comfort of home.

RECOVERING TOGETHER AT ASHLEY

What it is: A two-day in-person program, designed to foster healing, growth, and connection for both patients and their loved ones. This impactful experience provides families with the education, tools, and support they need to navigate recovery side-by-side with their loved ones. This program includes an individualized family therapy session focused on exploring the next steps in the family's recovery journey.

Why it's important: This program helps bridge the gap between patients and their loved ones during a critical time in the recovery process. By participating together, families gain a deeper understanding of SUD, learn how to support each other in healthy ways, and begin to rebuild trust and connection — all of which are vital for long-term recovery and emotional healing.

FAMILY WORKSHOPS

What it is: Virtual Family workshops are held weekly, following a five-week rotation focusing on a different topic each week. They are designed to offer psychoeducation, foster connection, and provide ongoing support for families.

Why it's important: These workshops give families the knowledge, connection, and support they need to better understand SUD and recovery. Families can build a stronger foundation for healing and form connections in the process.

VIRTUAL PARENT & FAMILY CONNECTION MEETINGS

What it is: Free, weekly online support groups facilitated by an Ashley alumni staff member. These one-hour meetings provide a welcoming space for families and loved ones to share experiences and build community. Attendance is open to anyone over the age of 16, regardless of whether their loved one received treatment at Ashley.

Why it's important: By connecting with others who understand, families can reduce feelings of isolation, gain perspective and build resilience.

COACHING SESSION

What it is: The virtual coaching session is a one-on-one conversation with a licensed clinician designed to help family members or social supports explore available resources — both at Ashley and in their local community. This session focuses on education, guidance and connecting them with tools and supports that can assist in navigating their loved one's recovery process.

Why it's important: This service provides a supportive, non-clinical opportunity to speak with a knowledgeable professional who can help families identify next steps, connect with helpful resources, and feel more equipped to support their loved one while caring for themselves.

WHY IS FAMILY PARTICIPATION IMPORTANT?

1

Better Outcomes

Research demonstrates better outcomes when the support person engages in the treatment process.

2

Recovery is a Shared Process

When family members focus on their own healing journey, they create a stronger foundation for themselves and are better equipped to support in a healthier way.

3

Support at Every Stage

Navigating recovery as a family member can be difficult. These services provide support to the family throughout the treatment experience and beyond.

FREQUENTLY ASKED QUESTIONS

GENERAL QUESTIONS

Q: What can I expect when my loved one enters treatment at Ashley?

A: When your loved one begins their healing journey at Ashley, they'll be welcomed into a safe, structured, and compassionate environment. Our program includes medical and clinical support, daily group therapy, individual counseling, wellness activities, and recovery education. Each patient's experience is tailored to their needs, and our team will guide them through every step of the process.

Q: Can I communicate with my loved one during treatment?

A: Yes, communication is possible, but it's structured to support the healing process. Your loved one may have access to phones for 10 minutes daily. There is also 30 minutes of supported screen time once per week. Your loved one's counselor can provide more specific information once a Release of Information is in place.

Q: How do I send a letter or care package?

A: Sending letters and care packages is a thoughtful way to show support. Care packages and other drop-offs are permitted at the gatehouse during weekday business hours to ensure items go directly to a staff member. You can also send via mail to 800 Tydings Lane, Havre De Grace, MD 21078

Q: What items are appropriate to include in a care package?

A: We recommend including items that provide comfort and support, such as personal hygiene products (unopened), comfortable clothing, books or journals, and letters of encouragement. Please avoid sending items that are NOT permitted, such as food, candy, or drinks, opened packs of cigarettes, electronic devices, items containing alcohol. For a comprehensive list of prohibited items, please refer to our "What to Bring" page on our website.

Q: How can I support my loved one during their treatment?

A: Your support is invaluable. Engaging in our family services, such as the coaching session, attending workshops, attending the Recovering Together at Ashley program (find out more in the FAQs below), and maintaining open, supportive communication can make a significant difference in your loved one's recovery journey.



WHAT ARE FAMILY SERVICES?

Q: Why are family services important?

A: When someone you love is struggling with addiction, it affects the entire family system. It's natural for families to develop counterproductive coping strategies when faced with the stress and uncertainty that comes with a loved one's substance use. Family services are here to support you, offering a safe space to understand what's happening, find clarity, and begin your own path toward healing.

Q: How can family services help me and my loved one?

A: Family services can offer tools and insights that empower you to support your loved one in productive ways. Through education, coaching, workshops, and programs like Recovering Together at Ashley, you'll learn about boundaries, communication, and how recovery can be a shared journey. These services help families shift from a place of fear or confusion to one of connection, hope, and strength.

Q: Will these services include my loved one?

A: The initial family coaching session will not include your loved one. The focus of this session is to link families with resources and information, as well as provide support and direction on how to support your loved one in a healthy way moving forward.

Q: Who is allowed to attend that coaching session?

A: We must respect HIPAA guidelines during family coaching sessions. Therefore, we can only allow those for whom your loved one has signed a release of information authorizing us to share private information. This appointment is only for those that have been identified in the scheduling process.

Q: What happens if my loved one revokes a release of information?

A: When a release of information is revoked the facility can no longer communicate with you, even if appointments were set up before the release was revoked. At that point our staff cannot confirm or deny a person is at the facility.

Q: What is Al-Anon/Nar-Anon?

A: Al-Anon and Nar-Anon are "sister fellowships" of AA and NA; they are 12-step groups designed for families navigating a loved one's addiction. Family members have the opportunity to learn from the experiences of others who have been in a similar situation.



WHAT ARE FAMILY SERVICES?

Q: What should I expect in the workshops?

A: Each workshop lasts for one hour. The first half of the session consists of information presented by one of our family therapists. After the information is presented, family members and support people have the opportunity to ask questions and share their experiences. Anyone who is a supportive resource is encouraged to attend these workshops even without a release of information on file.

Q: Who can attend?

A: Our workshops are open to anyone 18 and older. No release of information is required to participate, and you don't need to have a loved one currently in treatment at Ashley. These sessions are designed specifically to support families and social networks, regardless of where their loved one is in their journey.

Q: Are the workshops live?

A: Yes, they are. Part of our goal for the workshops is to have family members interact with one another to experience the benefits of the group process. Plus, during the workshops, you have a family counselor at your disposal for any questions or concerns you may have about navigating family recovery.

Q: Am I able to continue to come to the workshops after my loved one is discharged?

A: Absolutely! The Zoom links do not change, so you can continue to participate even when your loved one is discharged. Feel like you need to review some things? Feel free to attend the workshops more than one time.

Q: Can my children attend the workshops?

A: While children are certainly impacted by a family member's addiction, it is important that they receive information that is age appropriate. For this reason, children must be at least 18 years old in order to participate in the family workshops. Please refer to the Recommended Reading list for resources for younger children or ask your family counselor for additional resources geared for younger kids.

Q: What if I have additional questions or need to talk?

A: You can reach out to a family therapist for issues related to family dynamics. If your questions are related to discharge plans or progress in treatment, the primary counselor would be the point of contact.



Q: What do I do when my loved one returns home?

A: This is the million-dollar question. The transition home can bring up a mix of emotions and uncertainty, which is why we encourage you to continue attending our virtual family workshops and to participate in the Recovering Together at Ashley program. These resources are designed to help you navigate this next chapter with clarity, connection, and support. Most importantly, remember to care for your own well-being and consider engaging in your own recovery process; healing truly happens together.

WHAT IS RECOVERING TOGETHER AT ASHLEY?

Q: What is Recovering Together at Ashley?

A: Recovering Together at Ashley is an optional, 2-day, in-person family program designed to educate, support, and empower families who are navigating a loved one's addiction. It includes lectures, an Al-Anon meeting, reflection opportunities, and a personalized family session.

Q: What is the purpose of this program?

A: This program is meant to help families begin their own healing journey. Through education and supportive experiences, families learn how addiction develops and progresses, how to set healthy boundaries, and how to move forward in recovery, together.

Q: Will I have time with my loved one?

A: Yes. There are conjoint sessions on Day One where you and your loved one will both receive the information necessary to move forward in your recovery journeys. The individualized family session on Day Two will also include your loved one. There will also be designated time to visit with your loved one outside of the structured programming.

Q: Is there a cost to attend?

A: Yes, this program has a separate fee. Please contact our family services team for current pricing and registration details.

Q: Do I need to attend both days?

A: Each day is thoughtfully designed to build upon the other. To get the most out of the experience, we strongly recommend full participation.



Q: Who can attend with me?

Any family member or support person over the age of 18 is welcome to participate, as long as they're listed on your loved one's Release of Information and meets our participation guidelines. Please connect with our staff about how many participants can be accommodated.

Q: Is this program open to families from out of town?

Yes! We welcome families from across the country. While travel and lodging are not provided, our team is happy to suggest nearby accommodations and help you plan your visit.

Q: How do I sign up or learn more?

You can register by contacting our family services team or speaking directly with your loved ones' counselor. We're here to walk you through the process and answer any questions you have.

