



What We Provide

- ↗ A Safe environment for you to work on change and begin the healing process to a healthier lifestyle
- ↗ On site laundry facilities, laundry soap, bedding, toiletries, All Meals
- ↗ Transportation to local appointments

What to Expect - In Residential Treatment

- ↗ Daily groups and weekly individual sessions, Attendance at 12 step meetings
- ↗ A 30 day blackout, no visitors during this time and very limited phone calls
- ↗ No electronics

What to Expect - In Detox

- ↗ To be on site at all times, except for emergency medical appointments
- ↗ No visitors and very limited phone calls
- ↗ No electronics
- ↗ You will be monitored at the very least the first 24 hours, longer if needed
- ↗ Rest and have the option to attend groups when feeling able

What to Bring

- ↗ At least 30 days of all current medications. All medications need to be in their bottles and cannot be expired. If you are coming for detox, less than 30 days of medication is fine
- ↗ Driver's License or State ID, Medical insurance card
- ↗ Copy of your most recent TB test (if you have one)
- ↗ NO MORE than 7-10 days worth of comfortable clothes, tennis shoes - weather appropriate **Swim gear - During the summer we sometimes go swimming for outings**
- ↗ No clothes with alcohol or drug logos, racially or sexually demeaning pictures or comments.

Please call for specific questions, 707-462-6290