

Some Treatment Facilities I've Used Regularly and Recommend (primarily with mid-Atlantic headquarters or affiliates)

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One nice thing about working as an independent interventionist is that I work only with the rehab facilities that I know and trust from personal experience. Listed here are eight of those facilities with descriptions of what they offer. This list is not exhaustive. It simply reflects my own experience, influenced by my own location (mid-Atlantic) and professional roles. There are many other excellent facilities around the country—including the nonprofit Hazelden Betty Ford Foundation (www.hazeldenbettyford.org, 866-831-5700), which is also the parent organization of my publisher, Hazelden Publishing. For a fuller list, visit the Substance Abuse and Mental Health Services Administration (SAMHSA) website, <http://findtreatment.samhsa.gov>, and click on the Treatment Facility Locator.

Costs and insurance coverage are always changing, so financial options are mentioned only briefly here. For more tips on finding the help you need, refer to chapter six in *Painkillers, Heroin, and the Road to Sanity*, “The Door Is Closed: Barriers to Addiction Treatment and How to Overcome Them (Sometimes).”

Father Martin's Ashley

www.fathermartinsashley.com / 410-273-6600

Ashley has been around for over thirty years and offers an amazing 147-acre campus on the Chesapeake Bay in Havre De Grace, Maryland, midway between Washington, DC and New York City. More importantly, it offers unusually extensive medical care, along with excellent addiction treatment. Addressing medical and psychiatric problems along with addiction, Ashley has a PhD psychologist for trauma and a special program for folks with pain who have become dependent on their pain meds. Its relapse program was the first in the country, so Ashley is a great choice for someone who has relapsed after prior attempts at treatment or sobriety. The family and children's programs are another bonus, with tracks for women, men, and young

adults. Father Martin's is nonprofit, not affiliated or funded by any religious group. It participates with many insurance companies and gives patients an accurate estimate of out-of-pocket expenses before admission. This is tricky, because insurance coverage can be a moving target, but Ashley does its best considering today's insurance climate. Ashley also works with a Credit Care company and can help with financing if funds are low.

Father Martin had a huge impact on me personally, changing the trajectory of my life. My daughter completed the children's program "Rainbow of Hope," surrounded by other children whose parents had been away for treatment. Before she attended, I had been sober for years and working as an interventionist, so she had often heard me on the phone talking to families about the disease of addiction and process of intervention. When I picked my daughter up after the program was over, the staff told me, "She taught us a few things about addiction!" Kids here learn the three C's: "You can't *cure*, you can't *control*, and most importantly, you did not *cause* the problem."

Caron Treatment Centers

www.Caron.org / 800-678-2332

At several facilities across the country, Caron offers comprehensive treatment programs for adolescents/teens, young adults, adults, baby boomers, and older adults. The campuses listed here are only the ones I've used myself. Caron's comprehensive services include medical detox, individualized treatment plans, intense Family Education Programs, and wellness and fitness programming, as well as structured support and guidance following treatment.

Wernersville, Pennsylvania

Gender-separate, residential primary and extended care treatment for adolescents (13–19), young adults (20–25), and adults (26 and up). This center also offers a Residential Assessment Program; Children and Teens Educational Program; and specialized programming for healthcare professionals, pain and chemical dependency, and adult relapse. "Breakthrough" is a five-day workshop for adults seeking improved relationships and life satisfaction.

Princeton, Texas

Residential Assessment Program and gender-separate, residential treatment for adult men and women as well as young adult males (20–25). Out-of-network insurance benefits accepted.

Boca Raton, Florida at Caron Renaissance

Specialized programming for process addictions related to trauma, body image, eating disorders, gambling, anger resolution, grief and loss, and more. This center specializes in treating adults with co-occurring disorders who have a history of failed recovery. The College Bound Program provides patients an opportunity to begin or continue in a college program during or after treatment. The Residential Family Restructuring Program offers residential treatment for the entire family.

Boca Raton, Florida at Ocean Drive

This center offers an Executive Program with comprehensive clinical care, and clinically and culturally competent care for patients with complicated and deeply embedded substance use disorders, compulsive behaviors, and mental health and personality disorders. A challenging and supportive psychotherapeutic and psychosocial frame enables the patient to address underlying character pathologies that fuel the addictive process. *In situ* treatment addresses each patient's connections to business, family, and lifestyle.

West Palm Beach, Florida at the Hanley Center

Gender-specific, residential primary treatment for adult men and women with treatment customized for stages of life, including the Center for Boomer Recovery (adults 46–64) and the Center for Older Adult Recovery (65 and up). Gate Lodge offers affordable and accessible options for extended care and relapse clients. A Residential Assessment Program is also offered.

Caron employees have been tremendously helpful to me, not just in obtaining treatment for my clients but also in making available their huge resource index if I'm seeking a facility offering some specialized treatment—for example, gambling, sex, or other process addictions. I primarily use Caron for its young adult and adult programs in Pennsylvania. I live in the mid-Atlantic area and am a working mom, so I tend to stay in this region—although I do fly patients out to other centers if it is appropriate and the family requests it. Some patients benefit from a facility that is *not* close to home—for example, a young person who needs distance from a network of using friends. Many of my young patients start out in Pennsylvania and transfer to Renaissance for extended care, where I have seen remarkable transformations.

Caron's programs are age- and gender-specific and have a small patient-to-therapist ratio, which is reflected in the higher cost. I often turn to Caron for young people who are best off in a same-sex setting, either because of a sex addiction or simply when parents alert me that they are very easily distracted by the opposite sex. I also like the option for teens to continue their schooling while in treatment at the Wernerville campus. The school is an attractive facility with a breathtaking view of the Pennsylvania hills.

I use the Caron Hanley Center in Florida usually for older populations. It's a great place for folks with medical issues as well as addictions.

Caron does not take insurance directly, but staff help families navigate the insurance system. The care may be as reimbursable as at other centers, but more legwork on the part of the patient or family may be necessary.

Clarity Way

www.ClarityWay.com / 877-548-4794

Clarity Way is an inpatient drug and alcohol rehab facility in Pennsylvania that provides intensive, individualized treatment programs tailored to each client. The Cottage at Clarity Way features a smaller environment with an enhanced treatment program including lengthier and more frequent individual sessions. Whether at the Clarity Way alcohol or drug rehab centers or The Cottage at Clarity Way, a custom program is developed for each client based on personal needs, challenges, and goals. The approach merges medical and holistic modalities, providing a range of therapeutic techniques to nurture the whole person—body, mind, and spirit. In a peaceful setting, a staff of highly qualified and experienced professionals helps clients develop new skills for a healthy future. The inpatient drug and alcohol rehab center meets clients where they are and helps them find a path to lifelong recovery.

Bowling Green Brandywine

www.bowlinggreenbrandywine.crchealth.com / 877-637-6237

for affiliated centers around the country, visit www.crchealth.com

Established in 1982, this CRC facility has a tranquil setting on the border of Pennsylvania and Maryland. CRC Health Group is an umbrella company whose many rehab facilities offer an economy of scale, providing quality treatment at an affordable price.

Bowling Green uses a “Client Centered / Outcome Informed” approach to recovery, meeting individual needs based on disease symptoms, social stressors, and a comprehensive and personalized assessment. It is a highly specialized treatment facility offering residential detoxification (methadone, buprenorphine, and benzodiazepine) and short-term rehabilitation. It also offers step-down services at the partial hospitalization level of care and treats people with comorbid mental health diagnoses as well as pregnant women seeking recovery. Bowling Green is particularly skilled at treating opiate-dependent young adults.

The campus setting is quaint, with a restored barn for administrative offices, a brand-new admissions and detox building, and a restored hotel for the residential rehab. The campus is not as high-end as more expensive facilities, but they get the job done and I find the staff to be friendly and helpful to my patients.

Phoenix Recovery Center, Edgewood, Maryland facility

www.phoenixrecoverycenter.com / 800-671-9516

For over twelve years, this organization has set a new standard in affordable treatment at a private facility. Phoenix offers medically monitored detoxification supervised by a Board Certified Addictionologist in support of a four-week education model. As an abstinence-based program, it embraces and supports participation in Twelve Step groups. Phoenix is in-network with most major insurance companies. Licensed for 26 beds, it provides a strong sense of community that larger centers cannot offer. The clients come primarily from the mid-Atlantic region, but Phoenix welcomes clients from all over the United States with airport pickup service.

The campus does not have all the frills of the bigger rehabs, but Phoenix gets the job done with very capable and courteous staff. However, it’s not the right place for a patient with serious psychiatric issues. Phoenix will accept a patient who is already taking prescribed psychiatric medications, and can keep the patient if stable, but this facility does not start patients on psychiatric medications.

Seabrook House, Inc.

seabrookhouse.org / 800-761-7575

The rural setting and white clapboard buildings of this southern New Jersey facility offer an immediate sense of safety and serenity.

Founded in 1974 by a group of AA members, today Seabrook House is an internationally recognized addiction treatment center with five behavioral health facilities in the northeast United States. The main rehab facility is in rural Bridgeton, New Jersey, a 90-minute drive from New York City. This program offers inpatient detoxification, short-term residential, long-term extended care for women, partial hospital, intensive outpatient and traditional outpatient. A men's extended-care luxury transitional treatment center is located in Tioga County, Pennsylvania. Seabrook House also operates three other outpatient facilities in New Jersey (Bridgeton, Cherry Hill, and Northfield). Accommodations include both private and semi-private rooms with modern amenities. Seabrook House accepts some health insurances for payment, and its nonprofit foundation offers some partial scholarships for those who may qualify.

I have used Seabrook House for both residential services and its exceptional male extended care program Seabrook West, in northern Pennsylvania. It appeals to men who need extended time in a pleasant environment for a 90-day commitment. The intimate setting helps to reinforce the recovery tools learned in primary care, whether here or elsewhere. The staff is friendly and competent and offers extensive follow-up support after discharge.

La Hacienda

www.lahacienda.com / 800-749-6160

This comprehensive treatment center is in the beautiful hill country of Hunt, Texas, a 90-minute drive from San Antonio. I spent three months there, and it was life-changing. La Hacienda offers a variety of tracks for different populations: young adult, collegiate, health care professionals, prescription drug dependence, and co-occurring psychiatric disorders programs; it also has a Christian focus group, a family program, and therapeutic activities with a new gym and a Ropes course—a supervised physical challenge sport activity that enhances team dependence and self-empowerment. La Hacienda has an outdoor spiritual space on the top of a high hill overlooking the Guadalupe River with a semi-sheltered outdoor “church,” a reflective place with an eternal flame that emanates from a fire pit.

Once a week, a bus takes LGBT clients to a Twelve Step meeting with other people from their community.

Even though La Hacienda does not treat eating disorders as such, it does hold a group for patients with past or minor present eating disorders; patients may also go off campus to an eating disorder support group.

Also unique about this rehab is that patients see the doctor every day, and a full-time psychiatrist is on staff.

La Hacienda participates with many insurance companies, offers payment plans, and works with a Credit Care company to help patients with funds if needed.

Farley Center in Williamsburg, Virginia

www.farleycenter.com / 800-582-6066

Situated on the campus of Williamsburg Place (near Colonial Williamsburg), the Farley Center is a leading addiction treatment facility. For nearly thirty years, Farley's highly skilled multidisciplinary team has offered abstinence-based individualized programs aimed at recovery from alcohol and drug addiction. Its dual-capable services focus on co-occurring psychiatric disorders, family conflict, and workplace concerns. The flexible continuum of care includes medical detoxification, stabilization, partial hospitalization with boarding, and intensive outpatient services for people from all walks of life. They also offer extended supervised care at the campus to help the patient reinforce recovery skills and to learn life skills as well. Additionally, in 2012, the campus opened The Pavilion, a state-of-the-art 57-bed inpatient psychiatric hospital adjacent to the Farley Center. The Pavilion provides a safe, supportive, and secure environment offering acute treatment services for adults and older adults with psychiatric disorders.

I use Farley especially for the complete psychiatric care provided for patients with complicated psychiatric conditions. Farley has competitive prices and works with many insurance companies.

—Joani Gammill, June 2014