



MOUNTAINSIDE

Detox

Reclaiming power over your own life may seem impossible, but Mountainside Detox can help you take the first step in breaking free from addiction and taking control of your future.

Here, you find a respite where you can completely focus on healing. As you safely rid your body of toxins from drugs and alcohol, your mental health improves, and your vision of your best life begins to take shape.

With 24-hour care from our skilled treatment team, you successfully navigate through the withdrawal process as comfortably as possible. You start to feel better, understand how addiction has affected all facets of your life, and prepare for the next steps on your recovery journey.







Restoring Your Health

Addiction has taken a serious toll on your body and exhausted major organs, especially your brain. In the comfortable, healing environment of Mountainside Detox, you receive care and treatment that meet your specific needs.

Once you arrive, your health is thoroughly assessed by our team of professionals—nurses, doctors, psychiatrists, and clinicians. The team then works together to develop a course of treatment for you, including a medication plan that helps ease your body through aches and pain from withdrawal.

To improve your physical health, you practice proper eating habits and good sleep hygiene, as well as learn how to manage any withdrawal symptoms you may experience. With our high staff-to-client ratio, you receive a great deal of individual attention from our team. Morning, noon, and night, professional care is within reach.

Through our holistic approach to treatment, your mental and spiritual needs are also addressed. Complementary therapies like yoga and acupuncture help reduce anxiety and stress while therapeutic art and meditation help you process inner thoughts and emotion.



Preparing for the Future

Removing toxins from your body is a key part of recovery, but it is only a piece of the puzzle. For a sustainable recovery, you must address any underlying psychological or behavioral issues tied to your addiction.

While in detox, you learn about addiction as a disease, post-acute withdrawal symptoms, as well as relapse prevention. As you understand more about the recovery process, you begin to determine what you may need to maintain your sobriety for the long term.

You start to identify the issues that led to your addiction. You explore your thoughts and emotions in a group setting, with others who understand what you are going through. Your clinician also meets with you privately to further help you tackle your unique issues.

Once you have completed the detox process, your chances for long-term sobriety greatly increase if you transition immediately to the next phase of addiction treatment. To make that transition as smooth and as easy as possible, a Continuing Care case manager partners with you to establish concrete aftercare plans.







The Suite

If it is difficult for you to disconnect from a demanding professional or personal life, you have the option of receiving treatment in a private detox suite at Mountainside. Our suite provides you with an added layer of confidentiality, allowing you to receive medical, psychiatric, clinical, and wellness services in-suite.

Each suite features a king-sized bed, full bathroom, dining and lounge areas, a work desk, and a television. Private, in-suite dining offers an expansive menu of healthy items made to order by our executive chef. You also have access to a private phone and laptop to minimize any concerns you may have about being away from work or home.



Program Overview

Medical and Psychiatric Services

24-hour Medically-Monitored Care
Physical Exam
General Blood Test
Withdrawal Assessment
Medications for Detox
and Symptoms of Withdrawal
HIV and Hepatitis C Test*
Pharmacogenetic Test*
Nutritional Assessment*
Psychiatric Evaluation*

* These services and tests are provided
as needed or upon your request.

Clinical Services

Biopsychosocial Assessment
Group Counseling
Individual Counseling
Post-Acute Withdrawal Symptoms Education
Recovery Education

Wellness Services

Acupuncture
Yoga
Meditation
Nutrition Education
Sleep Education

Continuing Care Services

Aftercare Planning



At Mountainside Detox, you can step away from the chaos addiction caused in your life regain not only physical health but also a stronger sense of who you are as a person and who you want to be. As you embrace sobriety and begin to heal, your future possibilities start to blossom before your eyes. We are here to support you in this first stage of your recovery journey.

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