



MOUNTAINSIDE

**Extended Care**



**You want to strengthen your recovery and practice your sober living skills in a safe and supportive environment. Our Extended Care program can help you do just that and more.**

You have successfully maintained a significant period of sobriety on your own or perhaps just completed a stay in residential treatment. You are proud of your newfound sobriety, but you are not sure if you are ready to face all of life's challenges just yet. You need more—more care, more information, more practice, more support, more time. Our Extended Care program gives you what you need.

In Extended Care, you live, work, and socialize with others who understand what you are experiencing. You receive the support of a community that wants to see you succeed. As you learn and practice how to live a sober life, your case manager helps further instill in you a sense of accountability while providing guidance and encouragement along the way. By the end of your stay in Extended Care, you are more than ready for independent living, leaving confident in your ability to stay sober.



## **Our unique program is made up of four components: *Community Living, Outpatient Services, Work Therapy, and Fun and Adventure.***

**Community Living:** In beautifully appointed men's and women's sober living homes, you focus on proper self-care, establish structured daily routines, participate in wellness activities, and start to build a support network with other individuals in recovery. You also meet with your case manager weekly to set goals and create action plans to achieve them.

**Outpatient Services:** You receive therapeutic treatment and care from licensed clinicians to address your immediate concerns as they arise. You develop greater self-awareness and gain valuable tools you need to transition to real-world living and meet your long-term recovery goals.

**Work Therapy:** Through a paid, part-time employment opportunity in a recovery friendly workplace, you rediscover a sense of responsibility and acquire practical life skills such as time and money management. You also learn how to communicate effectively as part of a team working together towards a common goal.

**Fun and Adventure:** We plan a variety of activities and excursions to show you how to have a good time in recovery. You make new friends and cultivate friendships while enjoying a variety of outings, including river rafting, go-karting, bowling, painting, and a once-in-a-lifetime international spiritual journey.





*Men's Sober Living Home*







*Women's Sober Living Home*





We use a three-phase system to help you continually develop fundamental skills and abilities needed to live on your own. In Phase 1, you focus on smoothly integrating into the community and acclimating to a new work and treatment schedule. In Phase 2, you focus on practicing self-care and applying tools you have learned to make a consistent commitment to recovery. And in Phase 3, you solidify relapse prevention skills, develop an aftercare plan, and truly begin transitioning to independent living.

Each week, individualized schedules are created based on your current needs and progress. A typical day in Extended Care consists of a range of activities, including:

### **Morning**

Breakfast  
Check-ins  
Work opportunity

### **Afternoon**

Lunch  
Outpatient treatment  
Case management  
In-home 12 Step meeting  
Educational workshop  
Wellness activity

### **Evening**

Leisure—organized trips and activities, volunteer and service projects, relaxation  
Dinner with fellow residents  
Local 12 Step meeting

# Program Overview

## Community Living

Men's and women's recovery-based homes  
Bright, spacious bedrooms  
Fully-equipped, modern kitchens  
Lounges, patios, and fitness facilities  
In-home 12 Step meetings  
24 hours a day staffing

## Case Management:

Individual meetings weekly  
Goal planning and progress checks  
Family phone calls weekly  
Educational and vocational workshops  
Aftercare planning

## Wellness Activities:

Acupuncture, yoga, and meditation  
Horticultural therapy  
Community volunteering

## Outpatient Services

Individual and group counseling  
Relapse prevention  
Psychiatric services  
Medication-Assisted Treatment  
Family Wellness services

## Work Therapy

Part-time, paid employment  
Time management skills  
Money management skills  
Communication skills

## Fun and Adventure

Sports, hiking, shows, and museums  
Day and weekend trips  
International spiritual journey









## *International Spiritual Journey*

To help you expand your understanding of yourself and your recovery, we give you the opportunity to take part in a healing trip to Mexico. Offered twice a year, the five-day adventure empowers you to leave behind anything that is holding you back from truly embracing recovery.

As you explore Teotihuacan — the land of the Toltec people — you get out of your comfort zone and start on a path to enlightenment. You feel the power of good intent, a driving force behind Toltec principles outlined in best-selling book, *The Four Agreements*, by Don Miguel Ruiz.

During this unforgettable trip to Mexico, you are led by Don Miguel, Jr. and Don Jose Ruiz along the path of the Toltec warriors. There, you discover a new understanding of love and pure intent in your recovery and in life.









Research has shown the longer you stay in treatment, the better your chances are for a lasting recovery. By participating in Mountainside Extended Care, you invest in fortifying your foundation for long-term health and wellness. You have the time, space, and professional and peer support to hone sober living skills in real world scenarios and gain invaluable learned experience to confidently handle any challenges in the future.

## Contact Us

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