

# MOUNTAINSIDE



# Mountainside Treatment Center

We are a nationally acclaimed alcohol and drug addiction treatment center recognized for our excellence in client care. Through innovative clinical and holistic therapies combined with a data-driven treatment approach, we help individuals transform their lives and achieve long-term recovery.

## Key Facts

Founded in **1998**

Serving individuals **18+** years old

**7** programs across **6** locations

**75+** treatment and care offerings

**1 of 3** treatment centers in the nation with dual accreditation from CARF and TJC, plus a 3.7 level of care certification from ASAM

Treating co-occurring disorders, including anxiety, depression, ADHD, and trauma

## 365-Day Philosophy

The first year of sobriety, when relapse rates are highest, is the most crucial. Research shows the longer individuals remain in treatment, the greater their chances of sustained recovery. We accordingly provide a full spectrum of addiction treatment programs to guide clients through this vulnerable time.

By delivering a consistent level of quality care from beginning to end, we help clients transition seamlessly from one program to the next, allowing them to not only maintain sobriety but accelerate their progress.

## Highly Individualized Care

Addiction damages all aspects of an individual's life, from their physical health and interpersonal relationships to their self-esteem. What each person requires to heal will vary. Through our breadth of offerings across multiple disciplines, we are able to truly personalize care and promote wellness in all facets of recovery — mind, body, and spirit.



# Our Continuum of Care

## Detox

24 hour medically monitored care

Medication-Assisted Treatment

Daily clinical groups and individual therapy

Addiction and recovery education, including sleep, nutrition, and fitness

Wellness therapies including yoga and meditation

## Residential

35+ day program

Psychiatric evaluation and 2+ follow-ups

3+ individual therapy sessions weekly

2+ clinical groups daily

Family Wellness sessions

Medication-Assisted Treatment

Over 50 clinical groups, educational workshops, wellness therapies, and recreational activities

## Extended Care

90-day program

Community living, Outpatient Services, case management, work therapy, fun and adventures

International spiritual retreat

## Outpatient Services

IOP: 7 weeks, 24 group and 3 individual sessions

OP: 10 weeks, 10 group and 10 individual sessions

Individual Therapy

## Recovery Coaching

1-year program

24/7 recovery support

Daily check-ins, weekly calls, and regular progress review meetings

Monthly relapse risk assessments and toxicology screenings



Detox



Residential



Extended Care



Outpatient Services



Recovery Coaching

Day 1

Day 365

## Additional Programs

### Family Recovery Coaching

Comprehensive wellness plans, codependency, boundaries, and accountability education

### Adolescent Services

Substance use disorder assessments, individual therapy sessions





# Our Extensive Offerings

## Medical & Psychiatric Services

Biopsychosocial, withdrawal, and nutritional assessments, HIV, hepatitis C, and pharmacogenetic tests, psychiatric evaluation, medication management, post-acute withdrawal syndrome and medication education, toxicology screenings

## Medication-Assisted Treatment

Suboxone, Sublocade, Vivitrol

## Clinical

Modalities: CBT, DBT, MI, EMDR, mindfulness and grounding techniques, solution-focused brief therapy, trauma-informed care

Groups: acceptance, anger management, connections, coping skills, Four Agreements, gender-specific, grief and loss, healthy lifestyles, mindful mood balance, relapse prevention, 12 Step education

## Family Wellness

For clients: family dynamics education, family counseling

For families: family wellness education and workshop, family counseling, support groups

## Wellness

Acupuncture: auricular, full body

Adventure therapy: ropes courses, rock climbing walls, therapeutic camping intensive

Exercise and movement: cardio and weight training, hikes, walks, qigong, yoga

Expressive therapy: art, music, writing

Healthy living: sleep and nutrition education, personal empowerment

Mindfulness: horticultural therapy, labyrinth, sitting and reading meditation

Spirituality: spiritual enhancement, sweat lodge

## Continuing Care

Aftercare planning, case management, recovery education, post-treatment follow-ups

## Alumni Services

Ambassador mentorship program, newsletter, monthly events, annual reunion, Mountainside app

## Community Resources

In-person and virtual events, support groups, 24/7 recovery support hotline



## Our Data-Backed Results

We do a deep analysis of each person's history and risk factors, and then harness our CARMA\* data to develop the most effective treatment pathway for each individual. Our results reflect our ability to help clients improve their health in key areas that had been compromised during active addiction. These improvements become the foundation for a happy, healthy life in recovery.

### Immediate Healing

Clients show a dramatic change in major wellness indicators at the end of their treatment stay:

**74%** decrease in depression symptoms

**68%** decrease in anxiety symptoms

**65%** decrease in substance cravings

**57%** decrease in attention deficit

**45%** decrease in sleep difficulty

*Data from 2015 to 2020 Residential program comparing client assessments at start versus end of treatment stay*



### Long-Term Outcomes

Alumni report treatment's positive impact on their daily lives after leaving our care:

**91%** are more engaged in career, job, or school

**93%** have improved physical health

**93%** have improved family relationships

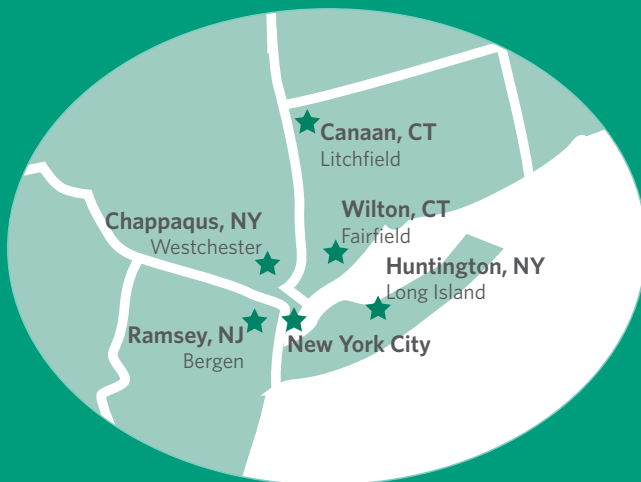
**94%** have improved ability to cope with stress

**96%** have improved overall quality of life

*Data from 2021 alumni surveys*

*\* Clinical Assessment Risk Model Analysis*





## Flagship Campus

200 acres in Canaan, Connecticut  
at foothills of the Berkshire mountains

Space, tranquility, and privacy to heal

Bright, modern bedrooms

Luxury Detox and Residential suites

Indoor and outdoor lounges

Fitness center, basketball courts,  
sports field, hiking trails, yoga and  
meditation studio, labyrinth

Fitbit sleep and activity monitors

|               | Detox | Residential | Extended Care | Outpatient Services | Recovery Coaching |
|---------------|-------|-------------|---------------|---------------------|-------------------|
| Canaan        | •     | •           | •             | •                   | •                 |
| Wilton        |       |             |               | •                   | •                 |
| Chappaqua     |       |             |               | •                   | •                 |
| Huntington    |       |             |               | •                   | •                 |
| New York City |       |             |               |                     | •                 |
| Ramsey        |       |             |               | •                   | •                 |
| Telehealth    |       |             |               | •                   | •                 |



**MOUNTAINSIDE**  
A Recovery Built to Last a Lifetime

800 762 5433  
mountainside.com

