



MOUNTAINSIDE

Residential

Your life can be what you want it to be. At Mountainside Residential, you can focus on transforming yourself and your way of living. You can redefine who you are.

Addiction is a complex disease that alters your brain, emotions, and behavior. To effectively heal, we help you address multiple needs on many levels—mind, body, and spirit.

Through fundamental addiction education and counseling, you acquire the knowledge and skills to recognize triggers and avoid relapse. You learn the value of and how to cultivate total wellness. You also develop a support network to better protect your sobriety for a lifetime.

At Mountainside, you dig deep inside of yourself to unearth the roots of your addiction and find the strength to overcome it.



Restorative Atmosphere

Situated in an idyllic location at the base of the Berkshire Mountains, Mountainside has the perfect backdrop for rebuilding your health. The serenity of the trees, winding trails, and awe-inspiring mountain views help clear your mind and lift your mood to improve your well-being.

This sense of peace extends to our beautiful interior spaces. Meeting rooms, common areas, and bedrooms are specifically designed to help reduce anxiety, eliminate stress, and enhance your natural healing process.

Throughout our campus, you find ample opportunities to reflect, recover, and renew. You can enjoy alone time sitting at our waterfall with a book or enjoy a friendly conversation with a new friend while hiking up the mountains.

A warm and compassionate community awaits you—not just our staff but also fellow clients who truly care about supporting you through any difficulties you are experiencing in your recovery.







Highly Individualized Care

For the best outcomes, your addiction treatment and care must be tailored to meet your specific needs. Through conversation with you and evidence-based assessments, our professional treatment team gathers an understanding of your personal goals, psychological and physical challenges, and possible co-occurring disorders.

We then reference statistical data housed in our CARMA system, where we can see which therapies have been effective for people with similar backgrounds and substance use profiles. Our team analyzes your unique test results in the context of the CARMA data to create a highly individualized wellness plan to help you reach your recovery goals.

There is no set path to recovery, and so, your wellness plan is not set in stone. It evolves as you do. We constantly observe your growth as well as note any hurdles you face. This continuous monitoring allows us to adjust your treatment plan in real time to provide any extra support you may need.



Acute / Protracted
Withdrawal
2 weeks

- Physical
- Functionality
- Chemistry
- Behavioral

Expert Clinical Treatment

At Mountainside, you are paired with a clinician who is not only an expert in addiction treatment but is truly passionate about helping you heal. You and your clinician meet regularly to put into action a course of treatment that motivates you to make key changes to your behavior and mindset.

Through addiction and recovery education, you begin to understand the nature of addiction and how it has affected your physical and mental health, relationships, and sense of self. You examine triggers, acquire techniques for handling stress, and learn strategies to avoid threats to your sobriety.

In counseling, you achieve deeper insight into who you are, adjusting perceptions of yourself and the world. You also practice how to express emotions in a safe, healthy way while sharing observations about addiction in individual and group sessions.

By addressing a variety of concerns from anxiety and cravings to trauma and gender-specific issues, you discover ways to manage the challenges of the disease. Together with our experienced clinical team, you explore your past, evaluate your current concerns, and search for solutions to create a solid future.

Holistic Wellness Therapies

Our extensive portfolio of wellness therapies and practices are proven to help you strengthen yourself physically, mentally, and spiritually so that you are better able to pursue your recovery goals—not only while at Mountainside but long after.

You restore balance to your body by establishing proper eating and sleeping habits. To get you energized and moving, we offer a range of fitness activities from cardio workouts and rock wall climbing to yoga and Qi Gong. Alternative healing practices like acupuncture help you ease pain and discomfort without substances.

Adventure and expressive therapies introduce you to a new side of yourself. By pushing through your perceived limits on a high ropes course, testing your resilience on a camping trip, or processing complex emotions through art or writing, you increase self-awareness and build confidence.

You also nurture your soul and cultivate inner peace through meditation, labyrinth walks, and other spiritual practices. You learn to focus on managing life in the moment and to prioritize the things that matter.





Vital Recovery Support

Recovery is a lifelong journey, with ups and downs along the way. You need a strong support network that not only provides you with encouragement when you face adversity but appreciates and celebrates your successes.

Family, often deeply involved in the recovery process of their loved ones, can be integral members of their loved ones' support networks. Working with a Family Wellness clinician, you explore your own unique family dynamics. You come to understand how your family has impacted your addiction and how your addiction has affected them. You begin rebuilding fractured relationships in joint family counseling sessions, where our Family Wellness clinicians help facilitate open communication between you and your family.

Throughout your stay, you have numerous opportunities to connect with those who are traveling on their own journey alongside you. You learn from each other and share support, forming friendships that last for years to come.

At fellowship meetings like Alcoholics Anonymous, you are introduced to members of the larger recovery community. There you find role models and mentors who can provide an experienced point of view in recovery.



Essential Continuing Care

To continue the progress made in treatment, you work with your Continuing Care case manager to create an individualized aftercare plan. The plan acts as your road map in recovery as you move beyond our campus.

You learn what to expect after you leave treatment, and together, you review next step resources in your community. Only verified organizations and service providers that we have thoroughly examined are recommended to you. You can feel confident that you will continue to receive the highest quality of care once you leave our Residential program.

Knowing that the first 365 days of recovery are the most difficult, we reach out to you at times we believe you may feel most vulnerable. Our Alumni Services team helps you stay on your recovery path through texts, calls, and emails, providing you with critical support when you are in need.

Your fellow alumni are also a source of strength for you as you return to your everyday life. At the many alumni events we organize, you enjoy fellowship with friends, old and new, reinforce what you learned at treatment, and have fun sober.



Program Overview

Clinical Services

Biopsychosocial Assessment
Individual Counseling
Group Counseling
Recovery Education
Relapse Prevention
Anger Management
Gender Groups
Trauma Therapy

Family Wellness

Individual Family Counseling
Joint Family Counseling
Family Dynamics Group

Wellness

Nutrition Education
Sleep Education
Acupuncture
Yoga
Qi Gong
Meditation
Personal Empowerment
Ropes Course
CIA Camping Trip
Sweat Lodge
Labyrinth
Music Therapy
Art Therapy

Medical & Psychiatric Services

Withdrawal Assessment
Psychiatric Evaluation
Medication-Assisted Treatment
Medication Management
Toxicology Screening

Continuing Care

Aftercare Education
Aftercare Planning
Post-Treatment Follow-Up

Alumni

Events and Gatherings
Volunteer Opportunities



Change requires commitment and practice. At Mountainside Residential, you work hard to understand your addiction, stay focused on your recovery goals, and develop healthy habits to transform yourself. You gain the knowledge and skills you need to cultivate not only a sober lifestyle but a positive new outlook on life.

You can conquer your addiction and become the person you have always wanted to be. Change is within reach.

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