



PROGRAM HIGHLIGHTS

St. Joseph Institute combines the “Best Practices” of addiction treatment with innovative, yet proven therapies. Our passion is to achieve the best possible outcomes for our residents so that they can achieve sustainable recovery.

- **Extensive assessment process** – addressing the physical, mental, emotional, social and spiritual aspects of the person – enabling the development of a comprehensive, individualized treatment plan.

- A **licensed detox program** for drugs and alcohol.

- Continuous **one-on-one counseling** and therapy, addressing the underlying causes of addiction and any co-occurring mental health conditions.

- **Expertise in pain management** using non-addictive therapies, critical for those whose addiction is driven by pain.

- **Educational programs** that addresses issues such as healthy emotional expression, improved relationships, critical life skills, the disease of addiction, and relapse prevention.

- A solid **grounding in the 12-Steps**, and the many sources of community support that keep the journey of recovery moving forward.

- **Bodywork** and the techniques of Eastern medicine to bring healing, relaxation and a greater sense of balance.

- Strong **clinical experience with co-occurring conditions** such as trauma, abuse, PTSD, depression, anxiety and grief. >>>

- **Physical therapy and exercise**, directed by a Doctor of Physical Therapy

- **Family programs** that promote understanding of addiction, address relationship issues, and prepare a plan for the future.

- **Nutritional therapy**, using the latest scientific knowledge, to address chemical imbalances in the brain and stabilize moods.

- A **faith-based environment** that encourages residents to address their spiritual needs – in the manner they choose -- and develop a strong sense of purpose.

- **Aftercare planning** that builds a personalized program to support the on-going work of recovery.

- **Continuing support** for our graduates through regular follow-up, reunions, on-line seminars and group discussions

- A **highly trained clinical staff** with each member having, at minimum, a Master's degree and several years of experience.