



888-777-1098

## Program Highlights

St. Joseph Institute combines the “Best Practices” of addiction treatment for a personalized program that addresses both addiction and co-occurring mental health issues.

- **Licensed detox program** for drugs and alcohol that is directed by a physician with Board Certification in Addiction Medicine.
- **One-on-one counseling** that addresses the underlying causes that often drive addiction – including depression, anxiety, PTSD, trauma, relationship problems, and bipolar disorder.
- **Educational programs** on topics such as managing emotions, improving relationships, reducing stress, understanding the disease of addiction, and relapse prevention.
- **Introduction to the 12 steps** and other programs that guide personal growth and offer a supportive community to encourage recovery.
- **Bodywork, exercise, and physical therapy** for advanced healing, relaxation, and a greater sense of well-being.
- **Family programs** that promote an understanding of addiction, address relationship issues, and prepare for the future.
- **Nutritional therapy**, using the latest scientific knowledge to treat chemical imbalances and stabilize moods.
- **Faith based approach** that encourages residents to address their spiritual needs in a supportive, compassionate, non-judgmental environment.
- **Expertise in pain management** to help people whose addiction is driven by pain.
- **Aftercare planning** to prepare our residents for the on-going work of recovery.
- **Continuing support** for our graduates through regular follow-up, reunions, on-line seminars, and group discussions.
- **Highly trained clinical staff** with advanced training in both addiction and mental health and years of experience.