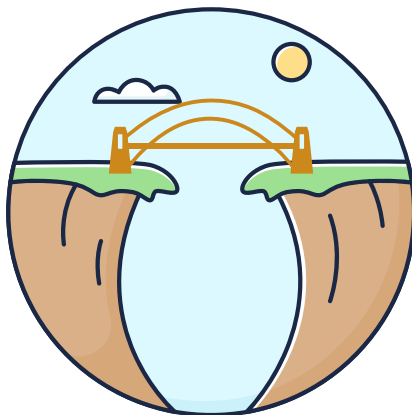




BRIDGING THE GAP

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At Asheville Recovery Center, we aim to bridge the gap between 12-step-based treatment models and clinical addiction treatment models. Our goal is to offer encompassing care that approaches addiction from both perspectives.

We know each client is unique and deserves individualized care that addresses their needs. Our specialists tailor treatment plans to each client based on their situation. We work to meet individuals where they are and guide them along the path to meaningful recovery.

OUR SERVICES

ADDICTION TREATMENT



Asheville Recovery Center utilizes a 12 step approach to addiction treatment. This approach, along with useful holistic and traditional therapy methods, helps individuals to understand more about their behaviors, health, and social support community.

PARTIAL HOSPITALIZATION



Our PHP provides full-time addiction treatment. Clients participate in various therapies and exercises and are free to return home to a sober living environment at the end of the day.

INTENSIVE OUTPATIENT



The IOP track is a part-time treatment program that prepares clients to transition into independent living. The minimal time commitment allows clients to return to work and home life while in the program.

THERAPIES



INDIVIDUAL

Clients meet with a therapist weekly to have individual therapy sessions. Individualized therapy sessions dive deeper into the underlying causes of addiction than group therapies and helps to more directly address unhelpful or harmful behaviors.



GROUP

Group therapy is beneficial to addiction recovery in many ways. It provides individuals with different ideas and perspectives and helps to establish a supportive network of people who understand the struggle.



FAMILY

Family therapy helps to heal relationships harmed by addiction, provides a source for education about the subject, and helps to restore and maintain a healthy support system.



ALTERNATIVE

We offer multiple types of holistic therapies. Holistic therapy is useful in addiction recovery because it helps to address an individual physically, mentally, and emotionally. It focuses on restoring balance and inner peace in order to allow an individual to heal in a healthy and stable way.

AFTERCARE

Our aftercare program is designed to provide continued help for those who have completed an addiction treatment program. Aftercare is very effective in preventing relapse by allowing clients to stay involved in our supportive recovery community.

Aftercare can involve continued treatment of:



Individual Therapy



Group Therapy



Medication Management



Dual Diagnosis Treatment

It can also include resources like:



Sober Living



Alumni Programs

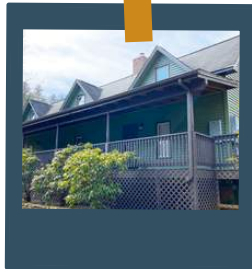
OUR HOUSES



THE LODGE

The Lodge is a sober living environment tucked in the folds of the Blue Ridge Mountains. Clients who receive treatment at the Lodge will be free from outside distractions as they focus on their recovery journey.

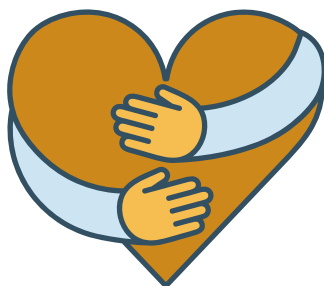
OUR HOUSES



THE NEST

The Nest is a sober living environment reserved for our female clients. Newly constructed, The Nest comfortably accommodates eleven women for the duration of their treatment.

EVERYONE IS WELCOME



At Asheville Recovery Center, we believe in the importance of providing a safe space for our clients. To ensure this, we are Safe Zone trained and certified.

What does that mean?

During Safe Zone training, our employees are educated in matters involving the LGB Community and develop the awareness required to serve all clients with the compassion and care that they fundamentally deserve.



CONTACT US



(828) 600 - 4709



ADMISSIONS@ASHEVILLERC.COM



WWW.ASHEVILLERECOVERYCENTER.COM