

At Rushford, we focus on many issues affecting the well-being of our clients including psychological and emotional issues, social and family relationships, personal and professional goals, health and fitness, diet and nutrition, spirituality, life stressors, vocational and educational concerns, and independent living skills.



Alcoholism and drug addiction can affect any one of us, regardless of family history, social status or gender. Rushford is here to provide individuals and their families with compassionate care and support for lasting recovery.

Finding the right drug or alcohol treatment center can be the hardest part of beginning the recovery process. Rushford works one on one with our clients to understand their needs. Our dedicated team of trained professionals offer individualized, gender-specific treatment programs that address each person's unique physical and emotional needs. We accept most major insurance and offer our treatment plans at reasonable costs to assure everyone has the greatest chance at recovery, regardless of their financial means.

[www.rushford.org](http://www.rushford.org)  
Toll free 1-888-203-2916

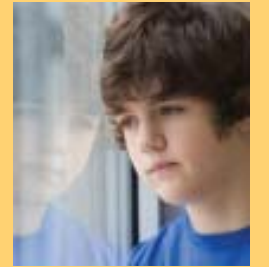
## Adolescent Substance Abuse Services

### Rushford Academy - Residential Program for Males

A flexible length of stay residential substance abuse/dual diagnosis program for adolescent males ages 13-17. The program blends group therapy, individual and family work, academics, and recreation therapy to support residents and their families.

### Positive Step - Intensive Outpatient Treatment

Positive Step is Rushford's intensive outpatient program designed specifically for adolescents ages 13-17 who are suffering from substance abuse and related psychological and behavioral problems. The goal of the program is to help youth and their families recover from the destructive effects of substance abuse and other behavior-related problems.



## Adult Substance Abuse Services

### Urgent Assessment & Referral

Urgent assessment and referral services are provided for adults daily from 8 a.m. to midnight. Services are provided by trained nurses who can assess the type and level of services needed. Referrals are made to the inpatient detoxification program for medically monitored detox services or to other appropriate levels of care.

### Residential Detoxification

A 16-bed medically monitored unit for detoxification, evaluation and monitoring. Services are provided for individuals experiencing alcohol or opiate intoxication and withdrawal. The program includes daily individual and group counseling as well as treatment and referral planning.

### Intensive Residential Treatment

A short-term, flexible stay residential inpatient program that offers individual counseling, group therapy, family involvement and regular in-house and off-premises 12-step meetings. All clients have individualized treatment plans, continuing care updates and discharge plans.

### Intermediate Residential Treatment

A residential program that provides full clinical and therapeutic support for clients who are "in transition," seeking to return to the workforce or already employed. Clients are required to stay involved with Rushford counseling programs, group therapies and continuing care planning.

### Partial Hospital and Intensive Outpatient Treatment

Structured, flexible stay outpatient programs that offer group therapy and drug education groups as well as an introduction to a 12-step program. Treatment services help individuals develop the skills and confidence they need to cope successfully with the problems caused by substance abuse, while offering the advantages of working and living at home.

### Senior Outreach and Treatment

Our Senior Outreach Program educates health professionals, individuals and concerned family members about the incidence of substance abuse among seniors. The program employs nontraditional strategies to identify individuals 55 years of age who may be experiencing chemical dependency issues.

### Suboxone Treatment

Rushford partners with a private provider in Glastonbury to provide outpatient therapy in conjunction with Suboxone induction and treatment for individuals with opioid addiction (heroin, oxycodone, codeine, etc.). Studies have shown that therapeutic intervention and evaluation are important to successful outcomes for individuals receiving Suboxone treatment. For more information, please call 860-657-8910.



The first step to beginning a substance abuse treatment program at Rushford is to schedule an assessment. Rushford's highly trained addiction treatment providers are experienced in designing individualized treatment plans to best meet each person's recovery needs.

#### Intervention Services

Our experienced interventionists work with families, friends and others by facilitating interventions, designing treatment strategies and arranging appropriate levels of care. Rushford's intervention process is focused on involving a team of caring and concerned individuals who can assist an adolescent or adult struggling with addiction to seek help for the destructive behavior.

#### Detox Services

Rushford provides detoxification services in a safe, comfortable environment. The detox process is a vital step in early recovery because individuals often want to stop using drugs and/or alcohol, but are unable to fight their cravings alone. Rushford utilizes the latest detoxification techniques and medications depending on the individual's pattern of abuse.

#### Residential Treatment

Our residential treatment programs provides a safe environment in which individuals with addiction disorders can identify issues that lead them to self-destructive behaviors and learn how to define and deal with these issues. Rushford's program integrates a well-rounded balance of individual and group therapy sessions, 12-step meetings, social activities, exercise, a healthy diet and rest periods. After completing residential treatment, individuals are referred to outpatient care.

#### Outpatient Treatment

Rushford's outpatient treatment services are designed for individuals who require an intensive treatment program for drug addiction or alcoholism, but may not need residential treatment or have recently completed an inpatient program. With locations in Middletown, Glastonbury and Meriden, Rushford's outpatient treatment program offers flexible, individualized treatment that allows people to maintain their independence and daily work and/or school commitments. Both daytime and evening outpatient treatment options are available.

Call 1-888-203-2916 today or visit [www.rushford.org](http://www.rushford.org) for more information.

Middletown • Glastonbury • Meriden/Wallingford • Portland • Durham

## SUBSTANCE ABUSE TREATMENT

When the world says, "Give up,"  
Hope whispers, "Try one more time."






Real treatment for real people.