



# EXTENDED CARE

FOR WOMEN    FOR MEN

## Extended Care

### TIME FOR RECOVERY

Sometimes, people just need more time to get to the heart of their recovery.

With daily counseling and a variety of therapies and healthy activities, Extended Care provides the chance for people to learn and recover in their own time within a beautiful, serene, supportive environment.

While the duration for Extended Care treatment depends on the individual, the National Institute on Drug Abuse notes that most addicted people need at least three months in treatment to significantly reduce or stop their drug use. The best outcomes occur with stays of 6 to 12 months.



800.761.7575  
[seabrook.org](http://seabrook.org)



## Time for Change

Seabrook Extended Care for Women provides residents with a safe, therapeutic environment where they can focus on dealing with core issues and making healthy changes.

Every resident receives support from a dedicated treatment team as well as a community of recovering people.

Extended Care helps recovery become more secure and diminishes the potential for relapse.

Length of stay is determined by each resident's individual progress. The facility features both private and semi-private accommodations in the newly renovated house and cottages.

## Extended Care for Women

- Houses up to 37 Women
- Renovated Private and Semi-Private Rooms and Cottages
- 6 Month Minimum Stay
- 30-day Detox/Primary Treatment Required Prior to Admission
- Group Therapy 5 Days a Week
- Weekly Individual Therapy
- Medication Management
- Clinical Services
- Individualized Wellness Plans
- Wellness Center/Fitness Facilities
- Yoga/Meditation Room
- Variety of Holistic Therapies
- Leisure Time & Off Campus Activities

## Time for Living

Seabrook Extended Care for Men provides long-term treatment for men recovering from alcoholism, chemical dependency, and/or co-occurring disorders. The program is designed for chronic relapsers, licensed professionals, and those with a history of multiple treatments.

Extended Care is an excellent opportunity for men who want to reduce the risk of relapse. Length of stay is determined by each resident's individual progress.

Seabrook Extended Care for Men offers a variety of therapies, clinical services, housing, and employment opportunities, and more in a multiphase step-down program.



## Extended Care for Men

- Houses up to 25 Men
- Private and Semi-Private Rooms
- 6 Month Minimum Stay
- 30-day Detox/Primary Treatment Required Prior to Admission
- Group Therapy 5 Days a Week
- Weekly Individual Therapy
- Medication Management
- Clinical Services
- Individualized Wellness Plans
- Wellness Center/Fitness Facilities
- Yoga/Meditation Room
- Variety of Holistic Therapies
- Leisure Time & Off Campus Activities



# seabrook<sup>®</sup>

is

## life, restored

**Extended Care treatment programs offer people an opportunity to secure the tools they need for full recovery, and a life restored.**

Extended Care treatment is just the right solution for people who have struggled with chronic relapse and multiple treatments.

The 6 to 12 month recommended stay is also especially effective for licensed professionals and executives, and for treating opiate addiction and co-occurring disorders.

Residents must complete a 30-day detox/primary treatment program prior to being accepted into Seabrook Extended Care.

seabrook<sup>®</sup>  
the heart of recovery



Seabrook is a renowned, non-profit, CARF-accredited inpatient alcohol and drug addiction and co-occurring disorder treatment provider. Founded in 1974 by Jerry and Peg Diehl, Seabrook now provides a variety of treatment services at several locations.

Our multi-disciplined medical team oversees all treatment programs and is board-certified in addiction medicine, addiction psychiatry, and family practice, along with other specialties.

Seabrook is a licensed Residential Addiction Treatment Center.

### **LOCATION:**

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