

# Inpatient Rehab Facilities

## North Carolina

### Albemarle Teen Challenge

104 West Main Street  
Elizabeth City, NC 27909  
(252) 338-8263

**Basic Description:** Albemarle Teen Challenge is a Christian, 12-15 month residential facility for women overcoming life controlling issues such as drugs and alcohol.

**Cost/Insurance Information:** N/A

### Charlotte Rescue Mission

#### *Men – Rebound*

907 W. 1st Street  
Charlotte, NC 28202  
(704) 333-4673

**Basic Description:** Rebound provides Christian residential drug and recovery services for homeless men. The program is modeled after the 12-step Alcoholics Anonymous curriculum, but with one significant difference.

While we provide food, clothing and shelter, it's always integrated within a minimum 90-day program. This multi-faceted approach ensures that our residents develop a deep understanding of their problems, including the root causes. In doing so, they learn not only how to cope with the pressures of staying drug and alcohol free, but how to manage the life scenarios that can trigger relapse.

The 90-day program begins with 30 days of intense counseling and education, followed by 60 days of continued group and individual counseling, instruction and training. Homeless men complete the Rebound program at approximately twice the rate of the national average

**Cost:** N/A

#### *Women – Dove's Nest*

2855 West Boulevard  
Charlotte, NC 28208  
(704) 333-4673

**Basic Description:** The program provides a loving, highly-structured Christian environment to help women understand and deal with the core issues of their alcohol and/or drug addiction. The intense 120-day program focuses on spiritual, physical, social and psychological recovery. After the 120 day intensive program residents may opt for an eight month extension in our continuing care division.

**Cost:** N/A

## Cumberland Heights

Multiple Locations throughout Tennessee  
(800) 646-9998

**Basic Description:** Cumberland Heights offers treatment programs for people ages 14 and up suffering from drug and alcohol addiction. All treatment plans are abstinence based and are grounded in the 12 Steps of recovery. A typical residential stay is 30 days, but may vary in length based on initial and ongoing assessments.

**Cost/Insurance:** Cumberland Heights is an in-network provider for most health insurance networks. Our staff will do our best to help you navigate through the complex maze of insurance coverage to help you maximize the benefits available under your health insurance plan. We will verify your benefits and obtain authorizations from the insurance company based on medical necessity. We keep you informed during every step of the process.

In the event that you and your treatment team recommend a length of stay greater than what your insurance will authorize, Cumberland Heights offers self-pay rates that are discounted from our published rates and very competitive with other nationally respected treatment centers.

LEVEL OF CARE: SELF-PAY RATES

**Detox:** \$750 per day

**Residential:** \$750 per day

**Intensive Outpatient (IOP):** \$200 per day

**Physicians' services are billed separately through CHPA.** Prescriptions unrelated to detox are forwarded to an outside pharmacy for your convenience and will be billed to your insurance for you. Most medications can be brought with you to treatment and will be reviewed by your attending physician.

## Dare Challenge

2263 NC Highway 345  
Wanchese, NC 27981  
(252) 473 -6462

**Basic Description:** Dare Challenges serves men with substance abuse issues who are 18 years or older. An interview with the director is a requirement for admission. The individual must be free of any and all communicable disease.

**Cost:** \$800 entrance fee (non-refundable after admittance), Dare Challenge will help each student to establish a Good Samaritan Fund to help underwrite the cost for the ministry to operate while he is a resident. (This is not a student fee).

## Edgehill – A Recovery Retreat Center

315 East Cork Street  
Winchester, Virginia 22601  
(540) 662-8865

**Basic Description:**

**Cost:** Edgehill is operated by the Edgehill Board of Directors, a non-profit, tax-exempt corporation. Edgehill provides an affordable environment in which to begin recovery from addiction. We accept cash, personal checks, and money orders. We also accept Visa, Discover, and MasterCard. We do not accept insurance or other third-party payments. Please call for more information.

## Fellowship Hall

5140 Dunstan Road  
Greensboro, NC 27405  
1 (800) 659-3381

**Basic Description:**

**Cost/Insurance Information:**

## First Step Farm

### Men's Program

215 Black Oak Cove Road  
Candler, NC 28715  
(828) 665-5604

### Women's Program

200 Pete Luther Road  
Candler, NC 28715  
(828) 667-0303

**Basic Description:** Referrals must be made by treatment programs licensed and/or supported by the North Carolina Department of Health and Human Services (NC DHHS). Clients **must** have *successfully completed* an approved treatment program **within the past twelve months**, and have demonstrated a period of sobriety of at least 4 weeks prior to admission to FSF

**Cost: N/A**

## Footprints in Recovery

PO Box 217  
Kill Devil Hills, NC 27948  
(877) 429-0713

**Basic Description:** Footprints offers a 30, 60, 90 day rehab program for adults ages 18 or older.

**Cost/Insurance Information:** Bed hold deposit is required of \$2,000.00 and is non refundable.

## Michael's House

515 North Palm Canyon Drive  
Palm Springs, California 92262  
1 (866) 491-6547

**Basic Description:**

**Both the Men's and Women's Center** offers a 45 day program, though patients may stay anywhere from 30 to 90 days. It is a comprehensive clinical program that is focused on integrated treatment for substance use and co-occurring mental health issues.

**Cost/Insurance:** Michael's House accepts most major insurance plans, and will work with your insurance company to verify what benefits will cover your treatment expenses. The insurance verification team works very hard to get the best payment plan to fit your needs. They will be able to give you a primary assessment of your options and what is covered or what costs may need to be paid out-of-pocket. The verification process does not cost you anything and will simply give you an appropriate picture of how you can plan for treatment financially. Please call us to learn more.

**Exclusions for Admission:**

- The individual exhibits suicidal or homicidal ideation with a plan and intent to carry out the plan, indicating a need for acute hospitalization.
- Disruptive psychosis to the extent that the individual is unable to care for himself or is a threat to others

- When the patient is in need of urgent medical care due to detoxification or other medical issues
- Medical equipment needed to support the individual may be beyond the scope of a sub-acute facility
- The individual cannot safely navigate the environment of care for his own personal needs
- The individual does not voluntarily consent to admission or treatment

## **Black Bear Lodge**

310 Black Bear Ridge  
 Sautee Nacoochee, GA 30571  
 (888) 321-9187

**Basic Description:** The length of stay in treatment will be based upon your specific needs for support. Some patients prefer to stay in treatment for 90 days or more, waiting to transition out of treatment into a sober living program or back home when they feel comfortable. Others stabilize in recovery after a brief 30-day stay. No matter how long your loved one stays in residential treatment, it is important that he follow up treatment with aftercare services and remain actively engaged with his recovery.

**Cost/Insurance:** People often pay for a majority of treatment costs using their insurance benefits. Different policies cover different aspects of treatment, so it's important to know what your policy does and does not cover. We have a specialized team that works with insurance companies on a day-to-day basis to determine coverage and ensure that patients get the coverage they are entitled to based on their policy. When you call us, we can verify your insurance benefits for free and explain what your policy covers. Some individuals choose a private pay option for treatment, which means that they cover all treatment costs without the use of insurance. Private pay is a viable option for those who feel comfortable using their own resources.

## **The Canyon at Peace Park**

2900 South Kanan Dume Road  
 Malibu, CA 90265  
 (888) 321-9187

**Basic Description:** The Canyon at Peace Park is a private, secluded retreat in the beautiful hills of Malibu, California. Our treatment philosophy is simple: specialized, cutting-edge care, recovery plans tailored to the individual, a supreme healing environment, and a program that addresses both substance use and co-occurring mental health conditions. In a compassionate, fine-tuned approach, we treat the whole person

**Cost/Insurance:** Call for Information

## **La Paloma Treatment Center**

2009 Lamar Avenue  
 Memphis, TN 38114  
 (866) 494-7787

**Basic Description:** The Oaks at La Paloma Treatment Center provides integrated treatment to persons with addictions and/or mental health conditions. Our treatment program is founded on The Foundations Treatment Model, which utilizes Motivational Interviewing methods and philosophies and recognizes Stages of Change in the recovery process. Through this model, our specially trained staff members address the complex needs of individuals with co-occurring disorders.

Both our Residential and Outpatient treatment options provide an introduction to 12-step principles, daily group and individual therapy and life skills. The Oaks at La Paloma also offers comprehensive, medically supervised detoxification services and individualized integrated services.

**Cost/Insurance:** Call for information

## Harvest House

3331 Easy Street  
Dunn, NC 28334  
1 (877) 935-5255

**Basic Description:** Harvest House is a residential substance abuse rehabilitation program for men over the age of 18 located on the main campus of CommWell Health in Dunn NC.

**Cost:** CommWell Health has a partnership with local Managed Care Organization to assure quality care for Behavioral Health patients. All services of CommWell Health are offered on a sliding fee scale based on family size and income. We accept most private insurance, IPRS funding, Medicaid, VISA, Mastercard and Debit.

## Healing Transitions

<b>Men's Campus</b> 1251 Goode Street Raleigh, NC 27603 (919) 838-9800	<b>Women's Campus</b> 3304 Glen Royal Road Raleigh, NC 27617 (919) 838-9800
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**Basic Description:** The mission of Healing Transitions is to offer innovative peer-based recovery oriented services to homeless and underserved individuals with alcoholism and other drug addictions. The program is specifically designed to rekindle a person's desire and ability to return to a meaningful and productive life. Admission to the recovery program requires the following:

- Homeless. There are many forms of homelessness. Usually someone does not rent or own a house, trailer or apartment. If they do rent or own, they can't stay there.
- 18 years old or older.
- A resident of Wake County.

**Cost/Insurance Information:** Healing Transitions provides food, shelter, toiletries and clothing.

## House of Prayer

5884 Riverdale Road  
Jamestown, NC 27282-9239  
(336) 882-1026

**Basic Description:** A non-denomination, non-profit, Christian recovery and spiritual transformation center for men bound by the strongholds of addiction.

### Cost/Insurance Information

Residents with Income: \$800  
Residents without Income: \$400

## Loaves & Fishes

1730 Live Oak Street  
Beaufort, NC 28516  
(252) 838-1156

**Basic Description:** Loaves and Fishes offers a 90-day Core Treatment Program with the option to move into a 90-day Relapse Prevention Program.

**Cost/Insurance Information:** N/A

## McLeod Center

515 Clanton Road  
Charlotte, NC 28217  
1 (855) 824-9458

**Basic Description:** McLeod Center offers both adolescent (12-17 years old) and adult residential treatment for substance abuse.

**Cost/Insurance:**

### Adult Residential Program

#### Fee

Adult Residential Program (average stay 28 days)	\$7,420.00 (\$265 per day)
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Medically Monitored Detox (daily rate)	\$300.00
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### Adolescent Residential Program

#### Fee

Adolescent Residential Program (average length of stay is 90 days)	\$256.36 (per day)
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## Phoenix House

### *Boy's Recovery Lodge*

521 N. Quincy St.  
Arlington, VA 22203  
(844) 298-6161

**Basic Description:** A treatment program combined with an on-site school that guides teen boys toward personal and academic success. The Boys Recovery Lodge is an award-winning 20-bed program for teen boys with problems with drinking, marijuana, or other substances, ages 14-17.

**Cost/Insurance:** Our experienced staff is skilled at working with all types of insurance providers to help you access the treatment you need. Phoenix House is an in-network provider for most major insurance carriers, managed care programs, and Medicaid.

### *Girl's Recovery Lodge*

(844) 298-6161

**Basic Description:** Located in a beautiful single-family home in Arlington, Virginia, the Girls Recovery Lodge is an award-winning, nationally accredited, 12-bed program for teenage girls. We use a cognitive-behavioral, 12-step approach to help residents understand the consequences of their alcohol or drug use, develop their own recovery resources, and use those tools in their daily lives.

**Cost/Insurance:** Our experienced staff is skilled at working with all types of insurance providers to help you access the treatment you need. Phoenix House is an in-network provider for most major insurance carriers, managed care programs, and Medicaid.

### **Demeter House**

Arlington, Virginia  
(844) 298-6161

**Basic Description:** Demeter House, an innovative, nationally-accredited, residential substance abuse center, serves **women** in a gender-specific setting that is comfortable and feels like home. The program is designed not only to break the cycle of drug and alcohol addiction, but also to empower women to re-enter the community as responsible citizens. Our addiction counselors, as well as our medical and psychiatric staff, use a cognitive-behavioral, 12-step approach, including medication and withdrawal management, to address a wide range of substance abuse and mental health problems. **Pregnant women** are eligible for admission, and **mothers entering treatment may bring one child with them.**

**Cost/Insurance:** Our experienced staff is skilled at working with all types of insurance providers to help you access the treatment you need. Phoenix House is an in-network provider for most major insurance carriers, managed care programs, and Medicaid.

### **The Farley Center at Williamsburg Place**

5477 Mooretown Road  
Williamsburg, VA 23188  
**(866) 470-9548**

**Basic Description:** The Farley Center offers superior addiction treatment services to individuals from all walks of life. We are an abstinence-based program, offering flexible treatment services that contribute to a continuum of care that assists patients to achieve long-term sobriety. Our treatment model allows us to help patients with detoxification and short-term stabilization in a residential setting as well as more flexible partial hospitalization that could vary from a few days to 3 months. During their stay, our patients receive psychotherapy—individually and in a group setting—experiential therapeutic interventions, integration into a 12-step recovery program, education, and sober-life skill-building.

The principles of the 12-step program of recovery are integrated throughout the patient's experience. All patients have the opportunity to develop a fellowship of support by learning and applying the spiritual principles of the 12-steps of recovery to their everyday life.

Our patients work collaboratively with a multidisciplinary team of highly qualified and licensed professionals to design a plan of treatment that is crafted for their treatment needs. We help patients identify those issues that can often sabotage addiction recovery, such as co-occurring disorders, marital and/or family conflict, and workplace/career concerns.

**Cost/Insurance:** The cost of addiction treatment continues to be a barrier to recovery for people struggling with this disease. The Farley Center at Williamsburg Place strives to offer avenues for increased access to treatment. Our program has contracts with a series of insurance providers and can assist in accessing financing for treatment services, including:

- Blue Cross/Blue Shield
- Cigna
- MH Net
- Southern Health
- Tricare
- Value Options

Farley addresses each patient individually to make addiction treatment as affordable as possible. Our staff will work with each family to explain costs for treatment and lodging, while also helping them navigate insurance coverage. The Farley

Center staff is highly knowledgeable about insurance plans and coverage. We offer strong patient advocacy in working with third-party payers and complete all pre-authorizations and necessary case reviews.

The Farley Center at Williamsburg Place has partnered with M~Lend Financial to help our patients and families obtain financing for addiction treatment services. For over 15 years, M~Lend has been a leader in the healthcare finance industry. Their programs offer:

- 0% APR introductory financing up to 12 months
- no pre-payment penalties
- no fees of any kind
- low interest rates

Applying is easy and only takes a few minutes on the phone. To schedule an admission to The Farley Center at Williamsburg Place or learn more about financing, contact the admissions office at 866.470.9548.

## **TROSA**

1820 Durham Street  
Durham, NC 27707  
(919) 419-1059

**Basic Description:** TROSA is a voluntary two-year residential substance abuse treatment program. You must be 18 years old, have no outstanding legal issues, complete an interview process and submit to a full drug screen and breathalyzer upon admission.

**Cost/Insurance Information:** TROSA provides all of its services free of charge to the resident. Once you enter the program, we will provide you with housing, clothing, food, and personal care items.

## **Footprints in Recovery**

PO Box 217  
Kill Devil Hills, NC 27948  
(877) 429-0713

**Basic Description:** Footprints offers a 30, 60, 90 day rehab program for adults ages 18 or older.

**Cost/Insurance Information:** Bed hold deposit is required of \$2,000.00 and is non refundable.

## **Pavilion**

241 Pavilion Place  
Mill Spring, NC 28756  
1 (800) 392-4808  
(828) 694-2300

**Basic Description:** The Pavilion offers primary residential treatment is a comprehensive, gender specific program that treats alcoholism, drug addiction and other co-occurring disorders. The primary addiction treatment program includes medically supervised detoxification as needed, a detailed assessment process, and a personalized care approach.

The Pavilion also offers a Professionals' Program specifically focuses on the unique challenges faced by licensed medical, legal and other kinds of skilled professionals when undergoing addiction treatment and recovery programs.



**Cost/Insurance Information:** The Pavilion works with all insurance companies, whether in-network or out-of-network, to maximize reimbursement for our patients. Patients are responsible for committing to a financial agreement for all program costs prior to admission. All claims filed and paid by the insurance company become a reimbursement to the patient. Pavilion does not participate in, nor do we file claims for patients covered under the Medicare, Medicaid, and Tricare programs.

## **Port Human Services**

### **Kelly House**

4300-110 Sapphire Court  
Greenville, NC 27834  
252-830-7540

**Kelly House** – Kelly House is a therapeutic home for women with substance use disorder who are pregnant or have infants up to six months old. It is a safe, structured home-like environment where the journey of recovery begins. Kelly House residents participate in treatment specifically designed to meet the unique needs and issues of a mother or pregnant woman in recovery. Individualized treatment at Kelly House includes individual and group counseling (utilizing Evidenced-Based Practice models), substance abuse education, participation in 12- Step Recovery Programs, Parenting Skills and other approaches as determined by individual need. Case Management Services are offered to each woman to assist her in maximizing her ability to attain self-sufficiency. Clinical staff will assist in linking with community resources as well as prenatal medical care, well- baby check-ups and any other medical care required.

**Cost/Insurance:** Must be Medicaid and SNAP (Supplemental Nutrition Assistance Program) recipient

### ***PORT Adolescent Residential - Greenville***

114 Health Dr.  
Greenville, NC 27834  
252-413-1965

### ***PORT Adolescent Residential - Aberdeen***

204 N. Pine Street  
Aberdeen, NC 28315  
910-944-2189

### ***Port Adolescent Residential - Burgaw***

316 Progress Dr.  
Burgaw, NC 28425  
910-259-5212

**Port Adolescent Residential** - The PORT Adolescent Substance Abuse Program provides residential and day treatment care for adolescents who have not been successful with other interventions thus necessitating the need for 24-hour supervised care and specific therapies to address their strengths, needs, abilities and preferences. The program is designed to address the behavioral, emotional, environmental, academic, vocational, and spiritual needs of persons served during their program stay. A combination of treatment philosophies are utilized to enable the adolescents and their families to internalize and maintain the therapeutic gains as they reintegrate into their respective communities.

**Cost/Insurance:** We participate with BCBS, Medcost, Medicare, Aetna, CIGNA, Tricare, Magellan, CHAMPVA, Humana, United Health Care, NCHC, Medicaid and self pay. It is your responsibility to verify that we are in network with your insurance. If you currently do not have insurance, we may be able to help you access funds to help support your treatment.

All patients must complete a Fee Agreement, bring proof of income, have a current copy of your insurance card and a photo ID. If you do not bring a copy of your insurance card, you will be charged full rate until you provide proof of coverage. You should call your insurance company before your first visit to find out benefits of your policy.

Your co-pay amount is due at the time of service. If you have not met your deductible we will collect the amount due at the time of service. We will file claims for those insurances in which we are contracted, as well as secondary insurance. Once we have received payment from your insurance company, you will receive a bill for any outstanding balance. You then will be responsible for that balance. Payment is expected within 15 days of the billing statement.

We accept cash, money orders, VISA and MasterCard.

## Recovery Ventures

### Intake Office:

2706 US Highway 70 East

Swannanoa, NC 28778

(828) 686-0354 or (888) 663-4085

**Basic Description:** Recovery Ventures is long term residential treatment for alcohol and drug abuse/dependence. The Recovery Ventures program is comprised of 5 phases, where privileges are earned as associates progress through each phase. With these privileges comes more responsibility to help others in the community, and help run the facilities as well.

- **Transition:**  
The transition phase is the first phase of our program and usually lasts between 45 to 60 days. During this phase, you become familiar with your surroundings and the structure of the program. You also learn the rules, policies, and procedures of our program.
- **Acclimation:**  
Following the transition phase, you are beginning to understand the program and the direction you are headed in your personal recovery. During this phase, you receive a larger role in personal responsibility and accountability. You have the opportunity to earn privileges, with a more active role in assisting newer residents. An initial treatment plan is established based on your input and issues that have surfaced.
- **Leadership:**  
The leadership phase is the first major step up in the program, typically this lasts about six months. You should know the guidelines of the program at this stage and accept more responsibility for the proper guidance and development of newer residents, as well as take on active roles in house responsibilities. During this phase, you will work extensively on your personal issues and develop the skills you need to deal with them.
- **Enrichment:**  
Your personal development of responsibilities and accountability continues in the enrichment phase. This phase also lasts about 6 months. This is a significant stage of development where supervision, counseling, and guidance are performed on an as needed basis. Your treatment plans are revised to include individual interests, as well as career and educational goals.
- **Internship:**  
The last phase is aftercare. In this phase, associates begin to transition back into society as productive citizens by securing gainful employment of their own while maintaining interaction with the core of the program. The transitional housing structure is less demanding and restrictive than the primary care facilities, but is the most valuable for sustainable recovery after graduation.

**Cost/Insurance Information:** Substance abuse treatment costs money, and unfortunately, the majority of us who need treatment have little or no money, no insurance, and in most cases, no one that is willing to help with the financial burdens of long-term substance abuse treatment. As stated earlier, you earn what you get at Recovery Ventures. Everything that you need will be provided for you through our organization. Recovery Ventures is a self-supporting, 501c(3) charitable organization as defined by the United States Internal Revenue Service. While the majority of our daily operational and administrative expenses are paid through the work all associates perform for our contract employers, any additional needs are met through tax deductible donations that we receive.

## Calvary Chapel

154 River Road  
Orrington, ME 04474  
(207) 991-9555

**Seven Oaks Training Center** - Seven Oaks is a residential discipleship program training men with life controlling problems who are determined to overcome their bondage. The Men's program has been developed into three phases:

**Phase 1:** The first eight weeks are highly restrictive and regimented. Completion of a Biblical Foundations course involving personal study is required. A daily work routine is also a part of this phase. They are not allowed to have and use cell phones, iPods, computers, or other electronic devices.

**Phase 2:** The student becomes a more serious disciple through continued study and application of God's Word. Additionally, during this sixteen-week schedule responsibilities are increased. Leadership roles develop as the student demonstrates his ability to serve others effectively. They are not allowed to have and use cell phones, iPods, computers, or other electronic devices. During the final month of this phase, students will be afforded the opportunity to develop a Phase 3 Transition Plan.

**Transition Plan:** In order to make the transition from Seven Oaks Training Center to the next season of life, a number of issues must be considered and arrangements made (e.g. securing Godly fellowship, finding employment and housing, obtaining a driver's license, paying off debts, etc.). Therefore, at the beginning of the student's sixth month a Seven Oaks Transition Plan must be developed and approved. Additional phone time will be provided for the purpose of making important contacts and necessary arrangements. The program's director and overseers will assist the student whenever possible in making all necessary contacts.

**Phase 3:** During this twenty-four week period the student will adhere to all program rules and requirements. The goal of this phase is to enable the student to effectively transition into the community as an honest, responsible, maturing man of God.

- A primary objective of the student in Phase 3 is to secure and maintain gainful employment. Learning to work and interact in the world without yielding to sin is an evidence of their profession of new life in Christ. Colossians 3:9-10 - Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.
- In the rare event a student is called by God to another ministry, SOTC guidelines will remain in effect. The student's Transition Plan will be his blueprint for discipleship under the authority of the local church to which God has led him.
- Every student will be eligible for a CERTIFICATE OF COMPLETION from the Seven Oaks Training Center when the Transition Plan has been accomplished and authenticated.

### ***This is a non-smoking program***

**Blessed Hope** - Blessed Hope is a residential discipleship ministry working with women who are seeking a way of escape from drugs, alcohol, and other life controlling issues. The framework of Blessed Hope is a process by which women in crisis come to accept the biblical message of becoming a new woman through faith in Jesus Christ, and the truth of God's Word.

Blessed Hope is a Christ-centered alternative to secular programs within the drug and alcohol community.

Our ministry has been very successful in setting women free, restoring relationships, and giving them a future filled with hope.

#### The Women's program has been developed into three phases:

**Phase 1** - is a two-month phase of the program with a highly restricted and monitored schedule. The resident must complete foundational courses of personal study, attend daily instructional studies and attend regular church services. Studies will address issues that lead to addictions, destructive behavior, wrong decision making, and much more. Blessed Hope is a work program designed to instill proper work ethics. Daily work projects for Phase One residents will generally be limited to the Blessed Hope residence and Calvary Chapel properties. The resident will have a safe environment, free of temptations and opportunities to continue in their life controlling patterns.

**Phase 2** - is four months of the residential stay, where the resident now becomes a serious Bible student, required to attend special study classes as well as the daily instructional studies and church services. Work projects for Phase Two residents may be outside of the residence and more community focused, emphasizing the serving of others. This phase is still very restrictive and structured.

**Transitional Phase** - is the final six-months of commitment where the resident resides in our transitional facility. This phase is crucial as residents take what their new knowledge and enter society where they will have opportunity to apply what they have learned, as temptations present themselves. This is done while she still has the support of the Blessed Hope community and staff. She will be expected to find employment, pay rent, follow house guideline and regulations, continue in fellowship at Calvary Chapel, and find a place to “serve” or give back. She will be encouraged and assisted in clearing up/meeting any legal obligations, financial wreckage, and working to mend relationships. She will be expected to live a “clean” life and encourage women in the first phases.

***This is a non-smoking program***

## **Wilmington Treatment Center**

2520 Troy Drive  
Wilmington, NC  
(800) 992-3671

**Basic Description:** Typically lasting up to 28 days, our treatment programming at Wilmington is open to men and women aged 18 and older who have primary substance use disorders, though we also welcome individuals who have primary substance use disorders and other co-occurring mental health disorders. Patients who complete inpatient residential care often move into our step-down partial hospitalization program and intensive outpatient program.

**Cost/Insurance:** Wilmington Treatment Center contrast, as participating providers, with most insurance plans including, but not limited to: Aetna, Blue Cross Blue Shield, Cigna, Magellan, Medcost, Optum, Physicians Health Plan, TRICARE, UHC/UBH. We accept Medicare for the portions of our program they reimburse. Any non-covered services and/or days are the patient’s financial responsibility. These arrangements must be made prior to admission to the facility. We also offer a private pay program.

## **Owl’s Nest**

2528 West Palmetto  
Florence, SC 29501  
(888)70-4286

**Basic Description:** Residents are required to make a minimum 28 day commitment to The Owl’s Nest, but may stay longer depending on their individual needs. The Short Term Intensive Program at The Owl’s Nest is an intensive study and application of the only time tested proven method of recovery from addiction, the Twelve Steps of Alcoholics Anonymous as they are outlined in the Big Book.

This program offers a more personalized course of implementation. Clients will participate in group sessions that contain less people which will allow the staff to effectively present the curriculum in a shorter amount of time. During these sessions, clients will also be encouraged to discuss their experiences and how they plan on achieving sobriety through the twelve steps of Alcoholics Anonymous. Along with these group sessions, clients will participate in workshops that provide education and insight into each of the twelve steps and their application.

At The Owl’s Nest, clients are more than just a number. If a client feels they need more time, they are encouraged to remain with The Owl’s Nest until they feel comfortable enough to return home. By completing this program and becoming an Owl’s Nest Alumni, clients leave us with a lifelong network of recovered addicts that live all over the country.

**Cost/Insurance:** Contact for more information

## Angel of Hope House

Hickory, North Carolina  
(828)315-0352

**Basic Description:** Angel of Hope House is exclusively for women 18 years of age and older who are motivated for recovery from alcohol and/or drug dependency conditions. It is a one-year transitional point for women. The Angel of Hope House is individualized to each woman's needs. "Time" is often the most important element in learning a new way of life without alcohol or drugs. Home visits are approved as the individual progresses in the program. Home visits are granted for a night or weekend away from home after 60 days. Passes will not be granted more frequently than twice per weekend. "Angel of Hope House", embraces the 12-Step Program philosophy and daily attendance of AA meetings is an integral part of the program. Whether or not a resident can work is individualized, but most people need several months to completely integrate into the program and recovery community. Program features include:

- Spiritually based facility
- Sober living environment
- Daily in-house meetings
- Education about alcoholism/addiction
- Provide service/care based on individual needs

Angel of Hope House utilizes a house that provides a safe and comprehensive environment for the stay of transitional women. It will be supervised by the Executive Director with the assistance of the House Manager and volunteers. Residents will be provided with a furnished room with utilities, and laundry facilities. This will be a home-like environment, where all residents participate in the operation of the house, including weekly house meetings.

Women who are accepted into the home will be assisted with finding permanent housing before they leave. They will be required to find employment through job placement agencies and similar organizations.

**Cost/Insurance:** Contact for more information

## Hope Homes

Charlotte, NC  
(877) 355-1141

**Basic Description:** Hope Homes Recovery Services provides long-term, extended care recovery residences and recovery support services to individuals recovering from alcoholism, substance abuse, emotional, and/or eating disorders. Our program is designed to bridge the gap from early recovery to independent living. We serve adult men and women, 18 years and above, who live in appropriately separate communities.

The residential component of Hope Homes offers a safe, healthy environment where collaborative community networking is emphasized. It is an integral piece of our program, but it is only a small part of what we do. The most valuable aspect of the Hope Homes program is our professional life skill counselors and the services they provide to our residents.

### LIFE SKILLS COUNSELORS

- Professional life skill counselors live on-site and are available to residents 24 hours a day/7 days a week.
- Each resident is assigned a primary counselor with whom he or she develops a partnership based on trust. *The counselor-resident relationship is essential to the Hope Homes model. Through this relationship, residents learn structure, accountability, and skills necessary for a life in recovery.*
- Counselors collaborate with the referral sources and collateral contacts of each resident to ensure continuity and efficacy of care.
- Counselors keep family members apprised of the progress of each resident on a case by case basis (if appropriate).
- Counselors meet weekly with each resident in a one-on-one session to assess his or her progress and assist with any issues the resident may be experiencing.
- Each counselor is supported by a Counselor Supervisor. Counselor Supervisors coordinate all resident assessments, behavioral interventions and discharges under the clinical supervision of the Executive Director.

#### RECOVERY FACILITATION

- 90 Meetings in 90 Days
- Weekly on-site 12 Step Meeting
- Referral Source Collaboration
- Continuing Care Service Provider Collaboration
- Family Collaboration
- Frequent, Random Drug Screening
- Dual Diagnosis Support
- Weekly Clinical Assessments of each resident, conducted by Counselor Supervisors
- Specialized Recovery Tracks to meet the unique needs of each resident

#### COMMUNITY BUILDING

- Weekly Fellowship Opportunities
- Experiential Based Activities
- Monthly Community Meal
- Monthly Fun Nights
- Weekly Community Check-Ins and Assessments
- Service Work Projects
- Annual Weekend Retreat

#### LIFE SKILLS DEVELOPMENT

- Employment Guidance and Support
- Education Guidance and Support
- Experiential Based Activities
- Nutrition & Fitness Guidance
- Weekly Scheduling and Planning
- In-House Support Groups
- Morning and Evening Apartment Check-Ins
- Personal and Community Hygiene Mindfulness

**Cost/Insurance:** Call for more information

## Two Dreams

Corolla, NC  
(708) 613-4750

**Basics Description:** At Two Dreams we believe in individualized drug addiction care. Our comprehensive treatment model treats the entire person as well as the disease of addiction. No matter what addiction you suffer from, we help you achieve success through our unique approach. Our treatment program, is separated into The Three Phases, The Seven Dimensions, and The Three Outcomes.

Two Dreams is ideal for adult clients (18+ years old) struggling with substance abuse, addictive behavior, and mental disorders. We recommend our residential treatment program to clients who want or need to be out of their home environment in order to focus on changing addictive behaviors and developing a holistically healthy lifestyle. We are not a detoxification clinic, meaning that we do not manage medical issues related to the withdrawal drugs or alcohol, but we are happy to refer clients out for detox before they officially begin our program. Individuals may be admitted into treatment when there is a qualified diagnosis of need. Pre-admission assessment screening will be conducted to gauge appropriateness for treatment services and to prepare the staff for the course of treatment.

**Cost/Insurance:** Our individualized approach ensures that each person's needs are met and we strive to help make treatment affordable. Our treatment terms are 28 days each and there is a cash price discount available as well as treatment awards that are based on a case by case needs assessment and bed availability while residing on the tranquil shores of the Outer Banks.

As a private pay facility for alcohol and drug addiction treatment we are not in-network with any insurance providers. However, our experienced staff will work with your insurance company to ensure maximum coverage and reimbursement. For more information and a complimentary benefit check or to inquire regarding the cost of our programs, please contact our Admissions Department at (708) 613-4750.

## Red Oak Recovery

631 Willow Creek Road  
Leicester, NC 28748  
(866) 831-9107

**Basic Description:** The young adult drug and alcohol treatment program at Red Oak Recovery® is like no other. Our focus is on clinical care, addressing substance abuse, trauma, and the underlying emotional issues that are often present. Sometimes these issues predate drug and alcohol use, and sometimes it is the other way around.

We believe in addressing all issues in a simultaneous, holistic, and integrated fashion. Our Master's level clinicians hold dual credentials, licensed in both mental health and clinical addictions. Clients receive 20 hours of clinician-led individual and group therapy sessions each week. Our program is small enough that we can individualize care for each client.

We also help the family heal. Our unique family program helps families recognize what they need to do to stay centered and healthy and to support their loved one in recovery. Research has shown that when the family is involved in the recovery process the prognosis is much better.

**Cost/Insurance:** Red Oak Recovery® works with many major insurance providers, including, but not limited to:

- Aetna
- Blue Cross/Blue Shield
- Cigna
- United Healthcare

For those interested in working with insurance, our team will collect all insurance information during the pre-admission process from the client and a Verification of Benefits is completed. Within twenty-four hours, clients and/or families are given the most up-to-date information provided by their insurance company including benefits, deductible amounts, and other relevant information in order to determine the client's anticipated financial responsibility. After a client is admitted into Red Oak Recovery®, our team continues to engage with insurance companies to relieve clients and their families of the sometimes arduous claims process, allowing them more time to focus on treatment and healing for their family. Our team advocates for you or your loved one to maximize financial resources for treatment and the help that he or she needs and deserves.

Red Oak Recovery® also works with American Healthcare Lending in the event that additional financing needs to be procured. The application process is streamlined and provides immediate decisions to families.

Please do not let concerns about the cost of treatment prevent you or a loved one from seeking help. Any questions or concerns regarding insurance or the admissions process can be answered by our Admissions team. Please call us at 866-831-9107.

## Four Circles

156 Clear Crossing Lane  
Horse Shoe, NC 28742

(866) 632-5429

**Basic Description:** Four Circles Recovery Center is an innovative, state of the art wilderness-based treatment program for males and females, ages 18-28, with addiction, substance abuse, and co-occurring mental health issues. At **Four Circles Recovery Center**, our philosophy is based upon the research-backed belief that the ideal substance abuse treatment milieu for young adults is composed of the following three features:

1. **A nurturing residential community**
2. **Intensive substance abuse services**
3. **Experiential wilderness therapy**

**Cost/Insurance:** Call (866) 632-5429 for information

## Stepping Stones Manor

416 Walnut Street  
Wilmington, NC 28401  
910-762-1743

**Basic Description:** The PORT Human Services halfway houses provide clinically managed low-intensity residential services for adult males who are diagnosed with a substance use disorder and require daily supervision. The mission of the homes is to assist individuals with mapping a road to long-term recovery. The philosophy of treatment is to treat the individual's illness, assist with development of new coping skills and build on their strengths. A combination of treatment modalities are utilized to address those needs and enable the patient to internalize and maintain the therapeutic gains as they reintegrate into the community.

Each facility has a home-like atmosphere and creates a safe, comfortable place to aid the patient in achieving recovery. Individuals are screened and interviewed to determine appropriateness for admission to the homes. Patients must be willing to comply with all house rules and regulations including room and board payment, attend five 12-step meetings per week, and adhere to house rules. Substance abuse counseling is required for all residents of the homes.

The homes have a zero tolerance policy for substance use in the home and performs random drug-screenings to ensure an environment which is conducive for recovery.

Eligibility:

- Men 18 and older.
- 72 Hours without the use of addictive substances.
- TB test required.
- Must be willing to participate in a program of recovery.

**Cost/Insurance:** Call 910-762-1743 for more information.