



## SILVER PINES RESIDENTIAL



### Silver Pines Overview

Addiction & Mental Health Treatment Services

Admissions & Referrals: 844.291.3939



## WHO WE ARE

Silver Pines is a small, intimate detox and residential treatment center for addiction and mental health disorders nestled just south of the Pocono Mountains in Pennsylvania. We understand that substance use disorder affects the entire person, so we treat each client by integrating therapies that address physical, emotional, mental, and spiritual needs. We prioritize relationships and connection to help our clients recover what matters most to them.

## OUR PROGRAM

We offer a detox program that's followed by residential addiction treatment, providing individualized support throughout each level of treatment. Additionally, Silver Pines is licensed to treat dual diagnoses and has sixteen dedicated beds for clients with co-occurring mental health and substance use disorders.

## DETOX PROGRAM

Our detox program is twofold and includes medication-assisted detox and social support. Detox includes a full history and physical as well as a psychiatric assessment for each client within 24 hours of admission. Our licensed nursing staff provides monitoring and is available for assessments and treatment 24/7. Our orientation of each new client, which also starts within 24 hours of admission, focuses on building connection and relationships while educating clients on our program.

Additionally, our care management and program teams address employment, legal, FMLA, and other external stressors that impact a person's ability to focus on the treatment they need. Addressing these concerns is pivotal to our treatment philosophy and builds honest, trusting, and important relationships from first contact.

## RESIDENTIAL ADDICTION & MENTAL HEALTH TREATMENT

At Silver Pines, we take a whole-person approach with a focus on helping each client make connections that will support them in their recovery. Based on each client's needs, we create individualized treatment plans that are designed to educate, motivate, and ensure sustained recovery. Treatment plans can include:

- Holistic therapy
- Nutrition support
- Art therapy
- Trauma therapy
- Relapse prevention
- Medication-assisted treatment





## NUTRITIONAL PROGRAM

Unlike other programs, at Silver Pines we not only provide a full-service kitchen, but we also offer self-serve/open eating. Our self-serve/open eating lounge is available to our clients 24/7 and is stocked with homemade and easily prepared comfort foods. Our full-service kitchen is led by our executive chef who's also a certified nutritionist. Additionally, each client can receive a nutritional assessment and customized meal plan designed by a licensed dietitian.

## FAMILY PROGRAM

Our family program guides families along every step of their journey by providing education and intervention with authenticity and integrity. Not only does our program help families who have a loved one in treatment, but it also helps prepare them for life after treatment. We offer family therapy sessions, in-person family education, and process groups as well as virtual support groups for the loved ones of our clients.

## ALUMNI PROGRAM

Staying connected after treatment can be an important support for many clients. We've found that when people continue the meaningful relationships they develop in services, they have a better chance at long-term recovery. Our dedicated alumni coordinator orients every new client upon admission, is an available resource during treatment, and continues support after discharge. We also extend our Alumni Program to family members.

Additionally, Silver Pines is nationally recognized by the Human Rights Campaign as a leader in providing services to the LGBTQ+ community. We offer specialized process groups designed to allow the LGBTQ+ community a safe, friendly, and open environment to share their stories.

*"I love Silver Pines. I came there as a lost soul, a shell of my something I wasn't sure of. During my stay there, I learned more in 30 days than I have in my 23 years of life. I'm so grateful for the staff and the community that I was so blessed to be a part of. I walked in with zero faith, and I walked out with a beautiful foundation of friends and people who have taught me lessons that I will hold for the rest of my life. Thank you, Silver Pines Treatment Center for making me a better version of myself!"*

- Grateful Silver Pines Alumnus



## ADMISSIONS & INSURANCE

Our experienced team is available 24/7 to quickly verify your insurance, complete a thorough assessment, and provide safe door-to-door transportation.

Paying for rehab can be daunting, but there are many options available that can help. Silver Pines accepts a range of commercial insurance providers, and our team will work with you to determine the best financial plan for you or a loved one.

Call Us: **844.291.3939** | Text Us: **215.544.2221**



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