

Recovery  
Never  
Stops.

Neither  
Do We.



Rushford is accredited  
by the Joint Commission



A Hartford HealthCare Partner

Recovery never stops. Neither do we.

Toll free help for all ages  
**1.877.577.3233**



## Locations

*In addition to our Glastonbury programs, Rushford offers both residential and outpatient services for people seeking help with substance use and mental health issues. See locations below.*

### Meriden

Comprehensive behavioral health treatment, substance use and addiction treatment and prevention programs for all ages. Community support services for adults.

### Middletown

Inpatient and outpatient substance use and addiction treatment programs for adult men and women.

### Glastonbury

Intensive outpatient substance use and addiction treatment programs for adolescents and adults.

### Portland

Intermediate residential substance use and addiction treatment program for adult men and women.

### Durham

Residential substance use and addiction programs for adolescent males. Continued secondary education assistance provided.



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# Adult and Adolescent Substance Use Recovery Programs

Rushford at Glastonbury



Programs and Services



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## Rushford at Glastonbury

If you or someone you know is seeking a substance use recovery program for adults and/or adolescents with flexible hours, and experienced clinicians who provide support, privacy, and encouragement, Rushford at Glastonbury is here for you.

## Glastonbury Adult Services

For adults, Rushford at Glastonbury provides specialized assistance for those needing behavioral health, addiction, or supportive services. Programs cater to the busy professional in need of flexible scheduling and the utmost of privacy.

**The Intensive Outpatient Program (IOP)** offers group therapy to individuals in need of consistent support throughout the week. Clinicians facilitate an experience where members can develop the skills and confidence they need to cope with substance abuse.

**The Relapse Prevention Program** offers group therapy to individuals in need of weekly support, who have successfully completed the IOP, or are confidently moving forward in their recovery process.

**The Awareness Program** offers group therapy to individuals in need of weekly support who may be new to the recovery process and looking to make a lifestyle change. This provides members with the skills to help achieve and maintain abstinence.

**The Professionals Program** offers group therapy to working professionals whose careers often dictate a need for privacy and evening meeting times.

**Individualized therapy** is also offered that allows for the most specialized treatment for individuals in need of additional support, or who are uncomfortable in a group environment.

## Glastonbury Adolescent Services

For adolescents, Rushford at Glastonbury provides a five-day-a-week after-school program focused on substance use this is based on *The Seven Challenges® Program*.

**The Seven Challenges® Program** is designed specifically for adolescents with drug problems, to motivate a decision and commitment to change - and to support success in implementing the desired changes. The program simultaneously helps young people address their drug problems as well as their co-occurring life skill deficits, situational problems, and psychological problems.

After completing *The Seven Challenges® Program*, graduates have the option to attend a weekly substance abuse group as a “step-down” in their recovery process. This group is also open to teenagers who are, after an initial evaluation, believed to need a less intensive treatment option in the community.



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