



The beauty and nature of Ashley's buildings and grounds provide a sanctuary in which to heal. On a campus removed from the distractions of daily life, patients can begin the process of healing and rebuilding their lives in safety and privacy.

Located just a few hours from New York City and Washington, D.C., Ashley's campus is situated on 147 acres overlooking the Chesapeake Bay just outside of Havre de Grace, Maryland. The campus has the feel of a small, welcoming college with granite buildings, stained glass windows and amazing views of the water. Much of the property is green space which encourages a wide variety of wildlife to call Ashley home—fox, bald eagles, osprey, deer and blue herons are just some of creatures who add to the natural wonder of the Ashley environment. Father Martin's Ashley opened its doors on January 17, 1983 and has treated more than 30,000 patients. Ashley is a private, non-denominational, 85-bed non-profit alcoholism and drug addiction treatment center where the science of medicine, the art of therapy and the compassion and comfort of spirituality combine to help chemically addicted people regain their health and dignity. Our sole purpose is to heal.

Ashley's programs are rooted in the philosophy of Ashley's co-founder, internationally-known addiction educator Father Joseph Martin, and we embrace, teach and reinforce 12-step program approaches.



Father Martin's Ashley
co-founder Fr. Joseph C.
Martin, S.S.

Program and Treatment Overview

Ashley's inpatient treatment programs are designed for adults age 18 and older and are based on proven models for primary, or relapse treatment.

All patients participate in at least 12 hours of group therapy a week, led by their assigned certified addiction counselor. Groups are limited to eight or fewer patients and individual therapy sessions are with the same counselor. Our more than two-to-one staff-to-patient ratio provides individualized, personalized treatment.

Inpatient Treatment

Primary Treatment Program

Primary treatment is for patients who have never received treatment, or those who have little knowledge of addiction, recovery tools and terminology. The treatment program teaches and reinforces 12-step recovery methods and includes gender-responsive tracks for young adults, women and men. Gender-responsive treatment allows for issues common to a patient's gender to be addressed and discussed in a gender-specific, safe environment.

Relapse Treatment Program

Specialized, Gorski-certified relapse treatment is for patients that have had prior treatment—or an extended period of sobriety—and then relapsed. This program was pioneered at Ashley to dig deeper into the causes of relapse for patients who have difficulty maintaining sobriety.

Family Programs

Addiction is a disease that impacts the entire family. Ashley's three-day weekend Family Wellness Program is open to ALL families dealing with addiction. Through education, discussion and professionally-guided therapy, family members learn to work together toward open and honest communication.

Adjunctive Therapies and Services

Ashley offers a wide variety of recreational and therapeutic activities. These activities include:

- Yoga, mindfulness meditation and massage
- Relaxation classes
- Arts and crafts
- Therapeutic drumming
- Music for the Inner Self
- Indoor and outdoor recreation choices
- Optional spiritual services

Information for Referring Professionals

Clinical Staff Overview

Ashley's clinical care is recognized for excellence in the addiction treatment field. All counselors are AT LEAST certified addiction specialists, and many are certified in relapse prevention treatment. Many Ashley counselors have multiple specialties, certifications and licenses. A patient's counselor remains constant throughout their treatment, for both group and individual therapy. Ashley has a full-time, PhD level staff clinical psychologist to assess and address issues of trauma, process addictions and other co-occurring concerns.

Medical Staff Overview and Medical Treatment Approaches

Our dedicated medical staff offers a wide range of medical care. Our staff physician, pain specialist and Director of Nursing are on-site and full-time. Our Vice President of Treatment Services/Medical Director is a board-certified psychiatrist and addiction psychiatry specialist. Psychiatric and medical appointments are available on campus, as needed, with our two, full-time, in-house physicians and psychologist. The nursing team consists of over 20 nurses, many addiction certified, that provide around-the-clock patient care.

Detoxification

Medically-assisted and monitored detoxification is available on-site as an integrated part of the treatment program.

Co-occurring Disorders

We treat patients whose primary illness is alcohol or drug addiction, and whose mental or physical health conditions do not prohibit them from ambulation or participating in treatment programs.

We can treat patients with relatively stable psychiatric and non-emergent medical problems like hypertension, diabetes, arthritis, and pain.

Admissions

Ashley's Admissions Department is on-site and available 24 hours a day, every day of the year. Trained admissions counselors can answer your, or your client's, questions and begin the admission process over the phone. Call 800.799.4673 ext. 213 or 410.273.2213 or email admissions@fmashley.com. Information is also available on the web at: FatherMartinsAshley.org