



Trusted Since 1967

"I was a former patient at Duffy's Napa Valley suffering with alcoholism. When I first got there, I was scared, broken, and fearful. Right away, I was met with open, loving arms from the staff members. The staff didn't make me feel like an outsider, but actually like a family member. Slowly but surely, I was able to start loving myself through group therapy, one-on-onesessions with my therapist, and working on my underlying issues ... Since my stay, I have been sober and free! ... I can't thank Duffy's enough for helping me save my own life!" - *Former Guest*

"I needed a solution to my alcoholism, and I found it at Duffy's. I got plugged in immediately and hit the ground running. I haven't stopped since. Today, I am very active in the recovery community in Southern California. I am helping others to get sober, I am back in school full time, and I'm starting my own business. This wouldn't be possible without the treatment and kindness that I received at your facility. Thank you for my life!" - *JT*

INSURANCE ACCEPTED



KAISER AND MORE

Contact Us Today!

(707) 709-8099

www.duffysrehab.com

3076 Myrtle Dale Road | Calistoga, CA 94515



Addiction Recovery Program

(707) 709-8099

www.duffysrehab.com

The People

Duffy's was founded in 1967 by Gene Duffy, whose personal experience with recovery motivated him to create a place where others could receive the help they needed. Over the years, Duffy's has grown from its humble beginnings to treat more than 38,000 individuals. Today, our integrated program continues to help people who are struggling with alcohol and drug addictions and various mental health concerns.

Many of the caring and compassionate professionals who lead our programs have also had personal experiences with recovery. Our staff is kindhearted, engaged, and dedicated to helping people recover, and they ensure that each guest who comes to us to heal truly feels that they belong. We treat each guest with the same dignity and respect we would our own families. When you or someone you care about recovers at Duffy's, you join a family who truly cares about you and your success.

The Program

We provide a full range of services for the guests who turn to us in their time of need, including inpatient programming, co-occurring treatment, as-needed detoxification services, and transitional support. All guests who heal at Duffy's must have a primary substance use disorder diagnosis, but you or your loved one can receive support for other mental health concerns while in our care through our co-occurring programming. Our unique curriculum and compassionate team provide our guests with effective recovery tools that help them build a foundation for lasting sobriety.

The Place

Duffy's sits on a former hot spring resort at the base of the majestic Mount Saint Helena in Calistoga, California. Our 23-acre campus is located in the northern part of the beautiful Napa Valley surrounded by serene mountain views, providing our guests with a tranquil setting that helps them reset from the stressors of everyday life.

The environment at Duffy's inspires our guests to experience rest and rejuvenation, allowing them to focus solely on their recovery goals during their stay with us. When guests come to Duffy's for support for addiction and co-occurring mental health concerns, they find a homelike atmosphere that encourages lasting healing.

Treatment Options

We offer a robust array of treatment programs accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) to help our guests achieve a lifetime of sobriety. We personalize each individual's experience at Duffy's so that they engage in the treatment options that are the most effective for their unique preferences and needs.

Our Foundational Program is ideal for guests who are just beginning their recovery journeys and includes the services and support our guests need to establish a solid foundation for long-term sobriety. This program features a balanced schedule that incorporates psychoeducation classes, experiential therapies, group therapy, and individual counseling. We complement this programming with holistic services such as yoga, tai chi, and meditation.

We recommend our Extended Care Program for guests who are further along in their recovery journeys. This specialized track is a highly personalized experience that allows guests to engage in deeper therapeutic work in smaller group settings. We help our guests identify their specific treatment objectives so that they can work on their unique recovery goals in a safe, therapeutic environment. This program features weekly individual counseling, weekday process groups, daily psychoeducational classes and activities, and support groups.

Our Approach

Addiction is a complex condition that can affect a person's life in countless ways. Duffy's integrates evidence-based best practices with a variety of holistic therapies that treat the mind, body, and spirit to create a more balanced life. When you or someone you care about seeks treatment at our facility, aspects of your care may include:

- › Individual counseling
- › Group therapy
- › Relapse prevention training
- › Transition planning
- › Mindfulness and meditation
- › Family counseling
- › Medically monitored detox
- › Population specific groups
- › Art therapy
- › Yoga and tai chi
- › Seeking Safety
- › Cognitive Behavioral Therapy
- › Dialectical Behavior Therapy
- › Chemsex track



Continuing Care

Leaving residential treatment and transitioning back into daily life is often the most crucial moment in the recovery journey. Having a comprehensive and personalized plan to navigate this delicate adjustment is key to success. The right support can mean the difference between lasting change, or relapsing and having to start over again.

At Duffy's, we begin aftercare planning as soon as our guests arrive. Our treatment team continually evaluates each person's progress and needs to help them make the best next step toward independence in sobriety.

Following residential, guests may remain with us at our downtown Calistoga Partial Hospitalization Program (PHP) and sober-supportive housing. If other treatment options are needed, however, we will gladly assist in finding the best fit for their clinical and financial needs.

As an added layer of support, everyone who completes treatment at Duffy's is welcome to become part of our expansive and free-for-life alumni program where they can join over 35,000 active graduates across the country for events, meetings, and fellowship.