

ALCOHOL & DRUG ADDICTION

# RECOVERY PROGRAMS

## WHAT SETS US APART

### THE PEOPLE

Gene Duffy, a recovering alcoholic, founded Duffy's in 1967. Duffy's continues to help people struggling with addictions to alcohol, drugs, or prescription medications find hope and lasting sobriety.

We treat each guest with the same dignity and respect we would our family. When you recover at Duffy's, you're joining a family who truly cares about you.

### THE PROGRAM

We are a co-occurring capable facility for those who are medically managed. Duffy's unique curriculum and compassionate team provide you with effective recovery tools, facilitating your transition to longterm sobriety.

### THE PLACE

Duffy's home-like atmosphere allows you to focus on recovery in a serene, rural setting. The natural and peaceful surroundings of Mt. St. Helena, wildlife, and the upper Napa River wandering through our 22-acre property, inspire rest and rejuvenation.

## PROGRAM COMPONENT

All programs include the following:

- One-on-One counseling
- Psycho-educational classes and interactive learning
- Group therapy
- Individualized treatment plan
- Art therapy
- Yoga
- Relapse prevention training
- Transition planning
- Family counseling
- Mindfulness and Meditation
- Sobriety Weekends and Alumni Events
- Nutritional Education
- Exceptional Culinary Team



FIND HOPE & HELP TODAY!

**(707) 709-8093**

FIND US ON:



3076 Myrtledale Rd. | Calistoga, CA 94515 | [duffysrehab.com](http://duffysrehab.com)

Treatment may be more affordable than you think. Let us verify your insurance benefits. We accept PPO plans and are in-network with Anthem Blue Cross.



# ARE YOU READY?

Recovery is a process, not a cure. You may want to consider this question: If I get the tools, will I use them? We do everything we can to ensure you understand and know how to use the tools that will make you successful in long-term recovery.

## TREATMENT OPTIONS

Our world class, CARF-accredited treatment programs give you the tools needed to start a lifetime of sobriety:

### CLEAN & SOBER FOUNDATIONS

#### 30-DAY PROGRAM

Our most popular program provides a solid foundation of knowledge to help you break the bonds of addiction. The 30-day program focuses on Steps 1–3.

### EXTENSIVE RELAPSE PREVENTION

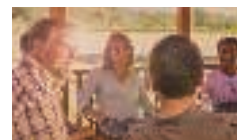
#### 60-DAY OR 90-DAY PROGRAM

Because success rates are higher for those who complete longer programs, we recommend our extended care program. The 60- and 90-day programs focus on relapse prevention skills and cover new material: Steps 4–7.

### MEDICAL DETOX

On-site detoxification is provided in a home-like setting. To ensure your safety and comfort, licensed nurses and qualified technicians monitor your detox progress, under the direction of a medical professional.

Duffy's Napa Valley Rehab program utilizes medications such as Suboxone and Vivitrol along with counseling and therapy in our medication-assisted treatment (MAT) programming.



## FINANCING OPTIONS AVAILABLE

We accept most insurances.

**(707) 709-8093**

## OUR APPROACH

Addiction is a multi-faceted problem that cannot be solved by focusing solely on physical or spiritual components. Duffy's integrates evidence-based best practices with a variety of holistic therapies treating mind, body and spirit to create a life in balance.

## OUR CONTINUING CARE

Leaving treatment and adjusting to life sober is often the most crucial phase in recovery. That's why we offer a seamless transition into recovery care, by providing a recovery coach and an alumni coordinator to help guide you back into life after rehab. We also offer lifetime aftercare, with meetings on the 2nd and 4th Sunday of every month. If you live outside the North Bay Area, we will help you get connected to an aftercare program closer to home. We truly hope you will be able to make it to one of our alumni events.