



Alcohol & Drug Addiction Recovery Programs

WHAT SETS US APART

The People

Duffy's was founded in 1967 by Gene Duffy, who used his own experience in recovery to help others. Duffy's continues to help people struggling with drug and alcohol addiction find hope and lasting sobriety.

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

The Program

Our full spectrum of services includes inpatient care, co-occurring treatment, detox services as needed, and transitional support throughout the continuum of care. All guests who heal at Duffy's must have a primary diagnosis of a substance use disorder, but we can also provide support for mental health concerns through our co-occurring program.

The Place

Duffy's home-like atmosphere allows you to focus on recovery in a serene, rural setting. The natural and peaceful surroundings of our 23-acre property, with views of Mount Saint Helena and the Napa River, inspire rest and rejuvenation.

The Approach

Addiction is a multifaceted problem that cannot be solved by focusing solely on physical or spiritual components. Duffy's integrates evidence-based practices with a variety of holistic therapies that treat the mind, body, and spirit to create a balanced life.

TREATMENT OPTIONS

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

Foundational Program: 30-Day Program

This program is an ideal amount of time to help our guests establish a solid foundation for a healthier life. Our balanced program offers psychoeducational classes, experiential therapies, group therapy, and 1-on-1 counseling complemented by holistic modalities such as tai chi, yoga, and meditation.

Extended Care: 60-Day or 90-Day Program

For those who are further along in their recovery, we recommend this specialized track to help each guest identify and achieve their own treatment objectives. This program also includes weekly individual counseling, daily therapeutic process groups and psychoeducational classes, and small support groups.

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 Treatment utilizes medications such as Suboxone and naltrexone along with counseling and therapy in our medication-assisted treatment (MAT) program.

Find Hope & Help Today! (707) 709-8099



PROGRAM COMPONENTS

All programs include the following:

- › 1-on-1 counseling
- › Psychoeducational classes and interactive learning
- › Group therapy
- › Seeking Safety, cognitive behavioral therapy, and dialectical behavior therapy
- › Individualized treatment planning
- › Art therapy
- › Yoga and tai chi
- › Relapse prevention training
- › Continuing care planning
- › Transition planning
- › Family counseling
- › Mindfulness and meditation
- › Aftercare meetings and alumni events
- › Nutritional education
- › Meals from our exceptional culinary team

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.

FINANCING OPTIONS AVAILABLE

We accept most insurances

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, Aetna, and Beacon Health/Value Options. We also work with the VA through TriWest Healthcare Alliance.

OUR CONTINUING CARE

Leaving treatment and adjusting to sobriety is often the most crucial phase of recovery. That is why we offer a seamless transition by providing a continuing care coordinator and an alumni coordinator to help guide you through life after rehab. We also offer lifetime aftercare with meetings on the second and fourth Sundays of each month. If you live outside of the North Bay area, we will help you get connected with an aftercare program closer to home. We truly hope you are able to attend one of our alumni events.

INSURANCE ACCEPTED



AND MORE