



ALINA LODGE

ESTABLISHED 1957

800.575.6343 | www.alinalodge.org

There is a Place where Hope can become Fact.



*Alina Lodge is dedicated to providing
long term treatment to chemically addicted individuals
at an affordable cost, while maintaining a strong
commitment to healing the entire family.*





Hope for Generations

Founded in 1957, Alina Lodge is legendary for its highly structured approach to treatment. As an industry leader, we remain committed to the highest standards of student safety, quality care, individualized treatment, and positive results delivered in a cost effective manner. Our abstinence-based program has diverse counseling modalities. The integrated services, excellent staff and emphasis on the whole person *and the whole family* contribute to our successful track record with chronically relapsing individuals. The Lodge remains a unique, innovative and effective clinical model for treating all our clients as they embrace recovery.

We understand the ever evolving nature of addiction and on a continuous basis enhance our clinical programs. Since its inception, Alina Lodge has been ahead of its time generating positive outcomes, through proven methods, for over 60 years. Our experience shows us that chemical addiction is a chronic and progressive disease that is fatal, but highly treatable.

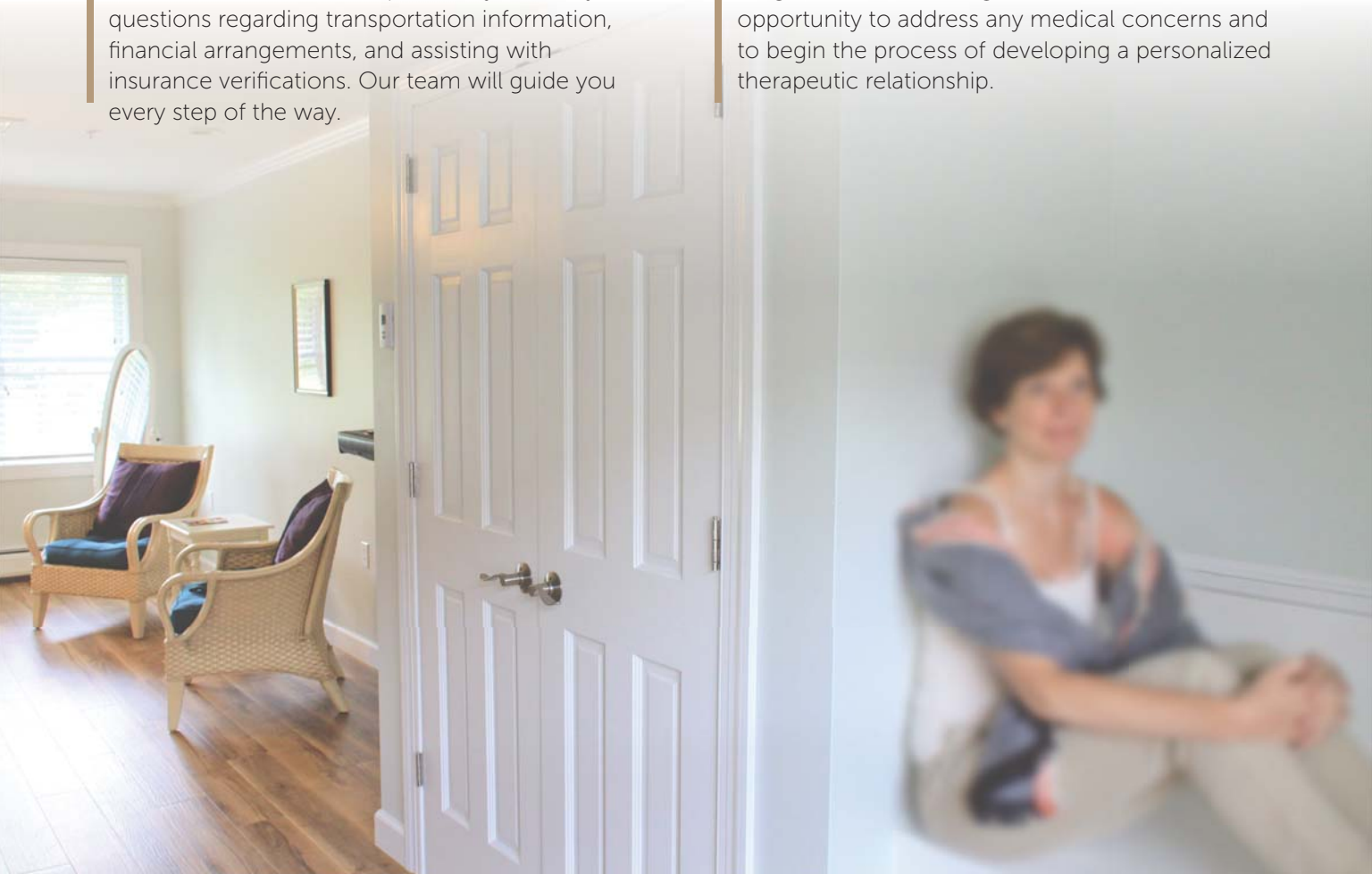


Why It Works

The promise of HOPE starts with clear facts. Our structured approach is strongly based upon the 12 steps of AA and is designed to help our clients develop the skills necessary to achieve long term success.

Admissions – We understand the initial phone call may be difficult to make. Our Admissions Team is devoted to ensuring a seamless admissions process. This includes a confidential pre-admission assessment to collect all required medical and clinical information. If the situation warrants, we will make an appropriate referral for an interventionist. We will personally answer your questions regarding transportation information, financial arrangements, and assisting with insurance verifications. Our team will guide you every step of the way.

Detoxification – Detox is the first step toward achieving long term sobriety. Our Detoxification Unit is medically staffed 24 hours a day with ASAM certified physicians and registered nurses. This phase of treatment includes a thorough assessment to ensure the individual safely overcomes the physical effects of alcohol and drug withdrawal. During detoxification we have the opportunity to address any medical concerns and to begin the process of developing a personalized therapeutic relationship.



Primary Treatment

Our abstinence-based treatment model is dedicated to providing a comprehensive array of services. Upon admission we refer to clients as students since they will be learning to live new and sober lives. Time is often the critical factor for successful rehabilitation and the length of stay is based upon individual progress in treatment. Our highly structured, long term model was developed to treat chronic relapsers. It takes time to heal the brain functions and nervous system, develop new coping skills, practice new life skills, heal family relationships and to understand the 12 step program.

We develop individualized treatment plans encompassing dual diagnosis analysis. Time away from substance abuse has a way of separating out what is a psychiatric issue and what is a behavioral concern. Each individual will have a dedicated counselor for one-on-one therapy and be evaluated for specific group therapies. Our staff is the heart and soul of our organization and has over 500 years of collective sobriety. It is comprised of highly competent and experienced professionals including:

- Licensed & certified addiction counselors
- 24 hour Medical/Nursing Department
- Nutritionist
- Addiction Psychiatrist
- Psychologist
- Family Therapist
- Trauma Specialists

Our multi-disciplinary team provides counseling for eating disorders, trauma, anger, gambling and more. We recognize that Process Addictions are the number one cause attributed to relapse and we address them during primary treatment.

Alina Lodge puts an emphasis on healing the “whole” person. Spirituality, exercise and healthy nutrition are all important aspects of our programs. Therefore, we offer religious services of many denominations, an exercise room, yoga, meditation, and access to a certified nutritionist in order to maintain optimum health.

“Our long term treatment philosophy and clinical integrity are at the center of our program.”

*~ MICHAEL HORNSTEIN
Executive Director*





“It takes families five minutes to undo what it has taken us five months to achieve.”

~ GERALDINE O. DELANEY,
Alina Lodge founder

Family Program

We strongly believe in our founder’s words. Our residential Family Program was one of the first established in the United States. Families are invited to participate in our Sunday family education days throughout their student’s stay. Family members will be offered a residential program that is specifically designed for their family’s needs to help ensure a student’s successful transition and long term recovery. This program has a comprehensive approach with individual treatment plans for each family. We encourage family members to learn more about addiction. We work with families to identify family dynamics and patterns that have been painful and destructive, and look for new ways to reconnect, heal and move forward. Our Family Program initiates relationship repair by opening communication and fostering independence and accountability for one’s own recovery.



Upon Discharge

The fact is long term recovery takes commitment and support.

Alina Lodge recognizes this transition can be difficult. Just because an individual has been discharged does not mean our job is done. We provide individualized aftercare plans that include appropriate referrals. Our staff is always available offering a lifetime of support.

Alumni

Our alumni and family relationships continue long after individuals have completed our program. Our Alumni Coordinator organizes events to keep alumni connected. We maintain contact on a regular basis depending on their level of recovery. We encourage our graduates to return to celebrate anniversaries and share their wisdom with our current students. Alumni play an integral role in our continued success and remain our number one referral source.

Alumni are the greatest resource of “hope” for the current residents.







ALINA LODGE

PO Box G
Blairstown, NJ 07825
1-800-575-6343
www.alinalodge.org

*Little Hill Foundation is a 501(c)3 not-for-profit organization
operating Little Hill – Alina Lodge and Haley House.*

