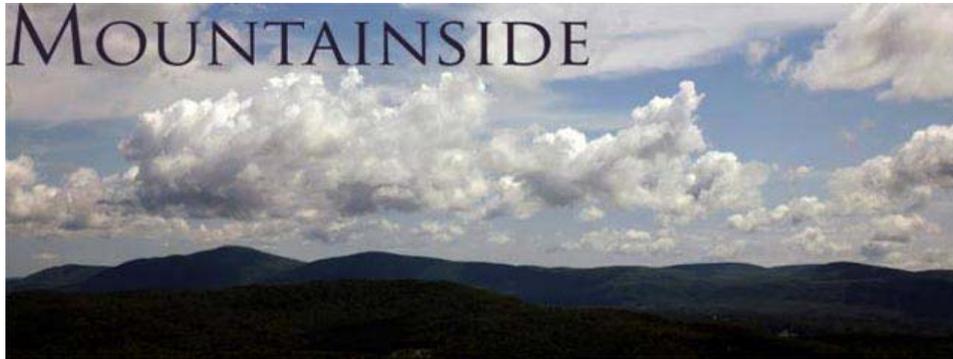


Holistic Approach Lends Itself To Drug Rehab



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Industry: [Healthcare](#)

Over a decade ago, Mountainside Treatment Center set a standard for drug rehabs all over the world by offering personalized treatment plans for each individual who seeks drug addiction treatment at their facility.

Each treatment plan is approached holistically, addressing the full needs of the individual including Mind, Body and Spirit. This type of approach was unheard of prior to Mountainside's ground-breaking efforts however, it's proved to not only be a viable treatment model but a highly successful one as well.

Incorporating facets of traditional drug rehabs such as 12-step programs, individual counseling sessions and group sessions, Mountainside goes one step further and offers programs that reconnect the Mind, Body and Spirit. This innovative addiction treatment approach has found universal appeal in many [drug rehabs](#).

Typically, an addicted person arrives at the point of drug addiction treatment



completely disconnected and out of touch with reality as well as themselves. Their addiction has become an all-consuming monster and has not only psychologically but also physiologically created a disconnect between the mind and body function. Utilizing methods such as Yoga, Tai Chi and meditation helps the addicted individual begin integrating their total selves back into the life they had prior to becoming addicted.

Environment plays a part in the Mind, Body, Spirit connection. In order to be successful within this realm, the individual must exist in a stress-free, tranquil environment for the reconnections to begin. Chaos is the one true enemy of recovery. Mountainside's colonial setting at the base of the mountains lends itself as a perfect location for recovery to begin and for the Mind, Body, Spirit program to work.

"When we first announced our program offerings, we were looked at with puzzled faces", says a spokesperson for Mountainside. "I think that people almost felt as if what we were doing was taboo and too new-age for the current drug rehab industry. Their unfamiliarity with the concept, led to their skepticism. We kept on, in the face of that uncertainty, knowing that what we were doing would lead to a turning point for all drug addiction treatment programs. And, our recovery statistics have proven we made the right decision."

For nearly two decades, Mountainside [Drug Rehab](#) and Alcohol Treatment Center has led the way in offering individualized alcohol and drug addiction treatment programs. As Mountainside's licensed and certified counselors, social workers and treatment team serve, they strive to provide quality, compassionate care to each individual in a tranquil, peaceful environment conducive to optimal recovery.

In addition to licensed counselors, Mountainside provides medical services through an on-staff Nurse Practitioner and Registered nurse with specialization in drug addiction and alcohol treatment. Psychiatric services are also extended to clients in need.

If you or someone you love are addicted to drugs or alcohol or if you have any questions, please contact us for a confidential inquiry at 800-762-5433.

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