



Cincinnati's Premier
**Residential
Treatment
Center**




*Highly individualized drug
and alcohol recovery*

*Upscale accommodations on a
private 51-acre estate*

*Unparalleled tranquility,
clinical care and comfort*

LOCATED
NORTHEAST
OF
CINCINNATI
IN BATAVIA
TOWNSHIP,
OHIO



At last, Cincinnati has a first class residential treatment facility.

Patients seeking a high quality recovery experience no longer have to travel outside the Midwest for care. Located northeast of Cincinnati, The Ridge is a 14-bed, physician-directed facility that offers superior addiction treatment in a tranquil setting.

We believe comfort and serenity are critical to the process of making the physical, emotional and spiritual changes that build lifelong recovery. That's why we provide the kind of relaxed elegance you find at the best small inns, and why we chose a remote 51-acre wooded estate for our facility.

Comprehensive residential treatment restores hope for people struggling with addiction and those who love them.



Welcome to The Ridge

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It starts with a professional assessment ...

When you or a loved one decides to seek drug or alcohol treatment, the next step is determining the appropriate level of care. This is best accomplished through a professional addiction assessment, which evaluates the extent of addiction and the type and level of treatment needed.

Often, family members struggle with the decision to approach the issue of addiction and do not know how to start the recovery process. By seeking a professional assessment, family members can be educated about the medical components necessary for professional, effective care.

The intensity of treatment, and the need for residential care, depends on the patient's:

- Circumstances
- Living environment
- History of prior treatment
- History with 12 Step programs
- Desire and potential to complete treatment



At its root, addiction is a disease. Multiple components must be identified during an assessment to determine the appropriate level of care.



Learning what, who and why

During an assessment done by staff of The Ridge, we learn *what* help patients need, *who* they are, and *why* drug or alcohol addiction is a destructive element in their lives. Conditions that can perpetuate substance abuse—such as psychological factors, health problems, family involvement, or spiritual needs—are noted so that treatment can include resources to address these issues.



Initial contact does not necessarily need to involve the patient and can give families the information needed to decide whether intervention is required.



Getting acceptance of treatment

We understand how hard it can be to get people with addictions to agree to treatment.

A Ridge counselor can provide in-home intervention planning and assistance by traveling to the addicted person's home to encourage him or her to accept treatment voluntarily.

...and will include time away...

Residential treatment has many advantages, not the least of which is isolating the patient from harmful environmental or social influences.

But going somewhere beautiful and relaxing like The Ridge brings other benefits. Like on a retreat or vacation, it's simply easier to rethink your choices when you are not facing the obligations and distractions of normal life. In order to succeed with new behaviors and strategies once you re-enter your community, it helps to practice them outside of your normal routine.



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*Located in a serene,
wooded area, The Ridge
feels miles away from
the cares of the world.
Patients take inspiration
from the beautiful
surroundings.*





Restorative setting

The Ridge was designed to make the recovery journey as comfortable as possible. The house and 51-acre grounds, formerly a residential estate, evoke the effortless elegance of a high-end bed and breakfast. Soothing colors, simple finishes and spacious rooms combine to make patients feel at home away from home.

Amenities at The Ridge include:

- private or semi-private rooms
- nutritious meals prepared by an on-site chef
- wide range of recreation and exercise options
- sauna
- swimming pool
- stocked fishing pond
- walking trails ideal for quiet reflection

With just 14 patients, bonds form quickly yet everyone has plenty of space.

Patients at The Ridge enjoy nutritious meals and a range of wellness activities to heal the mind, body, and spirit.

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All your needs are provided for, so you can focus on the work of recovery.

...in a customized treatment program...

The Ridge uses a physician-driven medical model combining 12 Step recovery and cognitive behavioral therapy.

Our highly credentialed staff includes physicians, nurses, licensed chemical dependency counselors and therapists who tailor treatment to each patient's needs.

The curriculum encompasses education about the disease of addiction, individual, group and family counseling, and a focus on the development of coping skills and strategies to handle the obstacles and barriers to recovery.





Small groups, big results

Keeping a small census allows us to provide the individualized treatment that is most successful in sustaining sobriety. Small groups also help patients make connections that support them when they return home.



“We treat patients by resolving substance abuse issues and by fostering wellness through proper nutrition, exercise, and external/familial support.”

—Steve Gifford, LICDC, LPC, Clinical Program Director

Healing the mind, body and spirit

There's more to treatment at The Ridge than counseling and group meetings.

Patients' plans include wellness activities to heal the whole person:

- Our on-site chef creates nutritious meals that assist whole-body recovery
- Exercise options and recreational opportunities strengthen the body and help patients explore having fun without chemicals
- Free time allows room for reading, writing, spiritual growth and relaxation



Comfortable surroundings encourage reading, writing, spiritual growth and relaxation. Nutritious meals assist whole-body recovery.

...with family at your side...

Family and friends of drug or alcohol dependent individuals often feel helpless. Convincing a loved one to enter treatment can be hard. Often, the addiction has built a destructive cycle over time, to the point where daily interactions actually enable the addicted individual.

It is important for the family to understand that seeking treatment is a supportive step in the sobriety journey. The good news is, with guidance, family friends, and coworkers can play a critical role in getting the individual to treatment, and in helping that treatment succeed long-term.

Families are encouraged to visit periodically and attend education and therapy sessions at The Ridge. Family members also attend Al Anon or Nar Anon meetings for emotional support during what is usually an incredibly trying and stressful time.



The family's role prior to treatment

Whether a family uses a counselor to mediate the intervention process or a private family talk, it is important to understand that the family dynamic in drug and alcohol addiction is incredibly powerful.

Addressing an unhealthy imbalance in communication is a first step in moving a loved one toward treatment. This type of positive family involvement can also help lead the rest of the family toward a journey of recovery and self-discovery.



At The Ridge, loved ones become aware of the beliefs and experiences that shape their own behaviors, and learn healthy ways of coping with addiction and relationships.

The family's role at The Ridge

Residential treatment has the benefit of removing the patient from the environment that was supporting the addiction. It also allows him or her to work through therapy without distractions. These same benefits are transferred to visiting family and friends, who are often able to gain a new perspective about the loved one's addiction and their *own* behaviors.

When family members are able to take a break and assess their behaviors and environment while their loved one is undergoing therapy, they often identify adjustments they can make to help break the cycle.

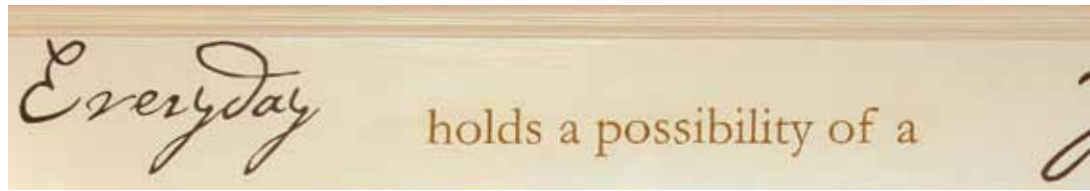
We focus equally on the patient's physical and mental recovery from the addictive disease. Our therapy is supported by positive family involvement. The support a family provides is essential to the patient's success.

Then, a new beginning

During treatment, patients learn to take care of themselves, where to find support, and how to address situations that can trigger a relapse. They learn to ask for help, and give help to others.

But they are not “finished” with addiction therapy. Maintaining a healthy recovery is a lifelong process.

Patients need to continue their 12 Step process in the community, and many decide to attend treatment follow-up sessions at The Ridge’s affiliated outpatient facility, Northland.



Continuing support

Families struggling with the effects of a loved one's addiction should continue to attend Al Anon or Nar Anon meetings after the patient returns home. Attending meetings on a regular basis helps them continue a constructive program of support and ongoing education.

These support groups also help family members avoid the destructive cycle of enabling and codependency, to help everyone involved fully realize the benefits of addiction therapy.

Restoring careers

The Ridge staff works closely with a company's management team to build a recovery program to restore careers. The recovery program is tailored to return the professional as a fully functioning employee.



After a stay at The Ridge, all patients are encouraged to participate in aftercare programs. Cincinnati patients can attend Northland, an affiliated outpatient drug and alcohol treatment center in Milford.



Recovery is a lifelong process aided by the support of 12 Step groups for The Ridge alumni, and Al Anon or Nar Anon for their loved ones.

Is The Ridge right for you?

You may be a good candidate if:

- You need to be in a protected environment, away from the situations or people who encourage you to use drugs or alcohol.
- You are not able to function productively in your job or career as a result of addiction and have treatment support from your company or practice.
- You have enrolled in treatment programs before and not completed them, relapsed, or not continued to attend AA or NA when the programs were finished.



Alcoholism has been recognized by the American Medical Association as a primary disease—not the result of mental illness or moral shortcomings.

—Dr. Jeffrey Stuckert, Chief Medical Officer

Your assessment will determine whether residential care is appropriate. For more information about The Ridge, visit www.theridgeohio.com, or call 513.732.1324.



Our Philosophy

The abuse of alcohol and illicit drugs is a chronic, progressive and potentially fatal disease for which there is treatment, but no known cure.

Alcoholism has been recognized by the American Medical Association since 1958 as a primary disease—not the result of mental illness or moral shortcomings.

The disease knows no racial, gender, or socioeconomic boundaries, equally afflicting corporate executives, doctors, nurses, lawyers, pilots, plumbers, politicians, clergy, homemakers, adolescents, adults, and the elderly from all walks of life.

Unlike most diseases, it doesn't only endanger the lives of those directly afflicted; it also severely impacts the lives of all those around him or her.

Almost every patient seeking treatment is unable to control or stop use, even in the face of obvious harmful consequences and the stark reality that the patient's family has become severely dysfunctional.

Most patients enter treatment reluctantly, usually at the "request" of family, friends, employers, or the legal system.

The economic impact of unrecognized or untreated disease is enormous, as evidenced by the many accidents, hospitalizations, suicides, divorces, DUIs, lost income and jobs, bankruptcies, school failures and legal expenses accumulating every day as a result of this disease.

At The Ridge, we are committed to addressing each patient and each family's unique and individual needs, in every sphere of life.

We adhere to the medical model of treating addiction as outlined by the Center for Substance Abuse Treatment, a division of the Department of Health and Human Services.

We strongly support the 12 Step approaches of AA, NA, Al Anon, and Nar Anon as parallel tracks of recovery that help sustain lifelong sobriety.



Dr. Jeffrey Stuckert
Chief Medical Officer



Steve Gifford
Clinical Program Director

Residential treatment at The Ridge can restore hope and put you on a path to lifelong sobriety.



Restore hope.

*Begin the journey to
recovery today.*

*Visit [www.
theridgeohio.com](http://www.theridgeohio.com) or
call 513.732.1324.*



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