

## Outpatient Services



Retreat Behavioral Health offers three levels of outpatient care during daytime, evening, and the weekend—Partial Hospitalization, Intensive Outpatient, and General Outpatient. Our program is designed to instill the necessary tools for recovery, alleviate the sense of shame and isolation that can arise during early recovery, and establish a connection with self, peers, loved ones, and the community.

Each of our outpatient therapists is a licensed psychologist, a licensed professional counselor, or a master's level clinician.

### FAMILY PROGRAMMING AT OP

We include family members in the treatment process in order to boost our patients' odds of entering and maintaining long-term recovery. We engage loved ones through private clinical sessions, our online family workshop, or our regular family support groups which are held via Zoom Tuesdays at 12 p.m. and Thursdays at 6 p.m. We also offer a Retreat Family Support Facebook Group. All information can be found on the RetreatFamily.com website.

## OUR MISSION

Our mission is to provide compassion, respect and acceptance to individuals, families and the communities we serve.



**SCAN THIS CODE**  
to tour this facility!



### CONTACT

**855.859.8810**

[www.RetreatBehavioralHealth.com](http://www.RetreatBehavioralHealth.com)



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## RETREAT AT LANCASTER

1170 South State Street  
Ephrata, PA 17522

## About Us



Located on 24 wooded acres, Retreat provides the ideal setting to begin the early stages of recovery. Our campus includes serene common areas, a full dining room, the treatment center, gymnasium, fitness center, and patient rooms that feature locally handmade Amish furniture, full-size beds, granite counters, and ceramic tile showers.

### WHAT SETS OUR CAMPUS APART

- Personalized treatment and recovery planning
- Around-the-clock admissions and transportation
- Most major insurance plans accepted
- Luxury accommodations and amenities
- Specialized Track Programs
- Master's level clinicians
- Family education program
- Holistic therapeutic services
- Interventions available

## Rehabilitation at Retreat

Overcoming a substance use or mental health disorder is an extensive process that varies from patient to patient. That's why we treat everyone as an individual rather than relying on a one-size-fits-all approach. Rehabilitation is the first step toward a healthy, sober lifestyle.

### WHAT IS INVOLVED?



Medical  
Detoxification



Individual & Group  
Therapy Sessions



Holistic Approach



Medication  
Management

## Specialized Track Programs

Each of Retreat's specialized programs offers dynamic, comprehensive treatment to a specific group based on common issues or traits that some patients share.

### OUR PROGRAMS INCLUDE:

- Co-occurring Treatment Services and Counselling
- Pain Management Services
- Gender Specific
- LGBTQ
- Mindfulness
- Trauma
- Spirituality

## Holistic Therapy



When facing behavioral health disorders, it's important to seek treatment that caters to the whole person. Retreat offers a wide range of alternative therapies that may be right for you.

### OUR THERAPY OPTIONS INCLUDE:

- Equine Therapy
- Music Therapy
- Art Therapy
- Culinary Arts
- Recreational Therapy
- Drum Therapy
- Yoga and Meditation
- Massage Therapy
- Gardening