

Our Executive Director

Michael Hornstein joined us in 1981 as a student, returned as a board member in 1990 and was appointed Executive Director in 2008. He has 30 years of sobriety. The fact that he has had professional training in pharmaceuticals, education, clinical administration and that he has been through our program, gives him incredible insight and makes him a valuable leader. He ensures that we "remain committed to the highest standards of quality care, individualized treatment with effective results delivered in a cost efficient manner."

Our staff

The heart and soul of our organization- has over 500 years of collective sobriety and is comprised of highly competent experienced professionals including:

Licensed & certified addiction counselors

Medical Director

24 hour Nursing Staff

Nutritionist

Psychiatrist

Psychologists

Family Therapist

Trauma Specialists

Psycho-Drama Therapist

Music & Art Therapy

Chiropractic Care

Specialized therapy consultants such as:

Eating Disorder & Gambling

On-site Religious Services –
all faiths and denominations

Testimonials

"I learned that life on life's terms is beautiful and blessed, and a day at a time without a drink is glorious. Alina Lodge cleared my black, hollowed soul, filled it with light, soothed it with faith, and nurtured it with hope. I am forever grateful."

~Liz S.

"It was so easy to get drugs. What started out as fun, became a nightmare. My life was chaotic and unmanageable. After three attempts at three other treatment facilities, I finally became addiction free and have remained since graduating Alina Lodge's program over 30 years ago."

~Michael H.

"I am a recovering cocaine addict and alcoholic. I was killing myself, but I was too sick to realize it. After a stint at a 28 day program where I spent 45 days, I needed more help and I was referred to Alina Lodge. I am filled with gratitude for the help I received there."

~Wendy K.

*There is a place...
where Hope can become Fact*



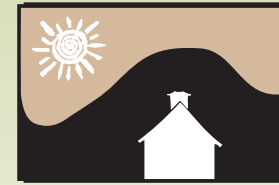
ALINA LODGE

Box G, Blairstown, NJ 07825

1-800-575-6343

www.alinalodge.org

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Who we are

Alina Lodge opened its doors in 1957 and has been providing treatment and hope to alcoholics and addicts for over 53 years. Our treatment plans transform and restore lives. We are located approximately one hour from New York City in a safe and secluded environment. We specialize in the treatment of those with addictive behaviors including:

- Alcohol & Drug Addiction
- Eating Disorders
- Gambling Addiction

We understand the ever evolving nature of addiction and on a continuous basis we enhance our clinical programs with new methods of treatment. Since its inception, Alina Lodge has been ahead of its time. Our experience shows us that alcohol and chemical addiction is a chronic and progressive disease that is potentially fatal, but highly treatable.

Alina Lodge offers programs for those in their first in-residence addiction treatment as well as chronic relapsers, including education for their families.

Our Philosophy

The promise of hope starts with clear facts.

Self-discipline, accountability and the ability to make responsible choices are seen as essential for a successful recovery. Our structured approach is strongly based upon the 12 steps of AA and is designed to help our clients successfully develop these assets. To this end, the people in residence are referred to as students because they are here to learn and live a new life in sobriety. Our students are always treated with the utmost dignity and respect.

The education received through lectures, one-on-one counseling, and group therapy instills awareness in each student of their addiction and how to cope with life on life's terms.

LONG & SHORT TERM PROGRAMS

Time is often the critical factor for successful rehabilitation and the length of stay is based upon individual progress in treatment. It takes time to:

- Heal the brain functions and nervous system
- Develop new coping skills
- Practice new life skills
- Heal family relationships
- Understand the 12 step program

FAMILY PROGRAM

Families are invited to participate in our extensive residential Family Program which is specifically designed to give help and tools to families to ensure a successful recovery outcome for their loved ones. This program has a comprehensive approach with individual treatment plans for every family. We believe strongly in our founder's words *"It takes families five minutes to undo what it has taken us five months to achieve."*

- Encourage family members to learn more about addiction
- Teach families to discontinue destructive enabling patterns and recover from the illness of codependence
- Teach families to practice consistency, avoid making threats and promises and encourage them to generally act in ways that will support the recovery process for their loved ones

CONTINUING CARE

The fact is - long term recovery takes commitment and support. We provide:

- Comprehensive, individualized continuing care plan
- Alumni services
- Aftercare plan with appropriate referrals, alumni and family contacts
- Discharge recommendations
- Our staff is always available, offering a lifetime of support
- Haley House, our own halfway house for women offers transitional housing for women in conjunction with continuing care

Alina Lodge Facts

- 65 bed residential treatment center
- Minimum 90 day stay for first time in-residence treatment
- Minimum 6 month stay for those who have failed in their previous attempts at sobriety
- Smoke free and caffeine free campus
- Multi-disciplinary team to treat patients with co-existing disorders
- Admissions take place 7 days a week, 24 hours a day
- Full time 24 hour medical staff on site

*If you know someone in need of help,
please call 800-575-6343 today.*

We are here to help.