



**PYRAMID**  
Healthcare, Inc.



**FEMALES 18+**

**DUAL DIAGNOSIS  
TREATMENT**

**RESIDENTIAL CARE  
PROGRAM**

**MEDICATION  
ASSISTED  
TREATMENT (MAT)**

**COUNSELING  
SERVICES**



124 Bridge Street  
Catasauqua, PA 18032

24/7 ADMISSIONS  
(866) 724-1529

[pyramidhealthcare.com](http://pyramidhealthcare.com)

## Lehigh Valley Residential Treatment Center

Pyramid Healthcare's Residential Treatment Center in Lehigh Valley provides a trauma-informed, person-centered treatment model for women in search of long-term recovery from substance use and co-occurring disorders. Our program is dually licensed (RTFA certified by OMHSAS), and led by a team of behavioral healthcare professionals proficient in co-occurring treatment to diagnose and address both substance use and mental health disorders.

### What We Offer

- » Residential care for females 18+
- » Medication Assisted Treatment (MAT)
- » Individual and group counseling focused on co-occurring diagnoses
- » Individual family sessions
- » Psychoeducational family program
- » Trauma Recovery Empowerment Model (TREM)
- » Collaboration with Lehigh Valley Pregnancy Program
- » Case management and aftercare planning
- » Discharge readiness group
- » Parenting group
- » Emotional regulation group
- » Orientation group
- » Codependency group
- » Bible study
- » Interactive drumming group
- » Art therapy
- » Nutrition group
- » Yoga



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## **TREM Group**

The Trauma Recovery and Empowerment Model (TREM) group empowers women to process and heal from the effects of trauma, mental health, and addiction in a safe, supportive environment.

Each topic in the curriculum-based group is specifically designed to help clients recognize their response to trauma and develop healthy coping and self-soothing skills. Talk therapy and grounding/meditation exercises further assist clients with emotional regulation.

## **Medication Assisted Treatment (MAT)**

We educate and maintain clients on all forms of MAT including Suboxone®, Sublocade® and Vivitrol® and provide methadone guest dosing through local community partners

## **Lehigh Valley Pregnancy Program**

Our treatment team collaborates with Lehigh Valley Health Network and Lehigh County Drug and Alcohol Abuse Services to provide support, programs and aftercare options for pregnant women who are seeking substance use disorder treatment. Ongoing wrap-around services offered, include:

- » Certified Recovery Specialists (CRS)
- » Aftercare
- » Housing resources
- » Transportation to and from appointments
- » Case management

## **Parenting Group**

This group enables women to identify and implement healthy and effective parenting skills. Participants learn:

- » Self-Care Techniques
- » "I Feel" Statements
- » Rebuilding trust with children
- » Growth promoting activities