Professional Staff
The credentials of our professional team demonstrate our strong commitment to providing the highest quality of care. All professional staff are trained in Evidence-Based modalities including Motivational Interviewing, Trauma Informed Care and Motivational Enhancement Therapy. Our team includes:

- A Medical Director, board certified in psychiatry, addiction psychiatry and addiction medicine by the American Society of Addiction Medicine (ASAM)
- Master Level Clinicians with experience and/or certification by the Pennsylvania Certification Board as Certified Alcohol and Drug Counselors (CDAC)
- Highly trained and experienced Registered Nurses and Licensed Practical Nurses
- Highly qualified and trained support staff

Admissions & Referrals
Hillside admissions counselors are available to arrange admissions, facilitate transportation, schedule evaluations and assist with insurance verifications.

Licensure & Accreditation
Hillside is licensed by the Pennsylvania Department of Health Office of Drug and Alcohol Programs, Department of Welfare Office of Mental Health and Substance Abuse and is accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF).

HILLSIDE
A Pyramid Healthcare, Inc. Facility
420 Supreme Court Drive
East Stroudsburg, PA 18302

HILLSIDE - A Pyramid Healthcare, Inc. Facility does not discriminate against any patient in relation to admission, treatment, discharge, continuing care or employment based on race, color, religion, creed, national origin, sex, disability (including limited English proficiency) or sexual orientation. We offer priority admission to at-risk populations including IDU, adolescents, women, women with children and preferential treatment services to pregnant women. Hillside/Pyramid Healthcare, Inc. employees and the public may contact the Commission on the Accreditation of Rehabilitation Facilities (CARF) to report any concerns or register a complaint about a CARF accredited health care organization by calling 1-888-281-6531 or by visiting www.carf.org.

Revised August 2015

Introducing Northeastern Pennsylvania’s premier destination for holistic substance abuse rehabilitation overlooking the beautiful Pocono Mountains.

855-878-8554
24 hours/7 days

420 Supreme Court Drive
East Stroudsburg, PA 18302

www.pyramidhealthcarepa.com
**Our Philosophy**
At Hillside, we believe that every client should be treated with dignity and respect and provided the unique opportunities and tools necessary to facilitate a healthy, positive and long-lasting recovery.

**Our Promise**
We will utilize an Evidence-Based, holistic treatment approach that is strength-based and client-centered. We will partner with the family of each client to develop a comprehensive, individualized plan that promotes sustained sobriety following treatment.

**Facility Highlights**
- Conveniently located 80 miles west of New York City and 100 miles north of Philadelphia
- Transportation available 24 hours/7 days
- Admissions accepted 24 hour/7 days
- 20 bed detoxification program for adults and adolescents 14 years of age or older
- 68 bed short-term and long-term residential program for adults
- Private insurance and self-pay clients accepted

**Detoxification Program**
We provide safe and effective detoxification from drug and alcohol dependency. Our trained medical team is experienced in treating substance addiction with comprehensive, medically supervised detoxification. We offer a variety of customized drug-assisted detox programs based on the substance of choice, medical history and individual preferences of each client we treat.

**Residential Program**
Our residential program utilizes the most current Evidence-Based Practices to treat individuals with a drug and/or alcohol dependency. Although our programs incorporate the 12 Steps of Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), we also focus on the physical, emotional, spiritual, family and mental health needs of each client. A team of therapists, nurses and a psychiatrist, work with each client to closely monitor, evaluate and adjust programming in response to the client’s individual needs as his/her treatment progresses.

**Specialty Programs**
Chemical dependency and mental health programs are combined to offer highly effective treatment for clients diagnosed with co-occurring substance abuse and behavioral health issues including, but not limited to:
- Anxiety
- Grief and loss
- Eating disorders
- Gambling addiction
- Post traumatic stress disorder
- Mood disorders/bipolar disorder

Both our Professional and Young Adult tracks utilize diverse treatment modalities, personalized and adjusted in response to the unique and evolving needs and challenges of each client as they arise.

**Intervention Services**
Those reluctant to acknowledge an addiction or participate in a substance abuse rehabilitation program often benefit from intervention services. Our certified intervention specialists are trained to utilize highly effective techniques and resources to skillfully initiate, guide and oversee the intervention process during which friends and family use honest, supportive communication to encourage their loved one to accept treatment as a first step toward recovery.

**Family Program**
We believe it is imperative to engage families from the onset of treatment. We at Hillside recognize that each family dynamic is unique and specialized services can be implemented to address the needs of the client and his/her family. The Family Program is an opportunity for families to learn the basics about addiction and how they can support and participate in their loved ones recovery.

**Holistic Therapies**
Research shows that physical and mental exercise can play a positive role in ones recovery. Hillside offers indoor and outdoor recreational activities and a nutrition program to meet the needs and interests of each individual. The program includes hiking, meditation, basketball, tennis and yoga. A registered dietician consults with each client to identify nutritional requirements as well as the benefits of eating a healthy, balanced diet during recovery and beyond.

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