



**Superior treatment for
drug and alcohol addiction**

ST. JOSEPH
Institute for Addiction



Not All Rehabs Are Equal

Selecting the right addiction treatment center can be very confusing. Which rehab will be the best for you? Why do some programs have much higher success rates than others? How important is a strong emphasis on individual counseling or expertise working with co-occurring conditions?

The chart below identifies some of the key issues when choosing a rehab and compares St. Joseph Institute with other well-known addiction treatment centers.

COMPARISON OF TREATMENT FACILITIES

Based on a survey of 24 treatment facilities in Pennsylvania, Maryland, Virginia, New York, and New Jersey.

Service Levels	Low	Medium	High	St. Joseph Institute
Cost (if no insurance coverage)	\$12,000- \$16,000	\$18,000 - \$28,000	\$32,000 - \$45,000	\$18,500 - \$26,500 (sliding scale based on income)
"In-network" with many insurance plans (may cover 100% of cost)	Yes	Some	No	YES
Accept Medicare or State Insurance	Yes	No	No	No
High percentage of court mandated/low motivation patients	Yes	Some	No	No
Intensive individual counseling	No	No	Some	YES
Family program	Some	Some	Yes	YES
Holistic programming	No	Some	Some	YES
Fitness program	Some	Some	Yes	YES
Pain management expertise	No	No	Some	YES
All counselors have Master's level training	No	Some	Some	YES
Comprehensive aftercare planning	Some	Some	Yes	YES
Nutritional therapy	No	No	Some	YES
Lifestyle education	Some	Some	Some	YES

PROGRAM HIGHLIGHTS

St. Joseph Institute combines the best practices of addiction treatment in a personalized program that addresses both addiction and co-occurring mental health issues.

- **Licensed detox program** for drugs and alcohol directed by a physician who is Board Certified in Addiction Medicine.
- **One-on-one counseling** that addresses the underlying causes that often drive addiction – including depression, anxiety, PTSD, trauma, relationship problems, and bipolar disorder.
- **Educational programs** on topics such as managing emotions, improving relationships, reducing stress, understanding the disease of addiction, and relapse prevention.
- **Introduction to the 12 steps** and other programs that guide personal growth and offer a supportive community to encourage recovery.
- **Bodywork, exercise, and physical therapy** for advanced healing, relaxation, and a greater sense of well-being.
- **Family programs** that promote an understanding of addiction, address relationship issues, and prepare for the future.
- **Nutritional therapy** that uses the latest scientific knowledge to treat chemical imbalances and stabilize moods.
- **Faith-based approach** that encourages residents to address their spiritual needs in a supportive, compassionate, non-judgmental environment.
- **Expertise in pain management** to help people whose addiction is influenced by pain.
- **Aftercare planning** to prepare our residents for the on-going work of recovery.
- **Continuing support** for our graduates through regular follow-up, reunions, on-line seminars, and group discussions.
- **Highly trained clinical staff** with advanced degrees in addiction and mental health, coupled with years of experience.





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