



SILVER RIDGE

A PREMIER PROGRAM BY PYRAMID HEALTHCARE

silverridgerecovery.com
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Asheville's History of Healing and Restoration

Asheville, North Carolina and the Blue Ridge Mountains have long been a desirable destination for healing and restoration. The area is known for its peaceful aura, and it is home to many spas and resorts, including North Carolina's salt therapy spa. The spirit and culture of Western North Carolina reflect the joys of life through a healing connection with nature, vibrant art and inspiring music.



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WELCOME TO SILVER RIDGE

Fresh Starts Are Timeless.

Silver Ridge serves established midlife adults who need to retreat discreetly from their daily lives. Here, we provide the perfect setting to focus on the addictions compromising your relationships, your future and your legacy.



A Place to Find Peace and Healing

Tucked away in the serene, rolling hills of North Carolina's Blue Ridge Mountains sits a peaceful estate called Silver Ridge. Here, our knowledgeable and compassionate staff provide a sanctuary for recovery for our select clientele.

Luxury and healing are the intent in all aspects of Silver Ridge. From fine cuisine made from the freshest ingredients to the spacious, private settings the estate offers, Silver Ridge provides a meaningful space for recovery.



Spacious Rooms and Contemplative Spaces

Our facility offers:

- Exclusive treatment setting
- 12 acres of secluded property
- 10,000 square-foot home, fully remodeled with modern amenities
- A gently rolling landscape surrounded by majestic mountains
- Gated and fully fenced for security and privacy
- Spectacular views throughout the home and gardens
- Gourmet kitchen, professional chefs and 5-star cuisine



The Silver Ridge Program

We offer a clinically integrated, holistic program designed to increase each client's sense of self and their capacity for regulation across multiple domains of life. Our program addresses issues of body, mind and spirit through intensive individual, family and group therapy sessions, psychoeducation and holistic approaches.



The Midlife Stage of Development

Midlife adults require a specialized treatment approach for all aspects of their textured life experiences. Adults in this stage of life are confronted with various, discrepant transitions of growth and loss. This phase can be characterized by changes in health, career heights and disappointments, the development of new goals and aspirations and significant shifts in personal and family relationships.

Program Features

Lifespan Developmental Psychology

We are best understood when we consider the context of each person's development across multiple domains. Our clients enter treatment with a range of multidimensional and multi-directional life experiences. Through reflection and intensive therapy, we work to enhance balance, connection and intentionality within life.

The treatment philosophy at Silver Ridge is both structured and flexible in order to meet developmentally specific clinical needs. In addition to individual, group and family therapy, clients will have the opportunity to engage in equine therapy, wilderness experiences, horticultural therapy, Qigong, trauma-sensitive yoga, acupuncture and meditation. Clients will develop or rediscover an appreciation for the benefits of self-awareness and the empowerment that comes from connection with the body, mind and spirit.

Comprehensive Clinical Approach

We operate from the perspective that everyone has the potential to transcend their struggles. Treatment at Silver Ridge is individualized and person centered. Our clinical approach is rooted in lifespan developmental psychology and incorporates intentional use of multiple modalities including a psychodynamic approach, cognitive behavioral therapy, relational therapy and affective neuroscience.

Increased understanding of the neural processes and brain structure components related to our emotional experience is critical to true recovery. Incorporating concepts of affective neuroscience and attachment helps clients increase their awareness of the neurological implications of addiction. Engaging this part of the client's experience deepens the impact of treatment and helps provide intrinsic, long-term change.

Program Features

- Individual Therapy
- Family Therapy
- Group Therapy
- Advanced Psychoeducational Groups
- Equine Therapy
- Horticultural Therapy
- Trauma-Sensitive Yoga
- Qigong and Meditation
- Acupuncture
- Wilderness Experiences and Nature Therapy
- Nutritional Support
- Collaborative, Multidisciplinary Team

Focus, Healing and Recovery

Addiction is an attempt to solve a painful problem. Clients commonly arrive hyper-focused on the problems of the past and experiencing anxiety about the future, often with no connection to the present moment.

Here at Silver Ridge, our empirically validated clinical approach, holistic healing modalities and beauty of the surrounding region provide a treatment experience unlike anything else.



EVERY GREAT LEGACY HAS A STRONG FOUNDATION.
BUILD YOURS HERE.

Coming to Silver Ridge

At Silver Ridge, we focus on making the admission process as efficient and convenient as possible. We work with our clients to ensure that we can provide the care and attention they need by beginning with a brief, confidential assessment.

There is no commitment required to speak with a Silver Ridge admission specialist about your treatment options.

Our expert admission team is available 24/7 and can be reached at 1 (855) 875-4820.



About Pyramid Healthcare

Pyramid Healthcare, Inc. is a premier provider of behavioral healthcare founded in 1999 and headquartered in Altoona, Pennsylvania. Pyramid Healthcare operates over 80 treatment facilities and schools throughout Pennsylvania, New Jersey and North Carolina, offering a full continuum of treatment and recovery services for teens and adults. Pyramid Healthcare's facilities are CARF-accredited and staffed by licensed and qualified professionals.



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