



SILVER RIDGE

A PREMIER PROGRAM BY PYRAMID HEALTHCARE

Asheville, NC Rehabilitation Center

A place for midlife adults to find peace and healing.

183 Old Turnpike Road • Mills River, NC 28759



Midlife Development Model

Midlife can be a difficult, stressful, and an exciting transitional period. The Silver Ridge program is specifically designed to address the multi-faceted issues present in this developmental stage. The Silver Ridge Developmental Treatment Model is a diverse, in-depth approach that includes psychoeducational groups, therapeutic process groups, and holistic experiences as a way to address the complexity of our midlife clients and their needs. Treatment involves collaborating with a sophisticated, expert treatment team, connecting to peers with similar developmental challenges and goals, and re-engaging with values, purpose, and meaning to begin a renewed life of balance and over all well-being.

Our Estate

Tucked away in the serene, rolling hills of the Blue Ridge Mountains in Asheville, NC, our services are tailored to meet the needs of **midlife adults age 35 and up** who are struggling with a substance use disorder. Our treatment center offers:

- ◆ 8 spacious rooms with 15 beds
- ◆ 10,000 square-foot private residence
- ◆ 12 acres of secluded property
- ◆ Gated community
- ◆ Gourmet kitchen and executive chef
- ◆ On-site gym
- ◆ Indoor and outdoor recreation areas

Holistic Therapies

Addressing the physical needs of substance use is important, but it is just as critical to provide care for the **mind and spirit**. Holistic therapies at our facility include:

- ◆ Equine Therapy
- ◆ Ecotherapy
- ◆ Art Therapy
- ◆ Mindfulness and Meditation
- ◆ Trauma-Sensitive Yoga

Treatment Modalities

- ◆ Acceptance and Commitment Therapy
- ◆ Individual Therapy
- ◆ Motivational Interviewing
- ◆ Aftercare Planning
- ◆ Medication Assisted Treatment
- ◆ Psychoeducational Groups
- ◆ Emotion-Focused Family Therapy
- ◆ Experiential Groups
- ◆ Partial Hospitalization Program

Trauma-Informed Care

The evidence-based trauma treatment at Silver Ridge is phase oriented and incorporates each client's individual experience into their own treatment plan for addressing the impact of trauma on their life. Trauma intervention is embedded in all components of the Silver Ridge treatment experience from the supportive daily structure, trauma-focused clinical programming, collaborative, expert treatment team, and diverse, holistic treatment modalities. The treatment team at Silver Ridge is specifically trained in addressing trauma-related conditions for clients, and focuses on the biopsychosocial impact of traumatic experiences on a client's life.



Every great legacy has a strong foundation.
Build yours here.

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