



SILVER RIDGE

A PREMIER PROGRAM BY PYRAMID HEALTHCARE

Asheville, NC Rehabilitation Center

A place for adults to find peace and healing.



Our Facility

Tucked away in the serene, rolling hills of the Blue Ridge Mountains in Asheville, NC, our services are tailored to meet the needs of adults who are struggling with a substance use and/or co-occurring disorder. Our treatment center offers:

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

Acceptance and Commitment Therapy

Acceptance and Commitment Therapy (ACT) is the guiding philosophy behind our programs at Silver Ridge. Our ACT-based approach helps clients develop psychological flexibility, accept difficult emotions, and make life choices aligned with their personal values.

We are dedicated to providing adults with the resources they need to overcome addiction and prevent relapse. By focusing on the unique challenges of this stage of life, our ACT programs empower clients to build resilience and gain the psychological flexibility needed to navigate everyday life with confidence.

Holistic Therapies

Using evidence-based practices such as acceptance commitment therapy and motivational therapy, we provide a holistic approach to recovery. 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
- ◆ Mindfulness and Meditation
- ◆ Tai Chi and Qi Gong
- ◆ Massage Therapy available for an additional fee

We Offer

- ◆ Residential Treatment
- ◆ Partial Hospitalization Program
- ◆ Substance Use Disorder Treatment
- ◆ Trauma-Informed Care
- ◆ Acceptance and Commitment Therapy
- ◆ Cognitive Behavioral Therapy
- ◆ Motivational Interviewing
- ◆ Psychoeducational Groups
- ◆ Individual Therapy
- ◆ Family Therapy
- ◆ Medication-Assisted Treatment
- ◆ Aftercare Planning

Why Choose Silver Ridge?

Individualized Treatment for Adults

We understand the challenges of adulthood, and our program is specifically designed to effectively address the unique recovery needs of men and women.

Comprehensive Approach

Our holistic approach supports physical, mental, and spiritual health through a range of evidence-based treatment modalities and therapies.

Experienced Staff

Our staff are highly trained and includes an ASAM-certified addiction psychiatrist and an addiction-trained primary care physician.

Five-Star Amenities

From gourmet cuisine to our spacious, 10,000 square foot residence, Silver Ridge provides a tranquil and peaceful setting for recovery.



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

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