

MAT & Co-Occurring Disorders



MEDICATION ASSISTED TREATMENT

Retreat offers Medication Assisted Treatment (or MAT) for patients in our care, giving them a better chance at a successful recovery and the ability to focus on building a strong foundation.

CO-OCCURRING DISORDERS

When a patient struggles with both substance abuse and a mental health disorder this is called dual-diagnosis. It's important to treat both concurrently as many times patients can self-medicate to try and alleviate the symptoms of a mental health issue. We work with our on-site psychologist to ensure our patients have the quality care they need to make a full recovery.

OUR MISSION

Our Mission is to provide compassion, respect and acceptance to individuals, families and the communities we serve.



CONTACT

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SOUTH CONNECTICUT

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About Us



Located in New Haven, CT, Retreat at South Connecticut is in close proximity to Fairfield County, Yale University and the downtown New Haven central hub. Our beautiful renovated property provides the highest level of comfort for our patients while offering a full continuum of care.

WHAT SETS OUR CAMPUS APART

- Personalized treatment and recovery planning
- Gender and age-specific groups
- Around-the-clock admissions and transportation
- In-Network with most major insurance companies
- Luxurious accommodations
- Master's level clinicians
- Family education program
- Holistic therapeutic services
- Interventions available

Rehabilitation at Retreat

Overcoming a Substance Use Disorder to drugs or alcohol is an extensive process that varies from patient to patient. That's why we treat everyone as an individual rather than relying on a one-size-fits-all approach. Rehabilitation is the first step toward a healthy, sober lifestyle.

WHAT IS INVOLVED?



Medical detoxification



Individual and group therapy sessions



Holistic & alternative therapies



Medication Management

Specialized Track Programs

Each of Retreat's specialized programs offers dynamic, comprehensive treatment to a specific group based on common issues or traits that some patients share. Our programs include:

- Mental Health
- Co-occurring Treatment Services and Counselling
- Pain Management Services
- Gender Specific
- Grief and Loss
- LGBTQ
- Mindfulness
- Trauma
- Spirituality

Holistic Therapy



When you are facing problems with substance abuse, it is important to seek treatment that caters to the whole person rather than just the substance use disorder. Retreat offers a wide range of experimental therapies that may be right for you, including:

- Music Therapy
- Art Therapy
- Culinary Arts
- Drum Therapy
- Yoga and Meditation
- Massage Therapy
- Gardening