Addiction Treatment Services Include:

- Medically-monitored detox
- Inpatient and outpatient programs
- Individual therapy
- Group therapy
- Educational groups
- Family therapy (includes Family Enrichment Program events)
- Peer and community support
- Psychiatric evaluation and medication management
- Case management
- Relapse prevention and life skills groups
- Cognitive Behavioral Therapy
- 12-Step recovery work
- Trauma recovery groups
- Long-term aftercare program

1-855-TND-HOPE (1-855-863-4673)
www.thenextdoor.org

The Next Door is licensed by the Tennessee Department of Mental Health and Substance Abuse Services. The Next Door is accredited by CARF (Commission of Accreditation of Rehabilitation Facilities)

The Next Door, Inc. is a 501(c)(3) organization.
Medically-Monitored Detoxification
- Safe and comfortable way to withdraw from their drugs of choice
- Medically-monitored detoxification to assist with the withdrawal process
- Women treated until signs and symptoms of withdrawal have resolved
- Average length of stay in the detox setting is three to five days

Residential Treatment
- Comprehensive, high intensity and structured inpatient treatment program
- Women meet multiple hours each day during weekdays and weeknights
- Structured, yet less intensive, programming on weekends
- Explores the underlying issues of mind, body and spirit associated with chemical dependency, co-occurring mental illness, and trauma

Partial Hospitalization
- High therapeutic intensity and recovery focus
- Outpatient program - meets five hours a day and up to five days a week
- Intensive day treatment and return home at night to practice their recovery skills

Intensive Outpatient
- High therapeutic intensity and recovery focus
- Meets three hours a day and four days a week
- Both day (9am-12pm) and evening (6-9pm) options to meet clients’ needs

Outpatient
- Step down to less intensive treatment services
- Based upon the women’s individual needs
- Meets fewer than five hours a week

Aftercare
- Offers encouragement, support, and accountability for sustaining recovery
- Weekly, peer-facilitated, support group with clinical staff assistance
- Offer support to others and gain support for themselves
- Participate in group projects as a way of giving back
- Groups in multiple communities at various times and locations

Recovery Affordable Housing
The Next Door’s Recovery Affordable Housing Community, “Freedom Recovery Center”, is permanent apartment living for women and their children. This community provides the opportunity to continue recovery services onsite within a supportive peer environment.

Services Include:
- Individual and family case management
- Group therapy
- Peer and community support
- Relapse prevention and life skills groups
- Cognitive behavioral therapy
- Educational groups
- Structured employment assistance
- Family literacy

What is The Next Door?
The Next Door is a non-profit organization dedicated to serving women in crisis, equipping them for lives of wholeness and hope. The Next Door provides services to women who are impacted by addiction, mental illness, trauma and/or incarceration. In recognition of the common need among residents for mental health and addiction counseling, The Next Door provides an integrated model to address the co-occurring disorders. A professional team of counselors, case managers, nurse practitioners - both medical and psychiatric, medical doctors, masters level social work interns, mentors, and job coaches complete the staff to provide comprehensive coverage to residents’ needs.