

PRIMARY TREATMENT INFORMATION

- Dual Diagnosis Treatment
- Psychological Evaluation
- 24 Hour Nursing Services
- Relapse Prevention
- Co-Dependency Series
- Trauma Resolution
- Family Therapy and services
- Education and practice in applying 12 Step principles
- Reality Therapy (accountability for today's behaviors)
- Non-fraternizing policy
- Balanced diet and vitamin supplements
- Eating Disorder Program
- Nicotine Cessation
- Focused approach to treatment minimizing outside distractions
- Group and individual therapy, lectures, films and 12 Step Meetings
- Moderate exercise
- Highly structured non-permissive approach to foster self-discipline
- Multi-disciplinary professional staff for treating coexisting and multiple addictive disorders

Specialty Groups and Clinical Protocols for:

- young adults
- eating disorders
- grief
- gambling
- smoking
- sexual compulsivity
- relationship dependency
- spirituality and personality disorder
- trauma
- anger management

For Your Stay

Alina Lodge provides a comfortable environment in beautiful country surroundings, located in the northwest section of New Jersey, approximately one hour from New York City. The season of the year should assist you in determining the type of clothing you will bring. Please remember, Alina Lodge is a smoke free environment.

You will need the following upon admission:

- Minimum two weeks supply of casual attire – slacks, jeans, skirts together with shirts, undergarments.
- Appropriate clothing for dinner. Men must wear jackets and ties, women must wear dresses/skirts or business suits.
- Sleepwear, including robe and slippers.
- Several pairs of comfortable shoes, sweaters and/or jackets
- Suitable outerwear, including raincoat, rain boots and umbrella.
- Toiletries, cosmetics, shaving gear and sundries. Non-alcoholic, solid creams are best.
- Alarm clock, non-electric.