Perched atop a crest of nearly 60 private wooded acres in Eastern Connecticut, The Ridge delivers personalized paths to recovery from substance use disorders and addiction. Evidence-based treatment, along with private rooms, alternative therapies, walking trails, group therapy and a fitness center allow us to holistically treat the whole person and get them on the path to recovery.

Hartford HealthCare

The Ridge Recovery Center
289 Windham Rd, Windham, CT 06226
RidgeRecovery.org
**Program highlights:**
- A three-tier, comprehensive design for recovery care, from medically monitored withdrawal management (16 beds) through residential treatment (36 beds) and beautifully appointed, sober living accommodations for the option of extending one’s stay.
- Single rooms with en suite which ensure time and space for individual privacy and respite.
- Individual counseling
- Group therapy
- Medication management
- Trauma informed care
- Emotional and spiritual support including including art and pet therapy, meditation, sound healing, and financial counseling.
- Recreation and fitness options, including access to a full Planet Fitness workout center, walking trails, yoga, and movement classes.
- Premier dining, including vegetarian and gluten-free options.
- Family support and Alumni programs

**Expert care team:**
The Ridge is committed to empowering our clients by engaging in treatment methods proven critical in sustaining long-term recovery. Whether working with a physician, social worker, nurse or Recovery Support Specialist, the client is valued as an individual and treated with compassion, respect, and commitment. As an entity of Hartford Healthcare, we are proud to facilitate seamless access to an exceptional and expansive network of medical care, both inpatient and out.

**For more information or to make a referral:**
Wendy Lang, RSS
Referral Relations Specialist
959.995.2936 (cell)
Wendy.Lang@hhchealth.org