



Highly focused drug and alcohol recovery treatment.  
 Comfortable accommodations on a serene 51 acre estate.  
 Clinical care. Comfort. Tranquility.



## The Ridge Ohio

Residential Treatment Center



Welcome Home  
 To Recovery for Life



*I can't thank The Ridge Ohio enough for helping me start a new life in recovery from drugs and alcohol.*  
 -Nicole C.

The Ridge Ohio, 25 Whitney Dr. #120, Milford, OH 45150  
 513.438.8514 | TheRidgeOhio.com

The Ridge Ohio is Joint Commission Accredited. Their seal is rewarded only to organizations meeting a high level of care and quality standards.

513.438.8514







# Time Well Spent

## Effective and Comfortable Treatment

It all starts with one phone call: 513.438.8514



### Aftercare

All Ridge graduates are offered 52 weeks of aftercare for relapse prevention. Our doctors estimate that clients who complete aftercare double their recovery rate. According to the National Institute on Drug Abuse, most addicted individuals need at least three months in treatment to significantly reduce or stop their drug use and that the best outcomes occur with longer durations of treatment.

### According to Clients

Since our founding in 2011 clients and their families have given us an average 4.8-star rating on Google.

The Ridge Ohio's physician managed program provides confidence to clients that they are receiving optimum therapeutic care. In order to help clients restore healthy nutrition, an on-site chef prepares nourishing meals and can ac-

commodate food allergies and special dietary requirements.

Clients benefit from extensive exercise and recreation, which is key to recovery. They return home strong, and full of hope.

See more at [TheRidgeOhio.com/Testimonials](http://TheRidgeOhio.com/Testimonials)

# A Restorative Program

Designed by Doctors. Run by Doctors.

The Ridge programs are facilitated by compassionate staff including a doctor, a psychiatrist, and licensed counselors.

Cognitive behavioral, dialectical behavioral, and trauma therapy are key components to include with community support groups.

We accredit client's consistent success to the passion-driven programming our Medical Director, Dr. Marc Whitsett gave us with vision and purpose.

At The Ridge, you will find physicians, licensed counselors, and specialty therapists that grant clients from across the Midwest, a highly effective approach at overcoming addiction.

Dr. Whitsett continues the legacy, begun by the late Dr. Jeffrey Stuckert. Both physicians agreed that the cunning disease of addiction should be battled using a variety of modal-



*Marc Whitsett M.D.*

Dr. Marc Whitsett M.D.  
Medical Director

### Rural Retreat

The Ridge's residential program is located at The Stuckert House. With only 16 beds you will find the highest level of clinical and personal care available in Ohio.

Clients enjoy private or semi-private rooms with luxury bedding, multiple exercise options, sauna, outdoor swimming pool, and a stocked fishing pond. An on-site chef creates nutritious meals daily and teaches a weekly cooking class. The goal for each client is wholeness: mind, body, spirit.

Explore the grounds at [TheRidgeOhio.com/Tour](http://TheRidgeOhio.com/Tour)

### Focused Treatment Model

The Ridge program is a physician-driven medical model combining cognitive behavioral therapy (CBT), elements of dialectical behavioral therapy (DBT), trauma and other modalities. The curriculum encompasses education about the disease of addiction, individual, group, and family counseling. Clients focus on the development of coping skills and strategies to handle the obstacles and barriers that lie in their road to recovery.

### Family Involvement is Key

The depth of our family program distinguishes us from other programs. Patient families on average will have 6 visits including educational sessions, and meals. Families learn tools they can use to stop the cycle of addiction in their loved one's life.

Research by the National Institute on Drug Abuse suggests family involvement and education improves treatment outcomes.

### Testimonial

*"The Ridge for me was life-changing. I was very nervous about entering rehab and I had absolutely no clue what to expect. The place is completely magical."*

-Tyler H.

➔ 16 beds create a low staff to client ratio and more intensive treatment.

➔ Addictionologist, psychiatrist, and trauma-informed therapist.

➔ Multiple modalities, including CBT, DBT, trauma, music, and art therapy.

➔ Healthy, nutritious, and hearty meals crafted by two on-site chefs.

➔ Extensive recreation and exercise encourages sober fun.

➔ Monthly meetings for active alumni participants.



[TheRidgeOhio.com](http://TheRidgeOhio.com)