

## WE'RE SHATTERING THE STIGMA OF REHAB

At Forest Hill ARTS we provide leading residential and non-residential addiction and mental health treatment. Many recovery programs focus only on addiction. We have taken a different, more complete path. Empowering our clients to live their fullest lives, we have created a treatment program that incorporates mental, physical, spiritual, and emotional health.

## YOUR TREATMENT PLAN

Addiction treatment at Forest Hill ARTS begins with a comprehensive, individualized plan developed by an interdisciplinary team of clinicians who meet regularly to review and modify each patient's plan as needed. Our treatment or referral services involve:

- Addiction counseling
- Mental health
- Medical care
- Anti-cravings medication
- Spiritual health
- Wellness & recreation

## LENGTH OF STAY

The goal for each client is lifelong recovery. As a result, the length of stay for each patient is determined by the patient's interdisciplinary care team as treatment progresses. For many residential clients, an average length of stay is 30 days, but a longer stay may be recommended if clinically appropriate.

## WE'RE HERE FOR YOU

Call today to speak with an admissions coordinator to determine if your insurance is accepted.

**A FUTURE YOU, BEGINS TODAY.  
A FUTURE YOU, BEGINS WITH US.**

**OneSource**  
COMMUNITY MENTAL HEALTH

PHONE: (804)-663-5243 ext 2401 | FAX: (804)-674-9379  
7806 Forest Hill Avenue, Richmond, Virginia 23225

# FOREST HILL ARTS

**ADDICTION & RECOVERY TREATMENT SERVICES**

A PROGRAM OF:

**OneSource**  
COMMUNITY MENTAL HEALTH

PHONE: (804)-663-5243 ext 2401 | FAX: (804)-674-9379 7806  
Forest Hill Avenue, Richmond, Virginia 23225



## WHO ARE WE?

Forest Hill ARTS is a Richmond-based rehab center that helps people overcome addiction and become the best versions of themselves. While many drug rehab centers merely focus on treating the symptoms of addiction, we have designed a program that really dives deep into the root cause of addiction. Without uncovering and addressing the root cause, we cannot even begin to help our clients treat their addiction.

### FACILITY & PROGRAM FEATURES

Forest Hill ARTS I Program is a 48 bed, 24-hour safe haven for residential substance abuse treatment located within a quiet community in the South Richmond area of Virginia.

Forest Hill ARTS II is an ASAM 3.1 Clinically Managed Low-Intensity Residential Service providing a 24-hour supervised step-down residence in a safe, secure environment where patients can develop and practice early recovery skills such as resilience and refusal; and prepare for a successful transition to the full community.

#### FACILITY FEATURES:

- Enclosed smoking area outside
- Fitness room including a stationery bike, a rowing machine, an elliptical machine and weights
- Art therapy room
- Full-service kitchen and cafeteria
- TV's in each bedroom
- Computer lab
- WIFI campus
- Dual occupancy rooms

## THE FOREST HILL ARTS MISSION & APPROACH

Our mission at Forest Hill ARTS is to provide each client with compassionate, evidence-based residential and/or outpatient substance abuse treatment on an individualized level.

Persons of Central Virginia who need alcohol and/or substance abuse rehabilitation should be able to stay in the Central Region to get appropriate services. Forest Hill ARTS (Richmond-based Residential **Addiction & Recovery Treatment Service**) provides a private, 48-bed residential program for the provision of addiction and recovery services with adults with co-occurring disorders who seek to overcome addictive behaviors and thinking patterns along with treating their mental health issues.

## OUR PROGRAM EXISTS TO:



### HOPE

Give you direction and a strong outlook for the future



### CONNECTION

Help you rediscover yourself and appreciate the positives in your life



### GROUNDEDNESS

Walk out of our doors with a stable state of mind and a rekindled fire for life

## HOLISTIC TREATMENT

### WHAT IS HOLISTIC TREATMENT?

Holistic means that our treatment is aligned with the mind, body, and spirit to eradicate addiction and treat co-occurring conditions.

Our holistic therapy is extensive, and it includes psychiatry, yoga, fitness, group therapy sessions, music groups, creative writing, meditation, art therapy classes, and so much more. We do not merely focus on the substance abuse; we have constructed a program to mold you into the person you have always meant to be. We at Forest Hill ARTS place an emphasis on including holistic practices into a client's daily routine of recovery.

From residential care thorough after-care, we offer a program that truly works to heal the mind, body & spirit of each client. By the end of your stay, we want you to feel hopeful, feel connected, and feel grounded. Many clients have come into our doors in a chaotic, lost state. And that is ok.

