



## OUR SERVICES AT A GLANCE



Wayside House understands that women suffer addiction differently than men. Women recovering in an environment created just for women remain in treatment longer, achieve better abstinence rates and are more than twice as likely to complete treatment.

### OUR PROGRAMS:

Every woman with an addiction comes to us with a different set of circumstances. We provide a variety of choices, programs and services that focus on each woman individually and holistically.

- Residential 90-day program
- PHP (Partial Hospitalization Program)
- IOP (Intensive Outpatient)
- Outpatient
- Parenting Training
- Alumni Services
- Intervention Project for Nurses IPN & PRN

### TREATMENT SERVICES:

- Individual & Group Therapy
- Dual Diagnosis Treatment, including Eating Disorders
- Psychiatric & Medication Management
- Nursing Services
- Case Management
- Medication Assisted Treatment (MAT)
- Life Skills Training
- 24/7 Supportive Supervision
- Parenting Program & Pregnant Women
- Holistic therapies, including equine, art, yoga, psychodrama, and meditation
- Nutritionist

**EMPLOYMENT SERVICES:** Tina Posner Center for Career Excellence provides job skills training and job placement for Wayside House clients and alumni.

**LENGTH OF STAY:** 90-day residential, 4-week PHP, 8-week Intensive Outpatient, 6-month Outpatient

**TWELVE-STEP BASED:** Wayside House bases its program on the Twelve-Step model, teaming with the local recovery community for all clients.

**COST OF PROGRAMS:** We accept all major insurance providers as well as private pay. Residential and IOP services must be authorized through insurance company for coverage. In addition to serving those with the ability to pay for services, Wayside House provides a limited number of scholarships and has a small, designated number of beds paid through public subsidies for those without financial means.

**ADMISSIONS:** Wayside House serves women ages 18+ suffering from alcohol and substance use disorder, as well as co-occurring conditions. Assessment is the foundation for treatment planning. Assessments can be scheduled Monday through Friday, 8:30 a.m. until 5 p.m.

FOR MORE INFORMATION ABOUT WAYSIDE HOUSE OR TO SCHEDULE AN ASSESSMENT,  
PLEASE CONTACT OUR ADMISSIONS OFFICE:

**561-666-9149 OR 561-278-0055**

Wayside House | 378 NE 6<sup>th</sup> Avenue | Delray Beach, FL 33483 | [www.waysidehouse.net](http://www.waysidehouse.net)





Healing Body, Mind & Spirit  
**Partial Hospitalization Program (PHP)**

4-8-week Program

Day Sessions (Monday through Friday)

**Intensive Outpatient Program (IOP)**

8-week Program

Evening Sessions (Tuesday, Wednesday, and Thursday)

**We Will Help You:**

- Deal with trauma and eating disorders
- Integrate your recovery into your life
- Manage stress
- Work through body image difficulties
- Introduce mindful eating
- Process life issues and find real solutions
- Access outpatient and aftercare services
- Receive job training and help in finding employment
- Join the strong alumni group for continuous support after graduation

We have an insurance specialist available to review prospective clients' insurance benefits and coverage. We facilitate clinical reviews throughout the clients' treatment to ensure maximum coverage for treatment services.

378 N.E. Sixth Avenue  
 Delray Beach, Florida 33483  
 Main Number – 561-278-0055  
 Admissions – 561-666-9149  
[www.waysidehouse.net](http://www.waysidehouse.net)  
[info@waysidehouse.net](mailto:info@waysidehouse.net)

**In Network**



**Out of Network**

