



# ADOLESCENT RECOVERY

of cumberland heights

RECOVERY. ACADEMICS. ADVENTURE.



## WHEN TO CALL:

- Change in friends/peer group
- Using substances more regularly, daily, or in increasing amounts
- Experimenting with harder substances
- Irritability, outbursts in the home
- Disengagement from school, declining grades
- Loss of interest in hobbies
- Legal issues
- Increased depression/anxiety
- Using alone, increased isolation
- Higher risk-taking behaviors
- Sleep/appetite changes, weight loss



ARCH services provide a continuum of care for adolescents, offering comprehensive support through various stages of recovery and personal development. These services include:

### 1. Community Education and Prevention Programs:

Initiatives to raise awareness, educate, and prevent substance use or behavioral issues before they escalate.

### 2. Intensive Outpatient Program (IOP):

A structured treatment option that allows adolescents to receive therapy and support while continuing with school or other daily activities.

### 3. Inpatient Residential Programming:

A more intensive, 24/7 care environment where adolescents can focus on recovery with professional guidance and peer support.

### 4. Alumni Services:

Ongoing support for individuals who have completed treatment, fostering long-term recovery through follow-up care, peer groups, and community engagement.

This integrated approach ensures adolescents receive the right level of care at every stage of their journey.

Contact Us  
615-917-7114



## HARPETH CAMPUS

Our Harpeth campus provides residential services for adolescent males aged 14-17. Situated on 64 acres of serene land just outside Nashville, TN, this facility offers a tranquil environment conducive to healing and personal growth. The campus features newly built, state-of-the-art facilities, creating a comfortable and supportive setting for adolescent recovery.



## RIDGEVIEW CAMPUS

Our Ridgeview campus offers residential services for adolescent girls aged 14-17. Nestled on 10 acres, the campus provides a peaceful, retreat-like setting that promotes healing and personal growth. Ridgeview offers a safe and supportive environment where young women can engage in therapeutic programs designed to foster recovery and well-being.



## COMMUNITY ENGAGEMENT

A cornerstone of ARCH Academy is parent involvement. We are committed to empowering our community by providing knowledge, skills, and support through:

- **Prevention & Education**
- **Presentations**
- **Lunch-n-Learns**
- **Assessments**
- **ARCH Adventures**
- **CE Events**

## TN INTENSIVE OUTPATIENT PROGRAMS

**Virtual IOP:** Patients can engage in our telehealth programs from anywhere in the state of Tennessee. We offer telehealth as part of our outpatient recovery services and individual therapy services.

**In-Person IOP:** Flexible yet comprehensive approach to addiction treatment, tailored to individuals who require a high level of care but are also managing the demands of their daily lives.

## ALUMNI & FAMILY

### Family

A cornerstone of ARCH Academy is parent involvement. Parents will join us for a family intensive program. Families are encouraged to participate in weekly sessions. After a resident's first month, an in-person family visit can be planned.

- **Intensives**
- **Parent Alumni Group**

### Alumni Support

ARCH Academy views our alumni as the core foundation of our mission. We pride ourselves on staying connected with alumni, inviting them back to campus regularly for on-site events.

- **Weekly Alumni Meeting**
- **Ongoing Staff Support**

