

# Mirmont Treatment Center

*Clinical excellence and compassionate care  
for the treatment of substance use disorders*





# A place of healing

When you or a loved one is struggling with alcohol or drug addiction, Mirmont Treatment Center is here.

Part of the trusted Main Line Health system, we have been successfully treating substance use disorders for patients from across the Mid-Atlantic region, age 18 and older, since 1985.

We believe what differentiates Mirmont is our focus on treating the entire person, not just the symptoms of their addiction. Our experts create an individualized plan for each patient, blending evidence-based approaches with holistic therapies, and clinical excellence with compassionate care. We are dedicated to empowering patients to achieve lifelong recovery, and to restoring a profound sense of self-worth and purpose.

From the ease of admittance, to our extensive support programs for friends and family, to the continuum of care available through Main Line Health, we are here to walk with you every step of the way.

We know that each journey is unique, and we take very seriously our responsibility to remove any barriers to treatment and help those experiencing alcohol and drug dependency to not only get well, but thrive.

The beauty of our private campus, situated on 33 acres in Delaware County, Pennsylvania, is designed to inspire healing. Expansive outdoor spaces feature two stunning Serenity Gardens, as well as a working garden tended to by our patients. Inside, light fills the many communal areas, including a state-of-the-art fitness center, and a 900-square-foot space dedicated for meditation and yoga practice.

On our Wall of Valor, you will find hundreds of badges representing the heroes of 9/11, Sandy Hook, the Boston Marathon and many more. This exhibit is a heartfelt expression of our deep appreciation and respect for those who have served. I can speak for our entire team when I say that this level of respect translates to every patient who walks through our door with the courage to commit to sobriety. Here you find infinite understanding, a safe and welcoming environment, and an inherent warmth that is palpable.

We have helped thousands of people on the journey to recovery and healing—one person, and one step, at a time. We invite you to reach out to us and learn more about how we can help you.

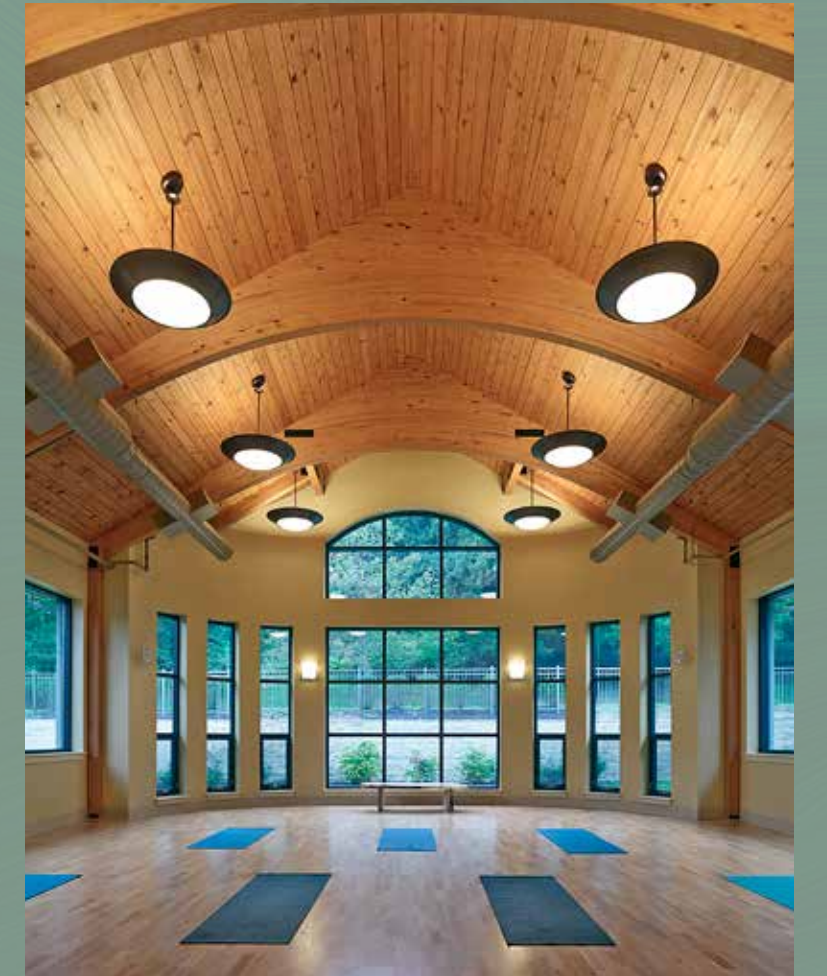
Sincerely,



Michelle Mullany  
System Vice President of Behavioral Health  
Main Line Health



Located on 33 acres in suburban Philadelphia, Mirmont Treatment Center is spacious and serene. Designed to bring the outdoors in, the facility boasts an abundance of natural light and views of rolling green hills, beautiful trees and healing gardens.



We are wholly  
dedicated to  
empowering  
patients to achieve  
lifelong recovery.



# A holistic approach

At Mirmont Treatment Center, we take a comprehensive approach—addressing the physical, mental, emotional and spiritual aspects of alcohol and drug dependency.

We incorporate both traditional modalities such as individual and group counseling, with integrative therapies such as holistic pain management and the practice of mindfulness-based stress reduction (MBSR), to guide our patients through the process of awareness, change and growth.

MBSR represents one of the cornerstones of our program. This practice combines meditation and yoga to help patients connect to the present moment, reduce

stress and pain, and achieve an overall sense of wellbeing. It is a powerful tool for transformation.

We are proud to be among the top-rated dual diagnosis treatment centers in the Philadelphia region for people living with addiction and mental health disorders, and among only 30 percent of treatment centers across the United States to offer medication-assisted treatment, when necessary, for opioid addiction.



## Treatment programs

- Comprehensive evaluation and assessment
- Personalized treatment and aftercare planning
- Individual therapy sessions
- Men's and women's group therapy
- Psychodrama and experiential therapy
- Psychiatric services
- Gorski Model of Relapse Prevention
- Addiction education
- Dharma recovery meetings
- Holistic pain management
- 12-Step meetings
- Medication-assisted treatment (MAT) for opioid addiction
- Dual diagnosis treatment for co-occurring psychiatric disorders
- Trauma treatment/Eye Movement Desensitization and Reprocessing (EMDR)
- First responder program (VIPER)
- LGBTQ Inclusive Care
- Treatment for pregnant women



## Integrative therapies

- Mindfulness-based stress reduction (MBSR)
- Qi Gong, Reiki, therapeutic touch and aromatherapy
- Acupuncture
- Exercise program and daily yoga practice
- Nutrition counseling
- Smoking cessation program

Our best-in-class practices are individually tailored to build a solid foundation for successful recovery.



## Campus amenities

- Beautifully appointed rooms
- Fully equipped fitness center
- Spacious meditation hall and yoga studio
- Well-resourced bookstore
- Light-filled common spaces
- Two Serenity Gardens

## Additional support

- Family counseling
- Weekly group sessions for families
- Mobile support community
- Alumni association
- The full spectrum of healthcare services offered at Main Line Health



# Levels of care



The multidisciplinary team of physicians, registered nurses, nurse practitioners, psychiatrists, therapists and pain management experts at Mirmont Treatment Center specialize in the treatment of alcohol and drug dependency, and are deeply committed to the success of each patient.



## Detoxification

Our medically monitored, inpatient drug and alcohol detox treatment is specifically tailored to individual patterns of substance use. The process is gradual and aimed at significantly reducing withdrawal symptoms. Comfort medications are utilized for opiate withdrawal, and complementary therapies such as acupuncture are provided.

We are with each patient through every step of the process to deliver the physical and emotional support vital during this critical time. Once detox is complete, patients transition to the next level of care based on individual needs and circumstances.



## Inpatient rehabilitation

Inpatient rehabilitation provides the most intensive level of structure and support. Led by a board-certified psychiatrist, our team of experts work collaboratively to develop and implement the most effective, individualized treatment plan for each patient.

Our residential program delivers a multifaceted therapeutic experience that includes individual and family counseling, educational and experiential sessions, daily group gatherings and much more. In this safe and nurturing environment, patients are able to develop an understanding of themselves and their disease, which lays the groundwork for recovery and healing.



## Partial Hospitalization Program

Our Partial Hospitalization Program is designed for patients directly following discharge from hospitalization due to substance use. This intensive treatment option provides guidance and support six hours a day, five days a week, and serves as an essential step when transitioning between inpatient and outpatient programs.



## Intensive Outpatient Program

Our Intensive Outpatient Program provides structured, concentrated care and support, with patients meeting three times a week during either morning or evening group sessions. With locations in Broomall, Exton and Media, participants can focus on recovery while continuing to meet the obligations of work, school and family.



## Outpatient programs

Outpatient therapy can take the form of individual counseling to explore the issues associated with early recovery, or participation in a weekly group session led by a skilled facilitator.

In the group environment, patients are supported by their peers who are also learning to live without drugs and alcohol, while also receiving support from friends and family. Outpatient programs are offered in Broomall, Exton and Media.

For anyone who is struggling, know that recovery is possible.  
We are here to help you see your meaning in this world.



# Specialty programs

Our team blends evidence-based approaches with holistic therapies, and clinical expertise with compassionate care, to create an individualized plan for each patient.

Mirmont Treatment Center offers several specialty programs to address the unique needs of our patients.

- Pain management
- Relapse prevention
- Trauma treatment
- Treatment for pregnant women
- First responder program
- LGBTQ Inclusive Care
- Family support services
- Alumni association



## Pain management

Our holistic approach empowers individuals with chronic pain to manage their pain without the use of addictive medications. With a precise focus on understanding the contributing physical and emotional issues for each patient, we develop an individualized plan intertwined with the patient's overall care.

From self-acupressure to creative imagery and breathing techniques, we incorporate therapeutic modalities patients can rely on and practice for the rest of their lives.



## Relapse prevention

Our relapse prevention specialists apply the Gorski Model of Relapse Prevention to help individuals recognize the warning signs and address behavioral patterns that can trigger a return to alcohol and drug use.

By building self-awareness, and addressing unresolved core issues and trauma that can lead to unhealthy behaviors, patients focus on developing strategic interventions to prevent a return to the high-risk behaviors that lead to relapse.



## Trauma treatment

Unresolved trauma, neglect and loss are among the most common underlying factors leading to alcohol and drug dependency. Our clinical team is trained in the physiology, neuroscience and diagnosis of traumatic stress, and equipped to apply traditional and integrative therapies to address underlying factors that not only coexist with addiction, but often fuel it.

Treatment includes psychoeducational lectures, individual therapy sessions and a specialized trauma group, all emphasizing the importance of emotional safety, connection, peer identification and reparative emotional experiences.



## Treatment for pregnant women

This clinical program is designed for pregnant women who are up to 36 weeks' gestation and addicted to alcohol, benzodiazepines, opioids and other substances. Under the umbrella of Main Line Health, we are one of few treatment centers in the region to provide the additional medical oversight necessary for the safe, effective care of both mother and child.

Ongoing OB/GYN visits are seamlessly blended into the course of care prescribed by the Mirmont team, and all aspects of treatment are carefully coordinated and monitored by both medical groups.



When we look at people through the individual lenses in which they live their lives, we can provide more customized, more specific treatment.



### First responder program

The Valor with Integrity Program for Emergency Responders (VIPER) addresses the unique needs of first responders who can experience such issues as post-traumatic stress disorder (PTSD), crime scene trauma, family conflict, and work-related stress.

This safe, supportive program helps first responders find and maintain sobriety, and return to their jobs as healthy and productive members of their respective teams.

The Wall of Valor (pictured above) honors the first responders who have journeyed through Mirmont for their service to our country, and their strength and will to overcome addiction.



### LGBTQ Inclusive Care

Individuals who identify as lesbian, gay, bisexual, transgender, and queer or questioning (LGBTQ) are more than twice as likely to use alcohol and drugs than their heterosexual peers. Based on the lack of affirming services, few seek care for their addiction.

Mirmont has created a safe space where members of the LGBTQ community can feel comfortable openly discussing their lived experiences, and the subsequent impact of those experiences. We address the specific needs of the LGBTQ community in an affirming, culturally sensitive, competent and informed manner, with a commitment to honor each individual's unique circumstances.



### Family support services

When a family member or loved one is experiencing addiction, it profoundly affects everyone around them. From the onset of treatment and throughout the journey, we provide the essential resources and support needed to help strengthen the patient recovery experience and initiate the healing process for the entire family.

Guidance for friends and family includes Saturday afternoon sessions for those age 13 and older, featuring educational lectures, open discussions and an introduction to mindfulness-based stress reduction (MSBR). We also offer a free app to privately message our family services team, and share resources and triumphs across our entire mobile support community.



### Alumni association

This invaluable network cultivates strong relationships between former patients and also encourages connections with those currently undergoing treatment. From weekly alumni meetings, to our mobile support community, to group activities such as softball games, picnics, sober trips and holiday events, our alumni continue to support one another in recovery while enjoying the freedom found through their new way of life.



# Behavioral health services

Substance use disorders can be accompanied by mental health diagnoses.

We provide an abundant portfolio of behavioral health services in conjunction with treatment for alcohol and drug dependency, all under the trusted name of Main Line Health. Ours is one of few programs to offer psychiatric treatment beyond addiction.



## Mirmont Outpatient Centers

In addition to treating substance use disorders, our Mirmont Outpatient Centers in Broomall, Exton and Media provide treatment for mental health diagnoses. Services include psychiatric evaluation and medication management, individual and group psychotherapy, an intensive outpatient program and a partial hospitalization program, with specialty services for adolescents and adults.



## Women's Emotional Wellness Centers

Our Women's Emotional Wellness Centers (WEWC) in King of Prussia and Newtown Square provide extensive behavioral health services for women and their families. Offerings include psychiatric evaluation and medication management, individual and group psychotherapy, and for women, an intensive outpatient program and partial hospitalization program.

The WEWC team helps patients cope with grief and loss, depression and anxiety, post-traumatic stress disorder (PTSD), work and family stress, parenting challenges, marital difficulties, unexpected medical diagnoses and outcomes, and more.



## Bryn Mawr Hospital

Bryn Mawr Hospital offers a comprehensive inpatient psychiatric program, providing acute stabilization, crisis intervention, and dual diagnosis treatment for individuals with behavioral health and substance use disorders. Additional services include psychiatric consultation, and noninvasive treatments for depression such as electroconvulsive therapy (ECT) and transcranial magnetic stimulation (TMS).



# Taking the next step

The decision to enter treatment and choose a life free from addiction is significant. Our caring, compassionate team is here to help ease the transition toward recovery and healing in every way possible.



## Admissions

Mirmont Treatment Center welcomes new patients 24 hours a day, seven days a week.

Please call **1.888.CARE.898 (1.888.227.3898)** to reach our admissions staff, schedule a campus tour, or talk about how we can help.

## Financial considerations

We are here to remove any barriers to seeking treatment. Mirmont Treatment Center is in-network with most insurance providers. If you need assistance navigating your insurance coverage, please call 484.227.1400 to speak with one of our financial counselors.

Mirmont is an equal opportunity care provider.

# Our values

A circular graphic with a fingerprint-like pattern in the center. The text 'Our values' is written around the perimeter of the circle in a serif font. The values listed are: Service to the community, Clinical excellence, Compassionate care, Integrity, Mindfulness, and Respect for all.

• Service to the community • Clinical excellence • Compassionate care • Integrity • Mindfulness • Respect for all





Call **1.888.CARE.898 (1.888.227.3898)**  
to begin the journey to recovery today.

### Inpatient treatment

**Mirmont Treatment Center**

100 Yearsley Mill Road  
Media, PA 19063

### Outpatient treatment

**Mirmont Outpatient Center—Broomall**

600 Abbott Drive  
Broomall, PA 19008

**Mirmont Outpatient Center—Exton**

825 Springdale Drive  
Exton, PA 19341

**Mirmont Treatment Center**

100 Yearsley Mill Road  
Media, PA 19063



**Main Line Health<sup>®</sup>**

[mainlinehealth.org/mirmont](http://mainlinehealth.org/mirmont)