



When you make the important decision to seek help for your condition, you want to be sure you are starting on a path that leads to success.

Newgate 180 is a centre of excellence specializing in residential treatment and education of alcohol, drug and gambling addiction. The main campus is located privately on the banks of the Rideau River in picturesque Merrickville, Ontario; just north of the Trans Canada Highway 401 connecting the Toronto-Ottawa-Montreal corridor.



Contact Newgate 180 for more information and to start your journey back to health.

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Don't be alone with your addiction



In fact, you're *not* alone

We understand the feeling of being alone; the worry over losing family, friends and self respect. You may even lose your job, and your health is a concern. Moreover, the fear of taking that first step and the pressure to do something feeds the addiction.

Everyone who suffers from addiction needs support, compassion and respect in order to rediscover and recover the good, healthy person inside.

It's not enough to treat the symptoms. You need a cohesive plan that supports and guides you; a plan that unites and empowers you and your family and close friends with the knowledge to help in a disciplined and coordinated way; a plan that includes counselling, and psychological and medical treatment. In short, a professional plan personalized for your exact needs.

You need a discreet location to implement your plan; a place where others—just like yourself, taking steps towards a better life—can offer friendship, support and encouragement.

You need to be with people who care enough to help you take the difficult path back to a healthy and productive life.



Newgate 180 provides immediate admission to treatment

Treatment includes a successful one-month residential program together with a one-year relapse prevention/ continuing care period. Initial screening and intake is administered either by phone or in person. The best course of action is determined based on the nature and severity of the circumstances. Upon arrival, clients are given a professional and comprehensive evaluation leading to diagnosis and the development of a personalized treatment plan. Clients can begin their program immediately thereafter usually within twenty-four hours of first contact.

The residential program is based upon a contemporary clinical model of recovery and includes in-depth individual and peer group counselling. This includes the family and can include workplace involvement when appropriate; from life-enhancing education to home and workplace reintegration; from psychological to medical services. Education modules include life skills enhancement, addiction and relapse prevention; mental and physical wellness and spiritual development. These sessions encourage clients to develop personal goals and establish a life plan of action to achieve goals in a constructive, healing way.

During their stay clients take part in weekly group sessions introducing Twelve-Step wisdom and philosophy. Residency is completed with an agreement defining the role and responsibility of the client and Newgate 180. The agreement is tailored to support ambitions and expectations of the client, their family and when appropriate, their place of work.

Your personalised "community of care" supports you from the minute you ask us to help until long after you've returned to your home, workplace and community.



- **Single bedrooms**
- **Peer group environment**
- **Private waterfront location**
- **Fitness centre**
- **Non-institutional setting**