Helping Families Find The Courage To Recover

DETOXIFICATION
Each person enters treatment needing individualized care. Seabrook House assesses each patient, and for those who require detox, we provide care at our medically-monitored detoxification facility on our main campus. Doctors, nurses, and therapists assist each patient to make withdrawal as comfortable as possible.

INPATIENT REHABILITATION
We provide treatment for the physical, emotional and spiritual illness of addiction. We offer a structured, nurturing, 30-day program, based on the 12-step principles of recovery. We guide patients toward a healthy and sober life.

EXTENDED CARE
After completing 30 days of rehab, patients benefit greatly from an additional 90 days of extended care at Seabrook House West, our program for men. Changes, our program for women. These programs foster independence and reinforce the lessons learned in inpatient rehab, increasing the chances of lifelong sobriety.

OUTPATIENT
Treatment on an outpatient basis serves as a building block for patients after inpatient rehab and extended care. For others, it’s the entry point into treatment. Seabrook House care managers work with every patient to design a treatment plan specific to the clinical needs of the individual.

Seabrook House is accredited by the Commission on Accreditation of Rehabilitation Facilities. Seabrook House is licensed by the New Jersey Department of Human Services Office of Licensing as a Residential Addiction Treatment Facility. Seabrook House West is licensed by the Pennsylvania Department of Health as an Inpatient Non-Hospital Drug-Free Transitional Living Facility.

For more information, please visit seabrookhouse.org

800-761-7575

Seabrook House
355 Church Street
Westfield, PA 16950
800-270-1686

Main Campus
133 Polk Lane
Bridgeton, NJ 08302
800-761-7575

Changes for Women
133 Polk Lane
Bridgeton, NJ 08302
800-761-7575

Outpatient
1930 E. Route 70
The Executive Mews
Suite O-77
Cherry Hill, NJ 08003
856-663-0010

Outpatient
2111 New Road
Suite 101
Northfield, NJ 08225
609-415-999
As a nationally recognized organization, Seabrook House has earned a reputation for excellence in the treatment of adults suffering from alcoholism and drug addiction. For almost 40 years, Seabrook House remains inspired by the beliefs and integrity of its founders.

We believe that everyone who suffers from the disease of addiction has the potential and ability to recover. Here at Seabrook House, we foster a rediscovery of oneself, with compassion, hope and love, through the healing of body, mind and spirit.

Ed Diehl,
President of Seabrook House
Hi, my name is Anna. I am a mother, sister, aunt, daughter, devoted friend and hard worker. I am also a happily recovering alcoholic. In 2012, I celebrated three years sober, and I am now enrolled in college to become a drug and alcohol counselor. I owe my life to Seabrook House. Without the help I received from all the staff, I wouldn't be the happy sober person I am today.

I had a normal childhood. I didn't drink much when I was younger. I went to college out of high school and couldn't really figure out what I truly wanted to do in life. I met my husband and had my first daughter when I was 22. I had my second daughter when I was 24. We were such a great family. Life seemed perfect.

At the age of 26, I began having marital problems and got divorced. It crushed me. Here I was, a mother of two, having to do it all on my own. I began to isolate myself from family and friends, and I began drinking. I hid the bottles all over the house. The worst was waking up with the shakes so bad and having to wait for the 9 a.m. liquor store to open.

I checked into Seabrook wanting to get better. I took in everything that Seabrook had to offer. My therapist inspired me to enroll in college, and I want to help people just as she has helped me. Everyone went out of their way to make me feel at home – they know how hard it is to miss home and the kids. After two weeks, I felt a weight lifted off of my shoulders. I learned how to let go. Everyone else's actions and thoughts are out of my hands, and I cannot control anything but myself. I found a happy place and let a lot of my anger go.

My children have their mother back. I am so thankful for that. They did not see a drunk mother yesterday. They did not see a drunk mother today. And by the grace of god, they will not see a drunk mother tomorrow.

Thank you, Seabrook House.
Treatment Services

DETOXIFICATION
Each person enters treatment needing individualized care. Seabrook House assesses each patient, and for those who require detox, we provide care at our medically-monitored detoxification facility on our main campus. Doctors, nurses and therapists assist each patient to make withdrawal as comfortable as possible, using holistic methods such as acupuncture and massage.

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After completing 30 days of rehab, patients benefit greatly from an additional 90 days of extended care at Seabrook House West, our program for men, or Changes, our program for women. These programs foster independence and reinforce the lessons learned in inpatient rehab, increasing the chances of lifelong sobriety.

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**Treatment Services**

Our outpatient programs – Partial Hospitalization and Intensive Outpatient – are designed for those who need addiction treatment but choose to live at home, and for those who are coming out of inpatient rehab treatment and need additional care. The length of time in both programs is based on the patient’s progress toward treatment plan goals. We operate our outpatient programs under the name SHARE Counseling Services as a way to maintain patients’ confidentiality. Some insurances are accepted.

**Accreditation and Licensing**

Seabrook House is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). Our addiction treatment programs have demonstrated that they meet internationally recognized standards and that Seabrook House is an organization that has made a commitment to continually enhance the quality of its programs and addiction services and its focus on the patients we serve.

Seabrook House is licensed by the New Jersey Department of Human Services Office of Licensing as a Residential Addiction Treatment Facility. This includes an Ambulatory Care Facility license permitting Seabrook House to provide Opioid Treatment Programming (OTP), detoxification, outpatient services, intensive outpatient services and partial care.

**Partial Hospitalization**

- Patients remain living at home and attend six, 6-hour group sessions per week at Seabrook’s main campus or either of our satellite locations
- One individual therapy session per week
- Upon completion patients may transition to intensive outpatient

**Intensive Outpatient**

- Patients remain living at home and attend three, 3-hour sessions per week at Seabrook’s main campus or either of our satellite locations
- One individual therapy session per week
- Locations (under the name SHARE Counseling Services):
  - Seabrook’s main campus, 133 Polk Lane, Bridgeton, NJ 08302
  - 1930 Marlton Pike East (Route 70), Suite O, Cherry Hill, NJ 08003
  - 2111 New Road, Suite 101, Northfield, NJ 08225

**Main Campus of Seabrook House**

- Recovery Center
- Women’s Center
- Medical/Detox
- Changes for Women
- Carriage House
- Counseling Center
- Founders Hall

**800-761-7575 seabrookhouse.org**
Our approach to treating addiction follows the Recovery Oriented Systems of Care, in which the addicted individual is given personalized support through all phases of treatment. At Seabrook House, this begins when you walk through the front door. During the admissions process, you’ll be assigned a care manager who will follow and manage your case throughout your stay, through discharge and aftercare. Family sessions will begin immediately, so that the whole family receives treatment, not just the addict. Implementing ROSC at Seabrook House reinforces our vision of making recovery possible for every family member who needs it.

The Family Matrix Program

The Family Matrix Program at Seabrook House is a three-day, structured experience designed to help families begin to heal and strengthen the bonds strained by addiction. We cover the topics of family dynamics, co-addiction, enabling, addiction as a brain disease, boundaries, relapse, guilt and beginning to forgive.

As part of working through the shame that inevitably accompanies addiction, patients and their loved ones will learn how to communicate in a calm, safe group setting.

The schedule for The Family Matrix Program is:

- Thursday 6:00 pm-9:00 pm
- Friday 9:00 am – 5:00 pm
- Saturday 9:00 am – 5:00 pm

The cost of the program is $195 per person for family members ages 13 and older. (Registration must be paid in advance to reserve space)

Leadership / Family Program

We understand that addiction is not just one person’s problem; it is a family disease.

—Peg Diehl, Co-founder of Seabrook House

When reaching out for help...

Unlike other illnesses, those with drug and alcohol addiction minimize or deny that life has become unmanageable.

Your recovery begins with a phone call. When you call Seabrook House, it is answered with compassion, 24 hours a day. Our staff is experienced – in their education, skills and their own personal recovery from addiction. With respect and confidentiality, we listen, understand and help.

800-761-7575

For more information about the Family Matrix Program including fees, please call 856-455-7575 ext. 1158.
Jake Massaro  
Care Management Coordinator  
Jake began working for Seabrook House in 2008 as a Recovery Coach, escorting patients to meetings, offering support, and overseeing the day to day schedules of the community. In 2010 Jake began working in the Care Management department with responsibilities that included admissions and aftercare planning for patients, in 2013 Jake moved up to Care Management Supervisor. Jake can be reached at 800-761-7575 or jmassaro@seabrookhouse.org.

Megan Graceffo, MBA  
Clinical Outreach Representative, New York, Northern New Jersey Region  
Megan earned a Global Masters in Business Administration with a concentration in International Marketing from Suffolk University in Boston. Megan brings her 9 years of experience in pharmaceutical research and clinical services with a business degree to her role as a Clinical Outreach Representative for the North.

Jason Gerner, BS, CADC  
Clinical Outreach Representative, Southern New Jersey, Pennsylvania and Delaware  
Jason is a certified alcohol and drug counselor in the state of New Jersey. He earned a Bachelor of Science degree in business management with a concentration in finance from Drexel University. He is currently pursuing a Master’s Degree in addiction studies. Jason has combined his five years as an addiction therapist with his business background and his experience as a person in recovery to his role as clinical outreach representative for Pennsylvania and Delaware. Jason can be reached at 215-360-9963 or jgerner@seabrookhouse.org.
The Seabrook House Model®

The Seabrook House Model® represents our belief, ideology and prescription for ideal treatment in order to achieve total abstinence and sustained recovery from addiction. There is no cure, but this disease can be arrested. This model is based on many years of experience and valid and reliable outcomes data.

We believe that community, continuity, and structure are essential to a successful recovery program. We know that recovery is a lifelong journey, going beyond the care received in the four to five weeks of inpatient rehabilitation at Seabrook House.

Based on outcome study research and what we have observed over our 38-plus years in the business of helping families find the courage to recover, The Seabrook House Model is what we understand to work best for most.

The Seabrook House Model is prescribed to our patients for one year, in three core phases.

Detoxification

At the time of admission, the body often needs a physical cleansing to effectively begin the healing process. Although we do not consider detoxification part of the therapeutic treatment program, it is a vital aspect of recovery. Once the physical body is free of substances, the patient can begin to work on his or her inner self. Medical detoxification is only the first stage of addiction treatment and by itself does little to change long-term drug use.

Inpatient

We recommend four to five weeks of inpatient rehabilitation, focusing on the healing and realignment of body, mind and spirit. The individual is given the tools for building his or her foundation for a lifelong recovery from addiction.

Transitional

After completion of the four to five weeks of inpatient treatment at Seabrook House, we assist our patients in finding an environment fostering a structured, clean and sober community. Upon discharge from the Seabrook House inpatient program, our primary therapists and care managers work together to make the best possible recommendation for each patient’s aftercare plan. Seabrook West and Changes for Women provide this level of care.

Maintenance

Participation in self help groups provides access to an important support system that individuals can use to help them successfully negotiate the maintenance stage. A continuation of the educational, therapeutic and supportive process of 12-step based counseling is crucial to relapse prevention. We strongly urge all of our patients to undergo individual, group, or family counseling at least once per week for 35 weeks.

About Treatment

The Seabrook House Model ® represents our belief, ideology and prescription for ideal treatment in order to achieve total abstinence and sustained recovery from addiction. There is no cure, but this disease can be arrested. This model is based on many years of experience and valid and reliable outcomes data.

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Many Treatment Options, One Result... Recovery from Addiction.

Seabrook House therapists utilize a variety of cognitive, behavioral, psychoeducational and adjunct therapies to address the addiction circumstances unique to individual patients.

◆ Music Therapy
◆ Brainspotting
◆ Acupuncture
◆ Equine-Assisted Therapy
◆ Adventure-Based Ropes Course
◆ Yoga
◆ Meditation
◆ Massage Therapy
◆ Mindfulness
◆ Sleep Management
◆ EMDR (Eye Movement Desensitization and Reprocessing)

Sample Schedule for 30-Day Inpatient Rehabilitation

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday thru Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>Wake Up</td>
<td>Wake Up</td>
<td>Wake Up</td>
</tr>
<tr>
<td>7:00a - 9:00a</td>
<td>Morning Routine/Gym</td>
<td>Morning Routine</td>
<td>Morning Routine</td>
</tr>
<tr>
<td>7:45a - 8:15a</td>
<td>Men Breakfast/Women Gym</td>
<td>Men Breakfast</td>
<td>Men Breakfast 8:15a - 8:45a</td>
</tr>
<tr>
<td>8:15a - 8:45a</td>
<td>Women Breakfast/Men Gym</td>
<td>Women Breakfast</td>
<td>Women Breakfast 8:45a - 9:15a</td>
</tr>
<tr>
<td>9:00a - 11:00a</td>
<td>Group Therapy</td>
<td>Group Therapy</td>
<td>Group 9:45a - 11:45a</td>
</tr>
<tr>
<td>11:15a - 11:45a</td>
<td>Break</td>
<td>Break</td>
<td>Break</td>
</tr>
<tr>
<td>11:45a - 12:30p</td>
<td>Women Lunch/Men Big Book</td>
<td>Women Lunch/Men Big Book</td>
<td>Women Breakfast 8:45a - 9:15a</td>
</tr>
<tr>
<td>12:45p - 1:30p</td>
<td>Men Lunch/Women Big Book</td>
<td>Men Lunch/Women Big Book</td>
<td>Men Lunch/Women Big Book</td>
</tr>
<tr>
<td>1:30p - 2:00p</td>
<td>Break</td>
<td>Break</td>
<td>Break</td>
</tr>
<tr>
<td>2:00p - 2:45p</td>
<td>Lecture</td>
<td>Lecture</td>
<td>Lecture</td>
</tr>
<tr>
<td>3:00p - 4:00p</td>
<td>Community Meeting</td>
<td>Community Meeting</td>
<td>Community Meeting</td>
</tr>
<tr>
<td>4:15p - 4:45p</td>
<td>Break</td>
<td>Break</td>
<td>Break</td>
</tr>
<tr>
<td>4:45p - 5:30p</td>
<td>Women Dinner/Men Leisure</td>
<td>Women Dinner/Men Leisure</td>
<td>Women Dinner/Men Leisure</td>
</tr>
<tr>
<td>5:30p - 6:15p</td>
<td>Men Dinner/Women Leisure</td>
<td>Men Dinner/Women Leisure</td>
<td>Men Dinner/Women Leisure</td>
</tr>
<tr>
<td>6:30p - 7:15p</td>
<td>Step Group/Activity</td>
<td>Step Group/Activity</td>
<td>Step Group/Activity</td>
</tr>
<tr>
<td>7:30p - 8:45p</td>
<td>AA/NA Meetings</td>
<td>Fun Movie</td>
<td>Recovery Movie</td>
</tr>
<tr>
<td>9:00p - 10:30p</td>
<td>Break/Snacks</td>
<td>Break/Snacks</td>
<td>Break/Snacks</td>
</tr>
<tr>
<td>10:30p</td>
<td>In Rooms</td>
<td>In Rooms</td>
<td>In Rooms</td>
</tr>
<tr>
<td>11:00p</td>
<td>Lights Out</td>
<td>Lights Out</td>
<td>Lights Out</td>
</tr>
</tbody>
</table>

Schedule subject to change

800-761-7575   seabrookhouse.org
The Leadership Team at Seabrook House is dedicated to the care and treatment of our patients and their families.

Margaret “Peg” Diehl, LCADC, ICADC  |  Co-Founder
Peg Diehl has helped write Seabrook House’s rich, almost 40 year history as much as anyone. She co-founded Seabrook House with her late husband Jerome J. Diehl in 1974, designed and implemented the original family treatment program at Seabrook House, and continues to work today in the Seabrook House Family Program. She has been a Certified Alcohol and Drug Counselor since 1977, an Internationally Certified Alcohol and Drug Counselor since 1991 and in 2004 became one of the first licensed clinical alcohol and drug counselors in New Jersey. Peg began her recovery as a family member more than 40 years ago.

Edward M. Diehl  |  President
Ed began his career in the chemical dependency treatment field in 1976. A year later, Ed joined his family at Seabrook House in 1977 as a Certified Alcoholism Counselor. In 1986, Ed was named Vice President of Clinical and Community Services, overseeing all treatment activities and external communications. Shortly after his father’s death in 1989, Ed was appointed President of Seabrook House – the position he holds today. Ed’s expertise lies in the areas of healthcare financing, development, public policy, and managing within a rapidly changing environment. In 2013, Ed celebrated 39 years of sobriety.

Matthew J. Wolf  |  Vice President of Business Operations
Matt oversees admissions, marketing, community relations, contracts management and information technology at Seabrook House. In his 22 plus years with the organization, Matt has served as a Helpline Counselor, Director of Admissions, Director of Business Development, and in his current position, as Vice President of Business Operations. In 2013, Matt celebrated 29 years of sobriety.

Arthur C. Schwarz, BS, MBA  |  Chief Financial Officer
As CFO of Seabrook House, Arthur is responsible for all aspects of Seabrook House’s financial operations, including budget preparation. He earned his MBA at Rowan University and before joining Seabrook House served as the Fiscal Controller for a large health management corporation.

Denise Adams, PHR  |  Vice President of Human Resources
As Vice President of Human Resources, Denise is responsible for the strategic planning, development and delivery of employee programs and services. Denise served in a similar role at a large company in Gloucester Township, New Jersey. Denise earned a bachelor’s degree in business administration with a dual concentration in HR and marketing from Rowan University. She began her recovery as a family member years ago.

Stephanie Loebs, RN, BSN  |  Director of Medical Services
Stephanie oversees medical operations for Seabrook House. She began her career in addiction medicine and treatment services in 1993. Stephanie was appointed executive director of a prominent rehab center in 2005 and, prior to that, held numerous positions there, including director of nursing, director of admissions and director of clinical services. She earned her bachelor’s degree in nursing from the Medical College of Virginia in Richmond. Stephanie has expertise in quality management, fiscal management, licensing and accreditation, program development, utilization review and marketing.

Ann Marie Bescherer, PhD, MBA, NCC, LPC, LCADC  |  Director of Outpatient Services
Ann Marie Bescherer has completed her Ph.D. in Clinical Psychology at Walden University, and holds licenses in New Jersey as a Licensed Professional Counselor and Licensed Clinical Alcohol and Drug Counselor. Ann Marie is a Nationally Certified Counselor. She published her dissertation entitled “Predicting Treatment: Outcome for Co-Occurring Disorders Through Individual Recovery Plan Goal Attainment” through UMI/ProQuest publications in 2011. Ann Marie also holds an M.B.A. degree with a concentration in Health and Medical Service Administration from Widener University. Her prior professional experience have encompassed serving in both clinical and administrative capacities for individuals receiving care in psychiatric hospital settings, nursing homes, outpatient facilities, co-occurring and partial care. She also has served as an Instructor for CADC, LCADC, and renewal courses, as well as an Adjunct Professor.

Suzanne Mulrain, MA  |  Director of Special Projects
As Director of Special Projects, Suzanne will spearhead several important projects that will allow Seabrook House to provide additional patient services at our facilities, expand dynamic Seabrook House programs such as the Family Matrix program at our additional sites, develop community and professional educational opportunities, as well as develop Seabrook House programs in new geographical locations. Suzanne comes to us from a large mental health care organization in Southeastern PA that is comprised of 5 mental health care and addiction treatment businesses owned by a Psychiatrist.
Jerry and Peg Diehl founded Seabrook House with the mission to help families find the courage to recover. Strengthening the family bonds strained by addiction is the cornerstone of addiction treatment at Seabrook House.

The Family Matrix Program at Seabrook House puts patients and their loved ones on a solid path toward understanding, forgiveness and healing.

**The Family Matrix Program**
The Family Matrix Program at Seabrook House is a three-day, structured experience designed to help families begin to heal and strengthen the bonds strained by addiction. We cover the topics of family dynamics, co-addiction, enabling, addiction as a brain disease, boundaries, relapse, guilt and beginning to forgive.

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The cost of the program is $195 per person for family members ages 13 and older. (Registration must be paid in advance to reserve space)

*Fee is subject to change*

**matrix**: (noun, /məˈtriks/)
arrangement of connected things; a situation in which something develops.

For more information about the Family Matrix Program including fees, please call 856-455-7575 ext. 1158.
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Partial Hospitalization

- Patients remain living at home and attend six, 6-hour group sessions per week at Seabrook’s main campus or either of our satellite locations
- One individual therapy session per week
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Recovery Enhancement Program
This program is designed for patients who complete inpatient rehabilitation at Seabrook House and need after-care in the form of monitoring. Patients who complete inpatient rehabilitation are eligible to register. Each program is individualized and can often incorporate recommendations by the patient’s family. This program monitors:

- Drug and alcohol use through various sophisticated screening methods
- 12-step meeting attendance
- Compliance with outpatient programs
- Compliance with individual therapy
- The fee is $2,000 for 12 months of monitoring

Fee is subject to change

Share Alumni Services
Share Alumni Services (Seabrook House Alumni Recovery Experience) is a program offered to alumni once they have completed treatment from Seabrook House.

Services
- Follow up services
- Alumni Events
- SHARE Contact Program

Visit us at www.seabrookhouse.org/alumni

“I owe our family’s turnaround to the one month he spent at Seabrook House. The downward spiral that our family’s path had taken for so long, is now beginning a new journey of hope, respect, and love.”

-Wife of a Seabrook House Patient
Hi, my name is Anna. I am a mother, sister, aunt, daughter, devoted friend and hard worker. I am also a happily recovering alcoholic. In 2012, I celebrated three years sober, and I am now enrolled in college to become a drug and alcohol counselor. I owe my life to Seabrook House. Without the help I received from all the staff, I wouldn't be the happy sober person I am today.

I had a normal childhood. I didn't drink much when I was younger. I went to college out of high school and couldn't really figure out what I truly wanted to do in life. I met my husband and had my first daughter when I was 22. I had my second daughter when I was 24. We were such a great family. Life seemed perfect.

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Ed Diehl, President of Seabrook House

Seabrook House
133 Polk Lane
Bridgeton, NJ 08302
800-761-7575

Seabrook West
355 Church St.
Westfield, PA 16950

SHARE Counseling
Outpatient Services
Cherry Hill, NJ
Northfield, NJ

Seabrook House
133 Polk Lane
Bridgeton, NJ 08302
800-761-7575

Williamsport, PA
Scranton, PA
Poughkeepsie, NY
Wilmington, DE
Scranton, PA
Philadelphia, PA
Wilmington, DE

NJ
CT
MD
PA

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