



HIGH WATCH RECOVERY CENTER

62 Carter Road • P.O. Box 607 • Kent, CT 06757
1.888.493.5368 • 860.927.3772 • Fax 860.927.1840
www.highwatchrecovery.com

BUILT ON A HILL OF HOPE



“Compassionate service helps to alleviate the pain of those who are suffering.
But its greater value lies in purifying the minds and hearts of those who render it.”

— Pandit Rajmani Tigunait

Welcome to High Watch Recovery Center

We understand your feelings upon entering a treatment facility because many of us have been there. Our compassionate care offers comfort from the moment you pass through our door to become part of the High Watch family to the moment you leave with your new found life. We are dedicated to providing you with cutting edge, customized individual treatment to give you the tools and foundation to live sober after you leave High Watch.

The High Watch Program

Our ability to deliver proven effective treatment lies in what we call our unique *High Watch Program*. We integrate the latest breakthroughs in addiction medicine for treatment of both the neurobiology of addiction and any co-occurring disorders into the time-tested spiritual teachings of Alcoholics Anonymous. Our residents and their families benefit from this powerful healing blend of cutting edge treatment customized for their individual needs.

World's Original 12 Step Recovery Center

High Watch Recovery Center has a rich history of being the only recovery community established by AA co-founder Bill Wilson. He was so overwhelmed with the spiritual energy upon arriving at High Watch, he exclaimed, “It’s so thick, you can cut it with a knife.” From that moment, he **built on a hill of hope** the world’s first 12 step recovery center. Our innovative thinking and authentic approach to providing the most advanced teaching and treatment for addiction disorders is a tribute to his legacy.

Nestled in 200 wooded acres in the lush Litchfield Hills, High Watch offers residents a special place to recover. Accommodations resemble a country bed and breakfast from the finely appointed rooms, to the stunning post and beam barn housing the dining hall, to the White House circa 1743, home to our chapel and library. Our residents often remark about the natural beauty and tranquility of our environment as giving them the peace of mind needed to believe in something greater than themselves.



A certain day became a presence to me;
there it was, confronting me – a sky, air, light:
a being. And before it started to descend
from the height of noon, it leaned over
and struck my shoulder as if with
the flat of a sword, granting me
honor and a task. The day's blow
rang out, metallic – or it was I, a bell awakened,
and what I heard was my whole self
saying and singing what it knew: I can.

— Denise Levertov *"Variation on a Theme by Rilke"*

Highly Credentialed Staff



Janina Kean, President and CEO

Janina designed and implemented the ground breaking High Watch Program after her arrival in 1998. Following in the footsteps of Bill Wilson, her insight and leadership has kept High Watch on the forefront of substance abuse treatment and education. A Board Certified Advance Practice Nurse Practitioner in Psychiatry and Mental Health and a Masters in Nursing from Yale contributes to Janina's hands on approach to managing. She currently holds a courtesy faculty position at Yale University.

Into her third decade of continuous recovery, Janina, is dedicated to educating the world about substance abuse. Becoming known as the "Voice of Recovery," she is a frequent guest on local and national radio talk shows and has traveled as far as China and Russia to educate physicians regarding treatment for substance abuse. On a recent trip to the Yunnan Province of China, opiate triangle of the world, Janina conducted its historic first AA meeting.

"When we have for so long been judged by everyone we meet, just to look into the eyes of another who does not judge us can be extraordinarily healing." — Jack Kornfield, from "A Path with Heart"



Dr. Oreste Arcuni, Director of Addiction Services

Dr. Arcuni is certified by the American Board of Psychiatry and Neurology in Psychiatry and Geriatric Psychiatry. He leads a team of seasoned, licensed therapists in cutting edge addiction treatment with a keen eye to diagnosing any underlying issues that might interfere with one's ability to stay sober.

As Chairman of Danbury Hospital's Department of Psychiatry for 25 years prior to his appointment at High Watch, Dr. Arcuni developed comprehensive treatment programs for persons with substance abuse disorders as well as co-occurring disorders. During his career, he spearheaded a methadone maintenance program, mental health clinic and psychiatric day and aftercare programs to serve chronically ill patients.

A graduate of Cornell Medical College and Fordham University, Dr. Arcuni holds Academic Appointments as Clinical Professor of Psychiatry at New York Medical College and Professor of Psychiatry at St. George's University School of Medicine. In addition, he currently holds a courtesy faculty position at Yale University.



**"What lies behind us and what lies before us
are tiny matters compared to what lies within us."**

— Oliver Wendell Holmes

Admissions Process

We admit residents 365 days a year and it typically begins with a brief phone screening. Residents must be 18 or older and have a minimum of 72 hours abstinence from illicit drugs and alcohol. A member of the nursing staff will meet with the resident to identify any medical issues of an emergency nature that need immediate attention upon admission. From there, residents are assigned a personal therapist for the length of their stay and undergo a complete physical and psychiatric evaluation for potential psychiatric and medical disorders.

**“Effective treatment
does not have to be expensive.”**

— Janina Kean, President / CEO High Watch

Private Pay

We are a non-profit organization and do not take insurance. This status enables us to keep all treatment and medical records private while providing our residents affordable care designed for their individual needs.

Residents entering treatment are required to pay upon admission for a minimum 3 week stay at \$250 day. Most of our residents choose to stay in treatment beyond the minimum stay and are billed at the \$250 day rate. Our price includes a room, board, medical diagnosis and treatment. The cost of any prescribed medication is not included. We also have a limited number of “free beds” available for Residential Extended Care. Contact the Admissions department for information on availability.

Treatment Programs

Residential Acute Care. 21 day minimum.

Residential Extended Care. 90 days or more.

Rest and Renewal. Prior 6 month abstinence required. 2 or more days.

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Daily Schedule

- 9:15 Daily Reflections - Intimate group discussions
- 10:00 Teachings of the "Big Book" – Intensive 12 Step study
- 11:15 Chapel – Spiritual message
- 12:00 Lunch
- 1:00 Living Sober – Men/Women specific
- 2:00 Daily Meditation
- 3:00 Personal therapy appointments.* Recreation. Personal reflection.
- 5:45 Dinner
- 7:30 On-site or Off-site AA meeting

*Sessions with our psychiatrist and therapists are inserted at convenient times in each resident's schedule.

5:45 – 9:30. SATURDAY NIGHT DINNER TRADITION & Open AA Meeting with Special Guest Speaker.

1:00 – 5:30. SATURDAY AND SUNDAY FAMILIES WELCOMED.

A day at High Watch is structured yet relaxing. We realize that our residents are typically not in a state of mind well suited for a day of endless meetings and lectures. We offer a powerful schedule of events that are comfortably paced to allow residents adequate time for personal activities or rest. In between activities, our residents enjoy three delicious and nutritiously planned country sized meals a day from our renown kitchen.

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Directions & Map

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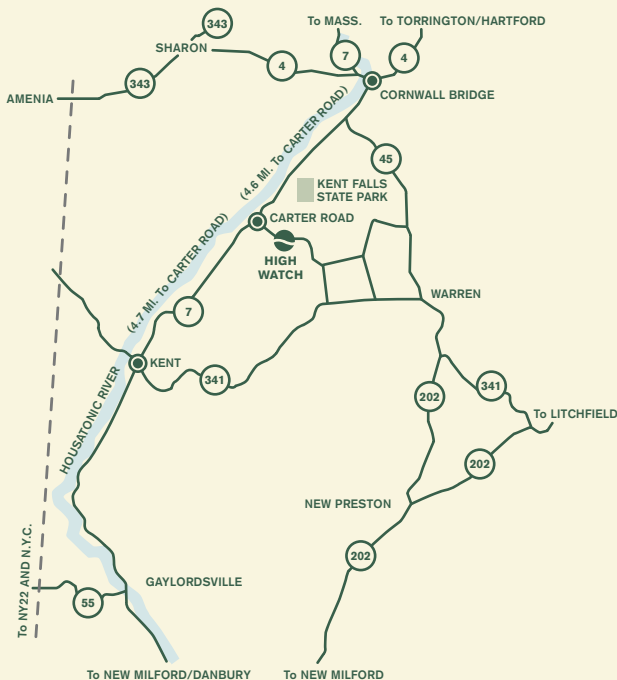
62 Carter Road
Kent, CT 06757

Heading North on CT Route 7

High Watch is located
4.5 miles north of Kent
town monument. Carter
Road is on the right.

Heading South on CT Route 7

High Watch is located
4.5 miles south of
Cornwall Bridge.
Carter Road is on the left.



Go to www.highwatchrecovery.com or call for specific directions.

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