

# HIGH WATCH

## RECOVERY CENTER

Kent, Connecticut



*“Poly-substance abuse—cocaine, crack, marijuana, or prescription drugs in conjunction with alcohol—is becoming the new norm.”*

### How have you seen addiction evolve?

We're seeing less and less of the “vanilla alcoholic,” someone who abuses only alcohol. Poly-substance abuse—cocaine, crack, marijuana, or prescription drugs in conjunction with alcohol—is becoming the new norm. Opiate addiction has skyrocketed. We're also seeing quite a lot of dual diagnoses—bipolar disorder, psychoses, OCD, ADHD, PTSD, severe anxiety, and depression. Clients often substitute other behaviors—like eating disorders and sex addiction—for their substance of choice, once they stop using. Our clinicians are trained to address these problems and educate clients about the neurobiology behind it all.

### Why is spirituality so integral to your program?

Our recovery program is rooted in the basic tenets of AA, which stress the importance of connecting with a higher power. You've got to develop a healthy connection with something that centers you, something that helps rebalance those neurochemicals—GABA and glutamate—that addiction skews.

### What I Know

*We're social beings. We don't live in isolation. Everything we do has a relational impact upon those who are closest to us. It's never just about the client we're working with. Addiction is a family systems illness, involving everyone related to the client. Consciously or not, each person also contributes to how the illness proceeds. Recovery, therefore, is a process that everyone must go through. It's really about integration, learning how to be in relationships again, learning to recognize and process emotions. With addicts, substances become their primary relationship. They become disconnected from other people—not to mention themselves and the world at large.*

*Daria Kiernan, MS, MSN, APRN  
Vice President of Compliance*

SPECIALTY	Residential acute care for addiction, co-occurring disorders.
TREATMENT PROGRAMS	Residential acute care.
LOCATIONS	Kent, Connecticut.
FOUNDED	1940
NUMBER OF BEDS	78
STAFF/PATIENT RATIO	15 guests per therapist.
DUAL DIAGNOSIS PROGRAMS	Each guest receives biopsychosocial evaluation as well as complete psychiatric evaluation. Full history of substance abuse illness is taken as well as current usage patterns.
MINIMUM TREATMENT DURATION	21-day minimum.
TEEN/STUDENT PROGRAMS	Admit guests 18 and older.
FAMILY PROGRAMS	Families are encouraged to set up an appointment. Al-Anon.
AFTERCARE	Complete aftercare program is designed for each guest by primary clinician(s), aftercare coordinator, and treatment team.
ALUMNI PROGRAMS	Rest & Renewal, AA meetings, Annual Picnic, Big Book Retreat, Supper with the Sisters.
DISTINCTIVE/SPECIAL FEATURES	Fully licensed clinical team. Nurses trained in medical, substance abuse, and psychiatric care. Specialize in co-occurring disorders as well as 12-step recovery. Located on 200+ acres. Atmosphere of a bed-and-breakfast.
APPROXIMATE COST	\$297 per day.
REFUND POLICY	N/A
SCHOLARSHIP AVAILABILITY	Yes.
INSURANCE	Self-pay.
ACCREDITATION, LICENSURE, APPROVAL	Licensed Facility for the Care or Treatment of Substance Abusive or Dependent Persons; Licensed Psychiatric Out-patient Clinic for Adults.
PROFESSIONAL AFFILIATIONS	NAATP; IntNSA; CT EAP; Hudson Valley EAP; American Society of Addiction Medicine; CT Non-Profits Association.
ADDRESS	62 Carter Road, P. O. Box 607, Kent, CT 06757.
WEB ADDRESS	<a href="http://www.highwatchrecovery.com">www.highwatchrecovery.com</a> .
EMAIL	<a href="mailto:rschwarz@highwatchrecovery.com">rschwarz@highwatchrecovery.com</a> .
TELEPHONE	860-927-3772.
ADMISSIONS CONTACT	Mr. Rob Schwarz, Director of Admissions.



## A 70 YEAR LEGACY OF HOPE AND HEALING.

Located in beautiful Kent, CT, High Watch Recovery Center is a fully licensed, residential drug and alcohol rehabilitation center offering evidence based treatment for addiction. We integrate the latest breakthroughs in addiction medicine, for the treatment of both the neurobiology of addiction and any co-occurring disorders, into the time-tested spiritual teachings of the 12 Step principles. Established in 1940, our culture of compassionate care, dignity and respect for others is a tribute to our founder, Bill W.

High Watch admits daily. Residents are 18 or older and have a minimum of 72 hours abstinence from illicit drugs and alcohol.

