



## Recover Life. Finally.

Cumberland Heights is more than a campus, it's a community. Whether you're recovering on our 177-acre inpatient facility in Nashville, attending one of our 15 outpatient recovery centers scattered across Tennessee or are a loved one of a teen enrolled in our premiere adolescent facility ARCH Academy, you are part of the Cumberland Heights footprint. It's a footprint we are proud has made such a mark in the state of Tennessee over the last 50 plus years.

### Under the Umbrella of Cumberland Heights:

#### Main Campus



Located away from the city, on the banks of the Cumberland River in Nashville, Cumberland Heights provides the ideal setting for recovery. As the first addiction treatment center in the state of Tennessee to achieve certification from the American Society of Addiction Medicine (ASAM), we take pride in providing treatment based on research and outcomes. The passion, clinical-expertise and dedication among our staff is why so many families struggling with the disease of addiction choose Cumberland Heights as their healing place.

[cumberlandheights.org](http://cumberlandheights.org)

#### ARCH Academy



Just outside of Nashville, on 67 wooded acres, you'll find ARCH Academy, the premiere adolescent addiction treatment facility in Tennessee. The brand-new campus is designed for teen boys ages 14-18 with services including individual and family therapy, adventure trips, equine programming and alumni services. The program is an average of six months long. Here, teens can continue their education while being treated for substance abuse and other co-occurring illnesses such as anxiety or depression.

[arch.org](http://arch.org)

#### Still Waters



On two separate, beautiful serene campuses you'll find our Still Waters for Men (Lobelville, TN) and Still Waters for Women (Pegram, TN) programs. These are not traditional treatment programs, rather 12-Step immersion retreats. Still Waters is geared toward motivated individuals, committed to making changes necessary to live a life free from drugs and alcohol through intense 12-Step work. The Still Waters recovery approach is based on the concept of fellowship and spirituality. Stays are typically 30-90 days.

[stillwatersmen.org](http://stillwatersmen.org) | [stillwaterswomen.org](http://stillwaterswomen.org)



## OUTPATIENT RECOVERY CENTERS

You can find recovery from a substance use disorder without putting your life on hold. Cumberland Heights Outpatient Recovery Centers meet you where you are. With more than a dozen locations across Tennessee, this treatment option is for individuals who have a stable, supportive home and work environment and who are self-motivated. Outpatient services include education about the disease of addiction, 12-step meetings, as well as group, individual and family therapy. Outpatient recovery allows you to work the program on your schedule.

### Locations

Chattanooga	Jackson	Music Row
Clarksville	Knoxville Papermill <i>coming soon</i>	River Road
Cookeville	Knoxville Farragut <i>coming soon</i>	Spring Hill
Cool Springs	Mount Juliet	Sumner County
Crossville	Murfreesboro	

### Sober Living

Our Sober Living homes are modern, comfortable environments with access to desirable neighborhoods and within minutes of an outpatient center. If you are concerned about triggers and temptations in early recovery and want a safe space to return to after work and during free time, this is a high-quality option for you.

### Ongoing Support

The first weeks, months, even year after leaving treatment can be challenging, but if you are a Cumberland Heights alum, you're never alone. Our Recovery Care Advocacy Program provides dedicated, one on one guidance for your first year of recovery. Cumberland Heights also offers many alumni services that will keep you supported, engaged and connected. Our services include weekly meetings, sober activities, support from care advocates and more.

### Family Recovery

Maybe you're not the person battling a substance use disorder, but a loved one. Family recovery is just as important, and crucial for the healing process. Our program is designed to help families rebuild relationships through therapeutic group exercise, creating healthy boundaries and clear communication.

