

Recover Life. Finally.

You deserve to break free from addiction, whether the person battling substance abuse is yourself or a loved one. Addiction is a family disease, and for more than 50 years, Cumberland Heights has been helping families heal and find life-long recovery. Our dedicated staff will walk with you every step of the way on your journey to sobriety, helping you rewrite your story—a story of hope, healing and happiness.



How We're Different

As a non-profit organization that has provided services since 1966, Cumberland Heights prides itself on being a treatment center steeped in tradition, while also taking on cutting edge practices such as predictive analytics and feedback-informed treatment. This work allows us to follow patients in the years after their stay, giving us a better understanding of how to treat current and future patients. Our commitment to providing outcome-oriented care is why we are the first Tennessee addiction treatment center to achieve certification from the American Society of Addiction Medicine (ASAM).



Who We Treat

We offer gender-specific inpatient and outpatient treatment, as well as 12-Step immersion retreats, sober living and a new state of the art facility for teen boys, ages 14–18. Cumberland Heights offers expert medical care, family support and exceptional dining services, as well as spiritual, expressive and recreational therapies.



Family Healing

Our Family Program is designed to educate loved ones about the disease of addiction and guide them on their own path to recovery and a new life. Recovery is a commitment, made by the family to rebuild relationships. We help you do this by utilizing therapeutic group exercise to explore family dynamics, create healthy boundaries and clearly communicate.

Care from Experienced, Empathetic Staff

Our staff members are living proof that long-term recovery is possible. Many of those on our clinical team have 10 or more years of experience in recovery care. Our specialists are trained in evidence-based therapies such as dialectical behavior therapy, cognitive behavioral therapy, motivation interviewing, family systems work, trauma informed care and 12-Step facilitation.



OUR CAMPUS

Surrounded by wooded hills and free from city distractions, Cumberland Heights provides the ideal setting for recovery. Located on the banks of the Cumberland River in Middle Tennessee, the natural beauty of our 177-acre campus offers a sense of calm and peace. Within campus you'll notice our beautiful courtyard, Serenity Trail, orchard, memorial garden, one-mile walking trail, pond and chapel.

We Treat the Person, Not the Addiction

The patients we serve have a primary substance abuse diagnosis, but in some cases, are battling other mental illness such as anxiety, depression or post-traumatic stress disorder. This is called a co-occurring disorder or dual diagnosis. Cumberland Heights will develop a personalized treatment plan based on the patient's specific needs.

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 at no additional charge. In addition, other continuum of care services include:

Extended Care	Sober Living
Aftercare (free)	Vivitrol Shots
Community Education (free)	Outpatient Recovery

We also have a strong alumni program that will keep you supported, engaged and connected years into recovery. This is also free.



ASAM American Society of
Addiction Medicine



**NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS**

Voice. Vision. Leadership.



They helped me begin to heal spiritually, physically and mentally. I can't begin to say how grateful I am to everyone who works at Cumberland Heights."



They took care of me with zero judgment. A very structured environment, it was exactly what I needed for my time there. Ultimately, they saved my life."