



Cumberland Heights Foundation
8283 River Road
PO Box 90727
Nashville, TN 37209



Off the Beaten Path

On two separate, beautiful serene campuses you'll find Still Waters for Men on 105 acres in Lobelville, Tennessee and Still Waters for Women on 26 wooded acres in Pegram, Tennessee.

A Different Approach

These are not traditional treatment programs, rather 12-Step immersion retreats geared toward motivated individuals. You must be 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.

Are you a fit?

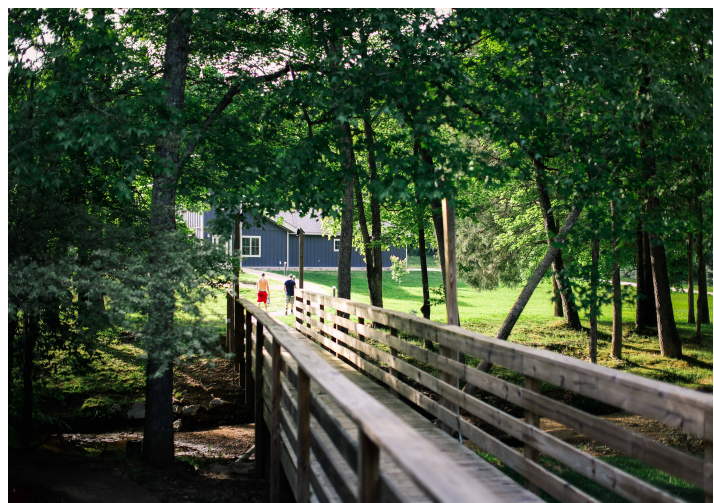
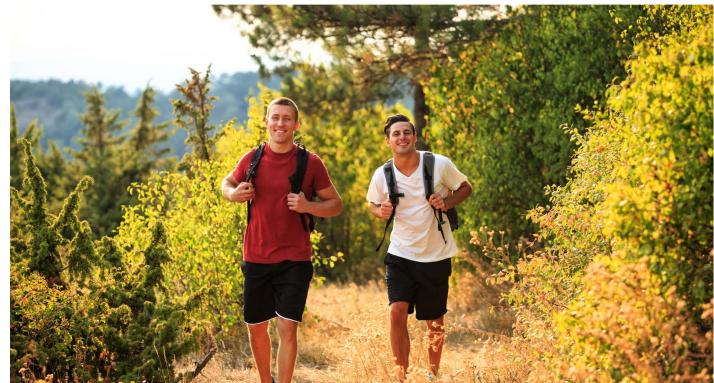
Both Still Waters for Men and Still Waters for Women can serve as primary treatment or extended care programs following 30-days inpatient. The Still Waters program is especially useful for people who have had multiple treatment experiences.

Length of Stay

Stays are typically **30-90** days but may last up to **nine months**.

A Typical Day

You can expect to start off your day with morning meditation and readings and end it with an accountability group. During the day you'll do step work, literature studies and have some personal time.





Still Waters helped me when I needed it most and still helps me. It is for those willing to take a deeper look at their life. They show you another way of living that's so much easier. I feared change but have gotten a better life than I ever believed I would, should and deserved."



By immersing its residents in the 12-Steps of recovery, Still Waters instills the tools needed to maintain long term sobriety and the support to make necessary life changes. The staff is experienced, tough, but loving, and the beautiful locale complements healing and working deeply within oneself."



Get in Touch

For admissions and general information:

(615)426-8492

Requirements

All Still Waters residents must be:

- At least 18 years of age
- Medically and psychiatrically stable
- Willing to follow program guidelines
- Willing to actively participate in the community
- Motivated for recovery