

What our clients are saying...

“ Incredible resource and support for anyone struggling with alcoholism or addiction. The staff is not only highly knowledgeable and well-versed in a multitude of recovery modalities, but they truly care and will go above and beyond for the clients. The facility itself is modern, clean, and has a full kitchen. The resources offered also extend beyond the facility. Clients are taken to Rock Climbing, Hiking, Boxing/Fitness Classes, and more. I would not only recommend this place, but if I know of anyone close to me who is struggling with addiction or alcoholism — this is the FIRST place that I will refer them to!

— Scott M.
Clearhaven Recovery Center Alumni

The staff here is amazing! They have not only helped my son, but they spent a lot of time talking to my husband and I — keeping us in the loop, every step of the way.

— TESSA B.,
Parent of a Clearhaven Alumni



I would suggest Clearhaven to anyone struggling with alcoholism or addiction. The staff is comprised of both men and women completely dedicated to helping others. Their care for every individual involved in the program is direct and easy to see. Above and beyond any facility I have ever come across. Great mix of group sessions and one on one treatment with the staff. Highly recommended.

— JOHN F.
Clearhaven Recovery Center Alumni

I thought I had lost my brother forever. Fast forward, he's been sober for 6 months now he's back to the person I know and love. Thank you Clearhaven.

— Caroline M.
Sister of a Clearhaven Alumni



20 Fox Road, Waltham, MA 02451
clearhavenrecovery.com



RECOVERY STARTS HERE

If you or a loved one needs help, take the first step—call us and let us guide you.

Conveniently located just off I95/128, and just minutes from the Mass Pike—Clearhaven Recovery Center offers ample parking as well as complimentary transportation to the center for those in need.



Clearhaven Recovery Center is fully licensed by the Massachusetts Bureau of Substance Abuse Services and Accredited by The Joint Commission.

INSURANCE

We accept most major insurance. Please call and we can quickly verify your insurance. Private Pay options are also available.



YOU CAN RECOVER
We can help!

781.886.7734 | 20 Fox Road, Waltham, MA 02451 | clearhavenrecovery.com



About Us

Clearhaven Recovery Center is a fully licensed and accredited alcohol and drug treatment center in Waltham, Massachusetts. We combine an evidence based clinical treatment model with a unique and engaging holistic program to help our clients recreate their lives and find real lasting recovery.

Our Mission

Our mission is to restore families by healing individuals. We help our clients achieve and maintain sobriety through supportive compassionate care and family engagement. Our sole focus is our clients and to guide them in taking their lives back from alcohol and drug addiction.

A word from our owners

“Choosing the right treatment option for yourself or a loved one can be a confusing and overwhelming process. At Clearhaven Recovery Center we make the process as simple and supportive as possible. With one phone call we will handle all of your recovery needs and build an entire treatment plan — from intervention to detox all the way through residential and/or outpatient after care options. From the first point of contact our team will professionally and compassionately guide you through the entire process.

We know that there are many different treatment options and that there is no “one size fits all” approach. It can be difficult to understand how one option is different from or better than another. So why choose Clearhaven? Clearhaven is a very special place with a caring and compassionate staff and a unique program. Focusing on whole body wellness rather than repetitive groups and activities, our clients are able to connect, engage and open up. It’s at that point we start to see the honesty, understanding and growth needed for real recovery.

Clients come to us broken, anxious and depressed. At Clearhaven they are able to regain their self worth and are given the skills to live the lives they are supposed to live and become the best versions of themselves. Nowhere else will you find the level of individualized care and attention that you find at Clearhaven Recovery Center.



What we offer

▶ PARTIAL HOSPITALIZATION PROGRAM (PHP)

Our highest level of care, includes full day clinical programming. PHP can be completed in person, from home or from our sober residence.

▶ INTENSIVE OUTPATIENT (IOP)

Our most flexible treatment option for clients with additional obligations which makes full time or residential treatment challenging. IOP includes half day clinical programming which can be completed mornings, afternoons or evenings.

▶ DETOX SERVICES

Medical Detox is often the first step on the road to recovery. At Clearhaven we partner with several first-class detox centers throughout New England and are able to quickly facilitate admission without the waits or hassles—as well as provide transportation in most cases.

▶ MEDICATION-ASSISTED TREATMENT (MAT)

Some clients find that what works best for them is Medication-Assisted Treatment. We offer treatment to suit that need as well as management of Suboxone, Sublocade, Vivitrol and Antabuse.

▶ CASE MANAGEMENT

Each client is seen weekly by a dedicated case manager. Clients who have needs outside of recovery are provided with assistance with life skills, job search, FMLA, PFMLA, managing outside appointments and many other additional concerns.

▶ MEDICAL SERVICES

Each client is seen 2x/week by our Psychiatric Nurse Practitioner to meet any medical or prescription management needs while in treatment.

▶ FAMILY FOCUSED INTERVENTIONS

Often approaching a loved one who is struggling in the grips of alcoholism or addiction can be challenging and worrisome. Our professional family focused interventionists specialize in compassionate yet direct interventions that will help to educate and support a family as they hold boundaries and assist their loved ones to make smart healthy decisions.



Our program

What truly separates Clearhaven from other treatment centers is our diverse programming and wellness-based activities. Like most treatment centers we offer evidence-based treatment modalities — as such, clinical therapy is offered in both a group and one-on-one setting. Unlike other treatment centers that’s only a piece of what we offer. We balance traditional therapy with unique holistic components that keep our clients engaged, connected and excited about recovery.

Key Program Components

▶ INDIVIDUALIZED CARE

Each client brings a unique set of needs. Our treatment team works directly with clients to develop personalized treatment plans and objectives to ensure each client gets the right help and the most out of the program. Our process allows us to identify the underlying root causes of their alcoholism/addiction—allowing us to address risk factors, past trauma, relapse triggers and mental and physical health needs specific to each individual.

▶ CLINICAL TREATMENT MODALITIES

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Motivational Interviewing
- Trauma Informed Care

▶ HOLISTIC COMPONENTS

- Yoga
- Meditation
- Hiking
- Rock Climbing
- Boxing Classes
- Horticultural Therapy
- Art Therapy
- Nutrition Classes

▶ FAMILY SUPPORT SERVICES

Families often feel helpless and left out as their loved one battles alcoholism or addiction. They need guidance. They don’t know what to do, what not to do or how to help. At Clearhaven we aim to educate and involve family members in an inclusive and supportive manner by offering family sessions and support groups upon request and consent.