

CROSSROADS CENTRE

Antigua



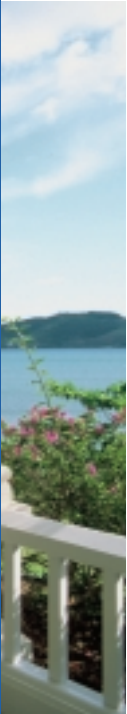
Helping people take that first step towards change.





“My vision was to create a Centre of the highest caliber to treat people of the Caribbean and throughout the world.”

- Mr. Eric Clapton



*Standing at the Crossroads
Trying to read the signs
To tell me which way I should go
to find the answer*

Recovery is possible and is life saving.

Dependency on alcohol and drugs can often have devastating effects for the individual and family. Slowly and progressively chemical dependency begins to erode a person’s physical, emotional and spiritual well being.

At Crossroads, we believe that through a program of abstinence and a change and improvement in lifestyle, people and families have the capacity to recover. Recovery is possible and it begins with just one step. We are here to help people take that first step towards a new beginning.

Founded by Eric Clapton in 1997 on the lovely Caribbean island of Antigua, the Mission of Crossroads Centre is to provide high quality care and to ensure that it is both affordable and accessible.

Recovery works!



The gazebo overlooks the beautiful Caribbean and is a favorite place to meditate and reflect.

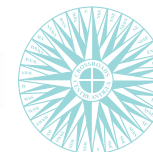
A healing environment.

“Antigua has always been a special refuge – a safe place, a serene place where one can begin the process of healing from even the most devastating events and life situations”. - Eric Clapton

Treatment and recovery work best when people feel safe, secure and nurtured. For this reason we have created a setting that complements our unique whole person approach to recovery.

The environment at Crossroads Centre is one of magnificent beauty and peace. Tucked away in the southeastern part of Antigua, we provide both beauty and privacy for clients and their families. For this reason, it is also an ideal location for persons concerned about issues of confidentiality and privacy. Far away from the distractions and demands of everyday life, the facility overlooks the tranquil blue waters of Willoughby Bay, the largest bay on the island. It is within the safety of this serene, calm atmosphere that clients begin their journey to whole person wellness.

*A body, mind and spirit
approach to recovery.*





• *Quality affordable treatment*

• *Highly individualized approach and small group settings*

• *A healing environment away from distractions*

• *A body, mind and spirit approach to recovery*

• *Confidentiality is maximized in a private location*

The Residential Program

Crossroads Centre offers a 29-day residential treatment program for chemical dependency. Treatment is rooted in the 12-step philosophy and a model of abstinence from mood altering drugs. Our treatment model is one that blends both traditional and complementary therapies and in so doing recognizes and promotes a “whole person approach” to recovery by addressing mind, body and spirit. Treatment is individualized to provide the highest quality of care for each client and with only 30 residential beds, this lends itself to smaller groups and increased individual attention per client.

First phase of treatment:

The first phase of treatment involves a thorough assessment process and detoxification. During this phase the emphasis is on ensuring a safe detoxification period, taking care of any presenting physical health needs, helping the client to acclimate to the treatment process and developing a supportive therapeutic relationship with the client.

A 24-hour medically supervised detoxification unit is staffed by our medical team which includes an ASAM certified physician and registered nurses. Complementary therapies such as massage, meditation and auricular acupuncture are used in collaboration with traditional medical interventions and are highly effective tools for easing the detoxification process.

Second phase of treatment:

The second phase of treatment is the most intensive part of treatment and during this stage clients participate fully in the treatment process. A master treatment plan will be developed and individualized for each client. Both traditional and complementary therapies are used together through all phases of the treatment process.

Program elements include:

Recovery lectures	Group therapy	Yoga
Individual therapy	Specialized groups i.e. gender	Acupuncture
Individual treatment planning	Spiritual counselling	Meditation
12-step meetings and groups	Individual assignments	Fitness training
Experiential therapy	Therapeutic massage	Nutritional counselling

Third phase of treatment:

The third phase of treatment involves aftercare planning and referral to continued treatment or support services. Each client completing treatment leaves with a comprehensive continuing care plan, complete with appropriate referrals to help them take the next steps in their recovery journey.



Treatment Team



The treatment team is comprised of an international, multidisciplinary team of dedicated professionals and includes: an ASAM certified physician; experienced registered nurses; MSW level and certified addictions counselors; wellness specialists, licensed massage therapists; certified fitness instructors; nutritionist and a spiritual counsellor.

As an international treatment Centre of Excellence, Crossroads Centre holds current membership with NAATP (The National Association of Addiction Treatment Providers), NAADAC, The Association of Addiction Professionals, and EATA (European Association for the Treatment of Addiction-UK).

Family Program

Research and experience tells us that not only do family members need help and support, but that a person's chances of doing well in recovery are enhanced when the family is involved. For these reasons we offer a four day intensive day-program for family members and significant others, designed to educate, provide support and begin the family healing process.

By the time their loved one enters treatment, many family members are themselves in a state of physical and emotional exhaustion and need an opportunity to re-charge and nurture themselves again. The tranquil, healing setting found in Antigua provides the ideal place for family members to focus on their individual recovery issues without distraction and begin the process of positive self care. Late afternoons and evenings easily lend themselves to socializing with other family group members or enjoying one of Antigua's beautiful beaches.



Family members with a significant other in the residential program attend at no additional cost. For a list of current family dates and recommended lodgings, please visit our website at: www.crossroadsantigua.org.

Nutrition and Recovery

Good nutrition is a vital component to any recovery plan and this begins while in treatment. Not only is there a need to repair and replenish the



body with freshly prepared vitamin-rich foods, but food selection and diet can have a tremendous impact on the detoxification process and can assist with decreasing cravings, stabilizing moods and increasing the body's natural energy levels.

At Crossroads Centre our talented Chef, nutritionist, and wellness specialists work together to provide a diet that is both healthy and appealing. We take full advantage of the wide variety of seasonal local fruits and vegetables that are unique to the Caribbean to create an international blend of tastes. All meals are served in our spacious indoor/outdoor dining hall with open panoramic views of Willoughby Bay.

Complementary Therapies

Central to our treatment philosophy is a body, mind and spirit approach to the recovery process. Sustained recovery is achieved through lifestyle changes that incorporate a sense of balance in these areas. We integrate a variety of complementary therapies which are designed to introduce or reintroduce recovery-promoting tools that individuals can continue to utilize beyond their treatment experience.

Some of the therapies utilized include nutritional assessment and planning, acupuncture, fitness and beach activities, meditation, spiritual counselling, yoga and wellness assessments.





Easily accessible from all major airports.

Admissions

Our admissions team is available to answer any questions or concerns you or your family may have. Persons may be referred through a mental health or healthcare professional, family member, friend or they may self-refer. Recognizing that it is not easy to make that first call, we believe the admissions process should be clear, quick and complete and we have developed an admission process that focuses on a supportive and personalized approach.

Admission Criteria

Individuals must be:

- Over the age of 18 years
- Medically and Psychiatrically stable
- Prepared and motivated to participate in a recovery program.

For more information contact:

I 268 562-0035

Toll free USA and Canada

I 888 452-0091

Toll free UK 0800 783 9631

Website:

www.crossroadsantigua.org

Email: info@crossroadsantigua.org

Prior to an admission a confidential pre-admission assessment is conducted by phone with an Admissions Counsellor. Once approved for admission, payment is guaranteed and flight arrangements can be made. Our assessment team is very familiar with the numerous airlines traveling to Antigua and is happy to advise travelers on the easiest routes for travel. Escort services to Crossroads and upon discharge, are also available at a modest cost.

Travel to Antigua

Antigua is a central hub of the Caribbean islands and there are several airline carriers that travel daily to the island from the United States, Canada, The United Kingdom and several Caribbean islands. Antigua, formerly a British colony, is an English speaking country of approximately 100 square miles. Please refer to our website for additional information including travel documents required.

Alumni Services

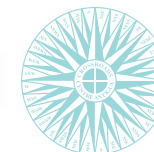
Much like the recovery process itself, our relationships with clients and their families continues long after individuals have completed our program. Through our alumni services department we organize alumni events, reunion activities and develop regional alumni chapters, all of which are designed to help alumni stay connected to each other and their positive recovery experience at Crossroads. For more information on our alumni services please contact alumni@crossroadsantigua.org



A Supportive and Personalized Approach



"...that's what this place, hopefully is about. Loving confrontation, honesty and sharing with other people."
- Mr. Eric Clapton





Every professional partner is viewed as an extended member of our treatment team.

At Crossroads Centre we welcome professional site visits of our facility and these can be arranged by contacting our main office.

A word to our professional partners.

Professional partners play an important role in the treatment and aftercare process at Crossroads and by developing strong professional relationships we are able to provide a seamless continuum of care for each client and family member we serve. We appreciate that as healthcare and mental health professionals you hold valuable information and insight for the treatment process. In this light, every professional partner is viewed as an extended member of our treatment team and as such we are committed to maintaining an open dialogue and regular communication with you.

Professional Partners



We maintain this communication process by:

- Keeping you updated on the admission status of your referred client.
- Strongly encouraging all clients to sign a Release of Information for all of their referents and/or involved professionals.
- Notifying you of your client's arrival within one business day.
- Seeking your input for treatment planning and providing you with weekly progress reports from the primary counsellor.
- Seeking your input for aftercare planning.
- Providing you with discharge summaries and continuing care plans in a timely manner.
- Following up with you to ensure that you are completely satisfied with the service you have received.



Philosophy

At Crossroads Centre, Antigua we believe that addiction is a loss of control of oneself to a substance, person, or process, as evidenced by unmanageable physical, mental, and spiritual behavior. We believe these behaviors are chronic, progressive and treatable diseases. We believe that the dynamics common to alcohol and / or drug addiction can extend to other compulsive addictive behaviors. The pathway to recovery is founded on the achievement of two primary goals:

1. Abstinence from alcohol and drugs and other compulsive addictive behaviors.
2. Movement towards a change in lifestyle.

Mission

The Mission of Crossroads Centre, Antigua is to provide treatment and education to the chemically dependent person, those with other compulsive addictive behaviors, their families and significant others. Treatment is provided through Residential Care, as well as, Family and Aftercare Programs. The goals of our treatment programs are to:

1. Assist each client in achieving abstinence.
2. Educate and treat each client on the disease of addiction and / or compulsive addictive behaviors within a safe, confidential, and medically supervised therapeutic milieu.
3. Assist each client in improving the quality of his or her relationships, career, social, emotional, physical and spiritual well-being.
4. Assist family members and significant others in understanding the disease and the steps necessary to achieve ongoing recovery.

CROSSROADS CENTRE *Antigua*

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