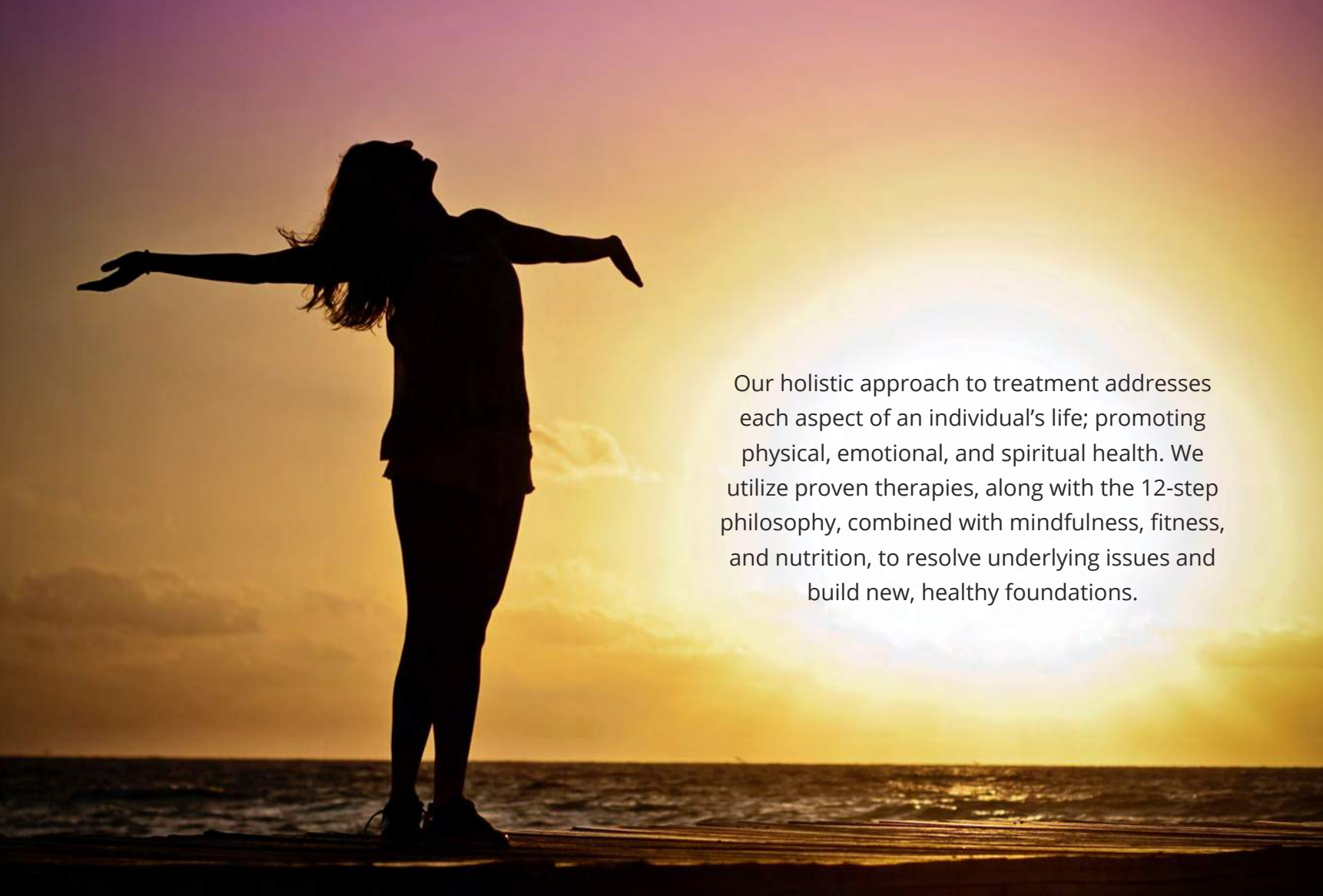




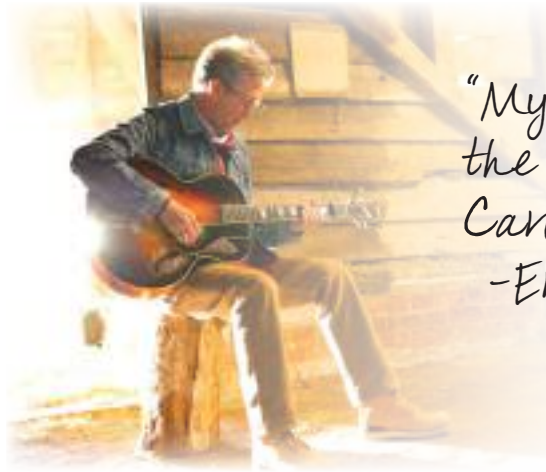
CROSSROADS CENTRE ANTIGUA

An International Centre for Healing



A silhouette of a person stands on a wooden pier or beach, with their arms outstretched horizontally and their head tilted back towards the sky. The background is a vibrant sunset over the ocean, with the sun low on the horizon, creating a bright, glowing light that fills the sky with shades of orange, yellow, and pink. The ocean surface is visible in the foreground, reflecting the light from the sky.

Our holistic approach to treatment addresses each aspect of an individual's life; promoting physical, emotional, and spiritual health. We utilize proven therapies, along with the 12-step philosophy, combined with mindfulness, fitness, and nutrition, to resolve underlying issues and build new, healthy foundations.



"My vision was to create a centre of the highest caliber to treat people of the Caribbean and throughout the world."

-Eric Clapton



CROSSROADS
CENTRE ANTIGUA

An International Centre for Healing

Founded by Eric Clapton in 1998, Crossroads Centre Antigua is like no other treatment center. As a person in long-term recovery, Eric believed that the majority of individuals suffering from addiction had the capacity for recovery if given the proper foundation to begin their journey. His desire to help them succeed transformed into a dream and, eventually, a reality.

Crossroads Centre Antigua is a secluded, serene, 12-step abstinence-based addiction treatment center that blends the natural beauty and privacy of the island with the medical expertise of licensed professionals to heal men and women aged 18 and over. By immersing themselves in the therapeutic tranquility of the Caribbean, clients are able to focus on their recovery, free of distractions.

Antigua is located in the Caribbean, just north of the equator. The island is known for its spectacular 365 white sand beaches and crystal clear aquamarine waters. Sunny and warm all year long with soothing trade winds, Antigua is internationally recognized for its picturesque landscapes and rainforest preserves. This is the perfect safe haven to heal the mind, body, and soul, under our clinical direction and care.



DISCOVER THE HEALING POWERS OF ANTIGUA

Our mission is to operate a center of the highest caliber, staffed with experienced and internationally recognized professionals, to help people and their families begin their recovery journey.

We understand that substance abuse treatment is a private matter that clients often wish to keep to themselves. Our secluded location provides complete privacy and confidentiality while offering the highest quality of care. Admissions are based on the suitability of client needs, medical conditions, and addictions, thus assuring every client has the best opportunity for success.

Our Centre is accredited by CARF, which ensures the highest ethical standards in treatment. We utilize the 12-step program which is the most enduring and effective recovery tool with extensive presence throughout the U.S. and internationally.

TREATMENT IS ABOUT HEALING THE BODY AS A WHOLE



WHOLE BODY THERAPIES

At Crossroads Centre Antigua, we believe that addiction treatment isn't solely about treating substance abuse—it's about healing the body as a whole. Through our personalized, holistic therapies, we improve overall quality of life while promoting physical, emotional, and spiritual health.

OUR THERAPIES INCLUDE:

- » Individual and Group Therapy
 - » Trauma Therapy
 - » Experiential Therapy
- » Holistic Approach to Pain Management
 - » Nutrition and Fitness Counseling
 - » Acupuncture and Massage Therapy
- » Mindfulness-Based Relapse Prevention
 - » Cognitive Behavioral Therapy
 - » Seaside Therapy Sessions

HOLISTIC TREATMENT PROMOTES PHYSICAL, EMOTIONAL, AND SPIRITUAL HEALTH

Medically Managed Detox • 7 to 10 Day Program

During the medically supervised detoxification process, our nursing and medical team provides 24/7 support. Through ongoing evaluations, we're able to customize a detoxification plan to meet each individual's needs and manage withdrawal symptoms to minimize discomfort. Crossroads has addiction-certified medical staff, readily available every step of the way.

Inpatient Residential, Proven Treatment Practices • 30 to 90 Day Program

Crossroads Centre Antigua utilizes proven therapies, along with the 12-step philosophy, combined with mindfulness, fitness, and nutrition counseling to create customized holistic treatment plans for each client. This client-centered holistic approach also provides a solid foundation for clients requiring ongoing pain management, during, and beyond treatment. Lengths of stays range from 30 days to 90 days, with treatment plans assessed every two weeks to ensure our clients are always in the right phase of treatment at the right time.

Inpatient Residential All-Inclusive Rate: *The cost of treatment covers all expenses, including:*

- » Medically Managed Detoxification
- » In-House Medical Services
- » Treatment and Therapy
- » Holistic Therapies
- » Off-Site Activities
- » Intensive 5-day Family Program
- » Waterfront Accommodations
- » Personalized Meals by Dietitian
- » Continuing Care Services
- » Ground Transportation



Intensive Family Therapy Program • 5-Day Program

Our 5-day intensive family therapy program allows family members to reside on-site while participating in individual and family therapy. Families learn the skills necessary to break destructive boundary and communication patterns. Our integrated family program includes didactic lectures, group therapy, helpful educational materials, and family conferences.

Restore and Connect • 7-Day Program


This 7-day program is designed for individuals who want to invigorate their recovery, restore their sobriety, and who desire additional support in looking at the blocks that challenge their serenity and well-being. We design this program to fit each client's needs individually in order to assist during life's struggles so that a commitment to a life of recovery is reestablished.

Renewal Retreat • 5-Day Program

This 5-day program is for those who want to renew their recovery through presentations, 12-step groups, mindfulness yoga, and massage. This retreat is open to anyone who is interested in enhancing their recovery including spouses and family members. Clients gain new insight into coping skills that will empower them to see obstacles in a new light.



FAMILIES IN RECOVERY



Crossroads Centre Antigua recognizes that in order to heal from chemical dependency, it is crucial the family be involved in recovery. Through our Families in Recovery program, family members aged 18 or older can attend our 5-day program and focus on issues that encourage healing for the entire family.

Who Benefits From Family Recovery?

- A family member who has a loved one in active addiction or recovery
 - Anyone who wants to learn more about the disease of addiction
- Anyone who wants to resolve relationship issues involving addiction or codependency

This 5-day program combines individual and family therapy sessions with educational presentations and group discussions. Families learn about their role in client recovery, relationships, the disease of addiction, and how improving communication can greatly increase the likelihood of a lasting recovery. We offer on-site accommodations for those participating in our family program. Our facility boasts breathtaking views, a private swimming pool, and comfortable social areas. Off-site accommodations are also available at an additional cost.

The presence of addiction within the family system can lead to relationship and communication breakdowns that accelerate the progression of the disease. That's why loved ones should play a significant role in both the treatment and recovery processes.





CROSSROADS CENTRE ANTIGUA: COMMITMENT TO PRIVACY AND OUR SOLID 12-STEP PHILOSOPHY

We understand that substance abuse treatment is a private matter that clients often wish to keep to themselves. Our secluded location provides complete privacy and confidentiality while offering the highest quality of care.

Antigua is a sovereign island nation in the Caribbean and as such not subject to the jurisdiction of civil courts of other countries; privacy and security are our highest priority. Our clients can feel assured that their records cannot be released to anyone without their written consent.



YOUR JOURNEY TO CROSSROADS

A person is seen from behind, walking down a gravel road towards a sunset. They are carrying a large black suitcase. The scene is framed by a stone archway. The sky is filled with colorful clouds in shades of orange, yellow, and blue. The road stretches into the distance, flanked by green grass and trees.

Begin your recovery today. We believe in providing the highest quality of care at the lowest possible price. Our goal is to provide our clients and their families with a comprehensive, positive, and effective experience that will lead to lasting recovery. Our professionals support interventions, safe transport, ongoing aftercare, and monitoring services. Contact us for a qualified professional reference.

Our most important stakeholders are our clients, alumni, and families experiencing recovery. As a not-for-profit organization, our fees remain competitive. We are supported by the donations of the Crossroads Antigua Foundation. Private pay options allow a flexible experience that isn't dictated by insurance limitations. We can provide assistance in the insurance filing process. U.S. passports are required for U.S. citizens.



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