Brookdale Outlines Its Continuum of Care for National Recovery Month

Brookdale Premier Addiction Recovery in Scotrun, PA, describes each stage of care, from medical detox to alumni support, during Recovery Month.

SCROTRUN, PA, UNITED STATES, September 30, 2026 /EINPresswire.com/ -- Brookdale Premier Addiction Recovery in Scotrun, Pennsylvania, is describing each stage of care, from the first day of detox to alumni support after discharge, during National Recovery Month. The observance is held every September and began in 1989 as Treatment Works! Month.

Patients who need it begin in medical detox with 24-hour medical and nursing supervision. Nursing and medical personnel respond rapidly to patient needs on arrival. Residential treatment follows in cabins at a staff-to-patient ratio of 1:6, on a campus with a private lake, pools, hiking trails and tennis courts. Therapy includes cognitive behavioral therapy, dialectical behavior therapy, motivational interviewing, 12-step integration, grief groups and relapse prevention.

Care follows a measurement-based model. Clinicians assess patients at preadmission and intake, then evaluate 27 wellness indicators during treatment, including depression and anxiety. Analysis continues after treatment through Discovery for Life™. The clinical team treats moderate to severe substance use disorders along with co-occurring conditions such as PTSD and major depressive disorder.

For care from home, the online intensive outpatient program lasts 12 weeks, with morning or evening sessions three days a week. The aftercare plan is developed collaboratively around the person's circumstances, with services in the home community such as partial hospitalization, intensive outpatient, outpatient care and sober living.

At Brookdale, the family is the patient, and the Family Program includes weekly Zoom meetings and onsite groups two Saturdays a month. Executives can enter the 30-day Signature Program, while veterans and first responders have the Stars & Stripes program.

After discharge, alumni join Discovery for Life™, with online and in-person support groups and social events. Alumni chapters meet in Philadelphia, Wilkes-Barre/Scranton, the Lehigh Valley, New York and Harrisburg. The Discovery365™ app uses AI to intervene when a person needs additional support during the first year after treatment.

Brookdale is ranked No. 5 in Pennsylvania on Newsweek's America's Best Addiction Treatment Centers 2026 list and holds CARF accreditation. It accepts Aetna, Aetna 360, Blue Cross Blue Shield, Cigna, Geisinger, Highmark and Multi-Plan. Admissions is open 24 hours a day at (855) 575-1292.
340 words in the body, excluding dateline.

About Brookdale Premier Addiction Recovery

Brookdale Premier Addiction Recovery, part of Discovery Addiction Services, is a drug and alcohol treatment center in Scotrun, Pennsylvania, in the Pocono Mountains. Programs include medical detox, residential treatment, an online intensive outpatient program, the Signature Program, the Stars & Stripes program, a Family Program and alumni support. Brookdale is CARF accredited, and admissions calls are answered 24 hours a day.

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