

Note To Parents:

Costs And What They Include:

We accept most insurance. Payment includes resident room & board and all scheduled clinical and adventure trek activities. You are responsible to cover your deductible and co-insurance as dictated by your individual policy. There is a one time \$200.00 Physicians Evaluation Fee.

Apples To Apples for Parents:

If you compare the cost and level of care to other facilities, we believe it will be very hard to find another facility that offers what we do "dollar for dollar". We believe that the level of care our residents receive is of the highest standard. We have had parents tell us it was the best investment they ever made.

We are not a Halfway House!

Little Creek is not a place where residents sit around all day, don't have a counselor, instructional meetings or get up when ever they feel like it. We are structured and goal oriented.

Included in one flat rate:

We are a State Licensed Non-Hospital Rehab and are subject to a high standard of care. A resident will experience clinical treatment plans and objectives while at Little Creek Lodge. Outside counseling, doctor visits, prescriptions and transportation outside of a 5 mile radius.

Adventure Trek And Recreation:

Little Creek's Adventure Trek Program is designed to re-start the imagination. Time in the outdoors quickly re-develops spirituality and a respect for nature. Addiction robs us of our spark for life. The Adventure Trek program gives it back.

Here are some of our activities throughout the course of the year.

- Kayaking
- Mountain Biking
- Fishing – ponds, streams, rivers, ocean
- Swimming – pools, lakes, rivers, ocean
- Skiing – 3 day trips to Okemo Mountain in Ludlow VT.
- Snowshoeing
- River Rafting
- Amusement Parks – Dorney, Knoebles (overnight camping)
- Iron Man – overnight kayaking/ mountain biking.
- Gardening
- C.O.P.E. – (Challenging Outdoor Personal Experience)

Interacting with the world:

Community Service:

- Local churches and thrift shops
- River clean-ups with the PA Parks Department

Soberfest (local sober music festival)
Re-introduction of Culture:
Car shows
Baseball games
Hockey games
Bronx Zoo
Museum of Natural History
Museum of Modern Art
Shakespeare in the park
Franklin Institute
Visits to Philadelphia -
 History, cheese steaks and AA meetings
Visits to New York City -
 Bike trips in Central Park, lunch in Times Square, AA meetings, AA
 Clubhouse

We attend 12 Step meetings on any full day outing to show the residents that wherever they go there will be a meeting nearby.

Family Counseling and Education:

Our family counseling and education is designed to promote healthy-interaction between parents and their sons. Parents are a significant part of the treatment process and contribute to the residents' emotional growth. The family must be willing to recognize their co-dependencies and what role they play in this process. The family program is conducted by Little Creek staff, along with a monthly rotation of guest speakers who are well versed in families in recovery.

Parental attendance strongly is encouraged. We believe it is vital for parents to learn the language of recovery in order to effectively communicate with their sons. Family groups are counselor-guided. During presentations, a discussion about the disease of addiction, co-dependency, and family-roles takes place. This sparks questions and interaction between parents and counselors, and education unfolds.

The Family Program is where an unearthing of the family takes place—when the guided interaction between Mom, Dad, and Son reveals true intentions and motives.

Residents should become more transparent with each passing month, becoming vulnerable (not defensive or secretive) and more trusting in the recovery process and dialogue that takes place in this group. Parental attendance strongly is encouraged. We believe it is vital for parents to learn the language of recovery and 12-Step philosophies in order to effectively communicate with their sons.

“We are there to help guide every resident through this adventure and find the many ways of sober living from the inside out”.

We want to put credentials on the bottom of all photos, and have an order of staff,

Our Team

Andy Pace, Co-Founder Ceo BS,CADC

Barbara Warren-Pace, Administrator Co-Founder CFO

Dr. Rick Blum,MD

Tom McHugh, Residential Care Director AACII

Katie McKendry, Clinical Director LSW MS

Ed Walsh, Clinical Supervisor CADC/CCS

Rose Janus, Administrative Assistant

Steve Schwartz, ASC, CAAC

Matt Bartos, BS, CIT (new Photo)

Austin OMalley, Recovery Specialist (photo)

Paul Mang, Adventure Trek Coordinator

Jordan Galaso Certified Physical Trainer

Bob Dunning Master Chef

And many qualified resident workers