



THE JOURNEY HOME
Women's Recovery Center



Louisiana's Premiere

For Women, By Women

Drug and Alcohol Treatment Center

225-425-3392



Women Helping Women

We know that addiction to drugs and alcohol has torn your life apart. Family, friends, and loved-ones have abandoned you. Your life seems like it is spiraling out of control. You are not alone.....

Lasting Recovery for Women

The Journey Home has been helping women just like you for the past 20 years overcome addiction and co-occurring disorders in their safe, secluded, village-like setting. The Journey Home is for women, staffed only by women, giving us the understanding of the delicate issues that you face. This allows us to create individualized treatment programs specifically for you. Because we are an all-women facility, you will immediately feel trust, empathy, and safety. Our trauma-informed, compassionate, comprehensive approach will empower you to reclaim what you have lost and achieve what you have only dreamed about.

Whole-Woman Treatment Program

From your first call to us, you will immediately feel the difference that an all-women treatment facility will mean to you. Our caring, compassionate staff understands the unique experiences of women who are addicted and their underlying root causes. Your assessment team will design a treatment program for you that will utilize today's most cutting-edge, evidence-based, holistic, and experiential therapies enhanced by our women-centered, 12-step approach. This "Whole-Woman" program is designed to treat your mind, body, and spirit which renews your confidence to achieve the lasting recovery that you deserve.





Dual Diagnosis, Getting To The Cause

Women experience addiction differently than men. More often than not, addiction in women was brought on by past traumas or other co-occurring disorders. That is why we emphasize trauma-informed, evidence-based treatment, and specialized gender-specific approaches to your treatment program. Since The Journey Home is just for women, staffed only by women, it is a safe place to allow yourself to heal and find lasting recovery.

*We emphasize trauma-informed
evidence-based treatment*

The Journey Home's approach to your recovery is one that will help heal your mind, body, and spirit. Our "Whole Woman" approach starts with your assessment, then your restoration, and finally your reintegration with the tools for long term recovery. This is achieved by our comprehensive and compassionate evidence-based, experiential, and holistic therapies prescribed specifically for you.

Evidence-Based Therapies

- Cognitive Behavioral Therapy (CBT)
- Motivational Enhancement Therapy (MET)
- Dialectical Behavior Therapy (DBT)
- EMDR Therapy (Trauma)
- Psychotherapy
- Family Therapy Program
- Relapse Prevention
- Narrative Therapies



Experiential Therapies

- Bibliotherapy
- Cinematherapy
- Narrative therapy

Holistic Experiences

- Yoga Classes
- Exercise Classes/gym
- Meditation
- Educational Assistance
- Career Guidance
- Life Skills
- Recreational activities
- Creative Hour
- Nutrition Classes



With You Every Step Of Your Journey

The Journey Home offers a full continuum of care. As you progress through your recovery, we offer PHP, IOP, and Transitional Living options. These will further strengthen your recovery and give you the tools to live the life you were meant to live.

It Takes A Village

Just 15 minutes outside of Baton Rouge, The Journey Home sits on five secluded acres surrounded by white picket fences and lush forest. This is the perfect sanctuary for your healing to begin. The amenities abound from the welcoming porch that overlooks acres of manicured lawn, to the meditation pond along with plenty of outdoor activities. Privacy, safety, and compassion create the village feel of this remarkable place of lasting recovery.



Family Program, Trust and Love

Our Family Program is designed to help families and loved ones learn what has taken you away from them is a disease. We work with them to help put the pieces back together and to understand the need for support that will be necessary once residential treatment is finished. Our goal is to help re-establish the trust and love that once existed before the disease took hold, providing you the support you need to enjoy lasting recovery.

Client to Alumni

The Journey Home starts planning for your successful discharge early in your treatment program. Our proudest moments are when our clients become our Alumni. We will always consider you part of our family, and hopefully, you will come back to share your new-found life and freedom with clients just beginning the path that you are now on.



Our Alliance With You and Your Client

We understand what a difficult decision it is when one of your clients needs a higher level of care. Our clinical excellence, complete continuum of care, and our “whole woman” gender-specific treatment program make the decision one that you can feel confident in. The Journey Home will make sure, given your client’s approval, that you are fully informed as to the progress being made during treatment. You are an integral part of ongoing recovery and having structured support for aftercare further ensures lasting recovery.

In Network with



**BlueCross
BlueShield**

Verity Health

Gilsbar

We are sorry but we are not a Medicare, (Louisiana Medicare) or TriStar Provider



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