

# ENLIGHTENED SOLUTIONS

Enlightened Solutions offers a full continuum of substance abuse care by treating the whole person from medical detox to outpatient therapy.

Our philosophy is grounded in a multidisciplinary approach by implementing the highest standards in medical and clinical care. We also encourage a strong 12-Step philosophy along with true holistic treatment modalities including art therapy, music therapy, chiropractic, yoga & meditation, and nutrient-rich organic food. We take great pride in customizing each patient's treatment experience on an individualized basis... [LEARN MORE >>](#)



## ENLIGHTENED SOLUTIONS DETOX

Our unique services offer patients the ability to not only detox and stabilize medically, but also to engage in short term residential treatment services, that prepare you for continued care. Our team is able to offer effective treatment options to assist you throughout your recovery and healing journey.

Our staff offers comfortable and informed treatments to assist you with your individual and unique healing needs, including: One-on-one meetings with therapists, customized treatment and discharge planning, structured daily clinical schedule, peer support groups and alumni services, follow-up programs for improving success after the program, daily holistic offerings, introduction to 12-step and other self help groups, family therapy... [LEARN MORE >>](#)



## ENLIGHTENED SOLUTIONS PHILADELPHIA

ES Philadelphia's Intensive Outpatient Program (IOP) is designed for those who have completed detox, residential treatment, or have been sober for a period of time and may have experienced a brief relapse and need assistance in getting back into recovery. We structure an intimate program that allows for identification of each individual's needs and format a treatment plan that fully binds the mind, body and spirit.

In addition to our IOP, we're able to provide counseling services to those residing in our structured sober living as well as those who live at home. Our Philadelphia location offers the following: Group, family, individual therapy, yoga, reiki, creative group therapy, structured sober living... [LEARN MORE >>](#)



## EXCEL TREATMENT CENTER

Located in Dover, N.J., and a part of the Enlightened Solutions extended family, the Excel Treatment Center was founded to assist in the long-term, sustainable recovery of those suffering from substance use disorders, mental health conditions, and alcohol use disorder. Excel specializes in adult outpatient programs.

Their mission is to provide exceptional outpatient substance abuse treatment by offering outstanding clinical services, psychiatric treatment options, and family support choices. They seek to succeed on their mission with each and every patient, by immersing them in the amazing recovery community at the Excel Treatment Center... [LEARN MORE >>](#)



## HANSEN FOUNDATION

The Hansen Foundation embraces recovery for those who suffer from substance use disorders, their families and friends. The Hansen Foundation Residences, Serenity Estates and Serenity Houses, provide affordable, long-term, comfortable recovery residences and necessary recovery support to assist those in recovery facing overwhelming obstacles.

The Foundation also operates Enlightened Farm, nonprofit organic farm cultivating a sustainable and healing environment for all, the Enlightened Café, a gathering place for those in the recovery community and The Hansen Foundation Resource Center offering a variety of programs to help individuals in recovery plan, create, invent, improve life skills and make things happen in their lives... [LEARN MORE >>](#)



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