



ADDICTION RECOVERY FOR WOMEN BY WOMEN

OUR HISTORY

WAYSIDE HOUSE is a serene campus, complete with gazebo, gardens, brick walkways and lush vegetation tucked away with privacy from the bustling downtown. It is a piece of Delray Beach's history hidden in plain sight.

It was founded in 1974 by Dr. Susan B. Anthony, great niece of the women's rights advocate of the same name, and Phyllis Michelfelder. As women in recovery, these two pioneers recognized the need for a safe and supportive haven for women who were grappling with alcohol and drug addiction. The two women rallied support from other dedicated women, many themselves in recovery, and raised \$1,000 to purchase a white frame cottage in Delray Beach. It became Wayside House and admitted its first residential client in 1975.

Today, while the original cottage remains the core of the facility, the buildings and programs have expanded greatly to include a campus housing 31 women and providing outpatient treatment to countless others.

PAYMENT

A sliding fee scale is available for some clients. For complete information on fees and insurance, please contact Wayside House at 561-278-0055.



Wayside House

378 N.E. Sixth Avenue
Delray Beach FL 33483
waysidehouse.net
(561) 278-0055

Wayside House

waysidehouse.net



WAYSIDE HOUSE is a 31-bed residential treatment facility for women ages 18 and older. Women come to us for help with alcohol and drug addiction.

In our warm, caring, and safe setting, they find hope, respect, and holistic therapy provided by highly trained professionals. Women recovering in an environment just for women achieve better abstinence rates and are more than twice as likely to complete treatment.

Hundreds of women, many with years of addiction and failed recovery, have reclaimed their sobriety, dignity and self-respect and returned to their families and community as sober, productive citizens.



OUR PHILOSOPHY

Recovery from addiction means healing body, mind and spirit. Our treatment program is based on the 12-step model, individualized for each woman.

Family reunification is the overarching goal at Wayside House, so residential clients participate in family counseling and children come to visit on weekends.

Because it is important to recovery that women regain inner strength, treatment includes special therapies such as yoga, meditation, art, horticulture and equine therapies.

OUR STAFF

We have made it a priority to bring in highly skilled professionals to ensure the success of our clients.

A board-certified psychiatrist leads the medical team, with a full-time registered nurse meeting the health and wellness needs of Wayside House clients, managing medication and scheduled off-premises medical and dental appointments. A strong clinical team provides individual and group therapy, within a highly supportive and structured setting.

OUR SERVICES

Rooted in the 12-step tradition of Alcoholics Anonymous our services respond to the problems of addiction that are unique to women.

- Residential: average length of stay 3 months. Phase 1 includes daily group and individual therapy sessions and 12-step meetings. Phase 2 is re-integration into the community—work searches and jobs during the day, therapy at night.
- Outpatient: Goals include relapse prevention, improved family and interpersonal communication skills, increased problem-solving and self-esteem, plus coping skills.
- Intensive Outpatient: For women referred through Wayside House, other programs, doctors and other sources, this is a 24-session, highly structured, therapeutic program.
- Aftercare Support: an ongoing group that has been designed to address the strategies for relapse prevention.
- Parenting: Offers support to those facing challenges of parenting while sustaining sobriety.
- Intervention Project for Nurses (IPN) - Wayside House is a contracted partner in a network of support to nurses who struggle with alcohol and drug abuse. Participation in an IPN-approved recovery program is mandatory for those nurses who have lost their credentials and who wish to re-establish themselves professionally.