



For over 32 years, Cornerstone has been committed to saving lives, families, and jobs by providing hope, healing, and recovery to those who are affected by the disease of addiction.

Cornerstone of Recovery is a nationally respected treatment center that offers a full continuum of care for individuals seeking recovery from addiction and alcoholism. Located in East Tennessee, Cornerstone treats patients from all across the country and provides them with the healing, skills, and tools they need to enjoy long-term recovery. We help restore our patients to being responsible, productive members of their respective communities.

Cornerstone's beautiful 24-acre campus sits on the bank of the Little River and is conveniently located between Knoxville, Tennessee, and the Great Smoky Mountains National Park. Cornerstone's campus feels a lot like a small college campus – with a state-of-the-art fitness center, an outpatient services center, a three-story residential building, trails through the campus woods along the river, athletic courts and fields, and a treatment services building which includes a dining hall that overlooks a stretch of river.

## WHAT MAKES US UNIQUE

Cornerstone was founded by William J. “Bill” Hood, who had a dream of offering comprehensive drug and alcohol treatment at an affordable price. Bill found sobriety after a lifelong battle with alcoholism, and his passion for recovery was unparalleled. In 1989, Bill and his family opened Cornerstone as an 18-bed facility with 22 staff members in a strip mall on the outskirts of Knoxville. In 2017, Cornerstone moved its operations to its new campus to become one of the largest residential treatment providers in the state of Tennessee. Bill's vision has grown from a small staff and a handful of patients to more than 220 employees who oversee the recovery of individuals in four specific residential programs, which typically last 28 to 35 days:

- **Newcomers**, in which first-time treatment-goers receive a thorough introduction to the nature of addiction, as well as the bio-psycho-socio-spiritual elements that should be addressed to achieve permanent sobriety.
- **Recovery Renewal**, for individuals who have had varying amounts of abstinence after prior treatment stays or time in recovery but have relapsed. It's a deeper dive into the “unfinished business” that wasn't addressed in previous treatments or efforts at recovery.
- **Young Adult**, for young men ages 18 to 26 whose lives have been derailed by addiction before they've truly begun. It's an active, hands-on program for restless spirits and energetic bodies, and includes certain vocational elements that can help provide them with some direction regarding career paths or areas of study.
- **Women's**, a gender-specific program for all female patients who can process some of the unique issues and traumas in a sisterhood of supportive peers and counselors.





## OUR PROGRAMS AND THERAPIES

### MEDICAL DETOX

Staffed around the clock by clinical and medical personnel, a typical 3- to 5-day detox stay allows patients to be safely, comfortably weaned off of alcohol and drugs before transitioning into one of our residential programs.

### RESIDENTIAL INPATIENT

An immersive, on-campus experience in one of our four programs that can last up to 30 days and addresses the physical, emotional and spiritual needs through therapy, group activities, education and more.

### INTENSIVE OUTPATIENT

Intensive Outpatient (IOP) is 3 hours per day, 4 days per week and is typically an extension of residential treatment. Patients may commute from home, participate via Zoom, or live in an extended care residential program. IOP is typically 32 sessions but, we also offer shorter lengths of treatment when needed.

### PSYCHIATRIC SERVICES

Our psychiatric care team will address the mental health needs of patients when needed. We recognize that many of our patients have been using drugs and alcohol to self-medicate for psychiatric conditions. The most common diagnoses we treat are depression, anxiety, ADD/ADHD, and bipolar disorder. That said, we are able to effectively treat and manage a variety of conditions.

### FAMILY THERAPY

We know that addiction is a family disease and addicts often leave a path of destruction behind them when coming into treatment. We offer family therapy sessions, family education programming, and various online supports to our patient's family members. We believe that with counseling and education, family members can often find the healing needed to successfully move forward.

### PSYCHOTHERAPY

Our master's-level clinicians provide a range of evidence-based tools to address a number of emotional issues and problems that precipitate or coincide with addiction and alcoholism, including Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Cognitive Processing Therapy, Eye Movement Desensitization and Reprocessing, Acceptance And Integration Training, Trauma Therapy, Schema Therapy and more.

### PHYSICAL FITNESS

From Activity Therapy to Fitness Therapy, we believe that the body needs to heal as well as the mind and the spirit. Patients will spend time several days each week in our fitness center or in team-building exercises, including some on our on-campus ropes course, by our trained Activity Therapist.

### SPECIALTY PROGRAMS

We provide specific treatment paths for professional vocations, including medical and legal professionals, railroad industry workers, airline industry employees, and veterans. We provide specialty support for safety sensitive workers and those who must meet stringent requirements in order to return to work.

## FINANCIAL CONSIDERATIONS

Cornerstone of Recovery is in network with most major commercial insurance providers, and we can make arrangements for payments made on a regular installment plan. Contact our Admissions Department for more information.



### FOR MORE INFORMATION

Visit us online at [cornerstoneofrecovery.com](https://www.cornerstoneofrecovery.com)

Or call us at 865-970-7747

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