

## What a Woman's Life Can Look Like Free from Addiction

Recovery is not just about overcoming addiction; it's about rediscovering hope and envisioning a brighter future. At Keystone Treatment Center, women can experience the transformative power of recovery. We see miracles every day, including:

- **RENEWED RELATIONSHIPS:** Reconnecting with loved ones through Keystone's Family Program and making amends helps women rebuild trust, repair bonds, and move forward in life.
- **IMPROVED PHYSICAL AND MENTAL HEALTH:** Enjoying the freedom that comes with sobriety, regaining physical health, mental clarity, and feeling fully alive, one day at a time.
- **A NEW FREEDOM AND A NEW HAPPINESS:** Living free from the past, embracing peace and purpose, and finding real happiness through honesty, connection, and service.
- **AWAKENING OF THE SPIRIT:** Experiencing a profound spiritual awakening that brings clarity, purpose, and renewed faith as women walk through their recovery journey.
- **FELLOWSHIP OF RECOVERY:** Joining a fellowship of women who walk a similar path, offering mutual support, understanding, and a safe place to grow together.



**KEYSTONE**  
TREATMENT CENTER

### INPATIENT:

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### OUTPATIENT:

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**KEYSTONE**  
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## WOMEN'S PROGRAM

[www.keystonetreatment.com](http://www.keystonetreatment.com)

## About Keystone Treatment Center

Keystone Treatment Center, located in Canton, South Dakota, is a leading provider of addiction treatment services. With a focus on wellness, holistic care, and spiritual growth, Keystone offers a range of programs to meet the diverse needs of those who are seeking recovery. Our compassionate and experienced professionals are dedicated to guiding individuals and families toward hope and healing.

Keystone Treatment Center's new 55-bed women's unit reaffirms our dedication to providing transformative and authentic addiction treatment. Our multidisciplinary team works together to help women overcome addiction, reclaim their lives, and achieve lasting recovery.

### Addressing Unique Challenges for Women

Women who struggle with addiction often face unique challenges, including societal stigma, family responsibilities, and the lasting effects of trauma. The new women's unit at Keystone Treatment Center is designed to provide a safe and supportive environment where these underlying emotional and psychological factors can be explored and addressed. Our holistic approach ensures that women receive the care and support they need to heal and thrive.

## Benefits of Women-Only Recovery Programs

Keystone's Women's Recovery Program offers significant benefits, including:

- **ENHANCED EMOTIONAL SAFETY:** Women feel more comfortable sharing their experiences in a female-only setting, which fosters deeper emotional healing.
- **TARGETED THERAPY:** We tailor our treatment plans to meet women's specific needs, incorporating trauma-focused care, to promote effective recovery outcomes.
- **STRONG SUPPORT NETWORKS:** Women build strong, supportive relationships with peers who understand their unique struggles, creating a network that extends beyond treatment.
- **FOCUS ON WOMEN'S HEALTH:** We address the specific health concerns that affect women, as well as the impact of addiction on family dynamics.
- **PARENTING SUPPORT:** Specialized support for mothers helps them navigate the challenges of being a parent during recovery, strengthening family bonds and promoting healthier families.



## Holistic Wellness & Spiritual Growth

At Keystone Treatment Center, we believe in treating the whole person — body, mind, and spirit. Our comprehensive program includes:

- **12-STEP APPROACH:** Our evidence-based 12-Step program provides a structured path to recovery, emphasizing personal growth, accountability, and community support.
- **SPIRITUAL GROWTH:** We offer a variety of spiritual practices, such as meditation, mindfulness, and faith-based support, to help women find peace.
- **NATIVE AMERICAN PROGRAMMING:** Unique to Keystone, our Native American programming honors the rich heritage and spiritual traditions of Native American women through sweat lodge, talking circles, arts and crafts, smudging, and ceremony.
- **MEDICAL DETOX AND WELLNESS:** Our women-only, state-of-the-art medical detox facility ensures a safe and comfortable start to the recovery process, complemented by comprehensive wellness programs that include exercise and nutrition.



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