



THE
DISCOVERY™
HOUSE

The Discovery House is a residential addiction treatment facility located in Southern California. We help our clients learn to live a substance-free life filled with balance, purpose, and belonging.

Our Mission

At The Discovery House, our mission is to help clients learn how to live a substance-free life filled with balance, purpose, and belonging. We meet our clients where they are and give them the tools they need in order to reach long-term recovery.



JOINT COMMISSION
ACCREDITED

We meet all inspection and safety standards that are required of hospitals in the United States.

Fewer than six percent of all addiction treatment programs in the country hold this accreditation.

Instead of a "cookie cutter" approach, we meet our clients where they are in the stages of change.

We create a custom treatment plan that will address their specific needs and personal requirements.



**INDIVIDUALIZED
TREATMENT PLANS**

3:1

Our caseloads maximize the effectiveness of the treatment experience and we maintain a 3:1 client to counselor ratio for this purpose.

CLIENT TO COUNSELOR
RATIO

When one member of the family struggles with addiction, the entire family is impacted. We encourage family members to participate in the recovery process.

- Multi-family education groups
- Individual counseling sessions



**FAMILY
PROGRAMS**



Our facilities have been built from the ground up specifically for treatment. The design, colors, and layout are trauma-informed and conducive to healing.

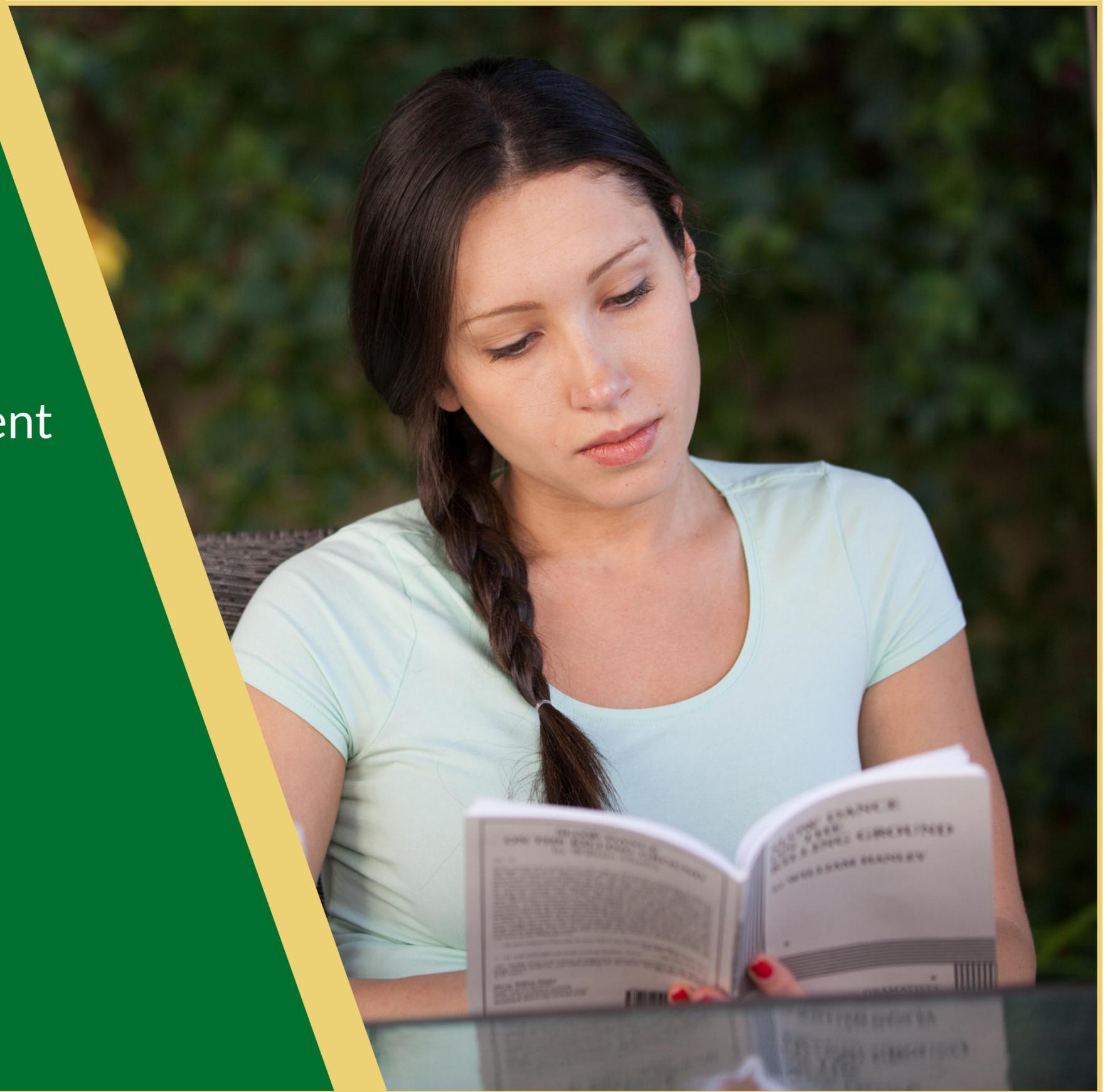
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"All the staff are incredible and I felt they genuinely cared about me and my recovery. Plus the facility was like a home away from home. So welcoming."

- Ashley, The Discovery House Alumnus

TRAUMA-INFORMED
FACILITIES

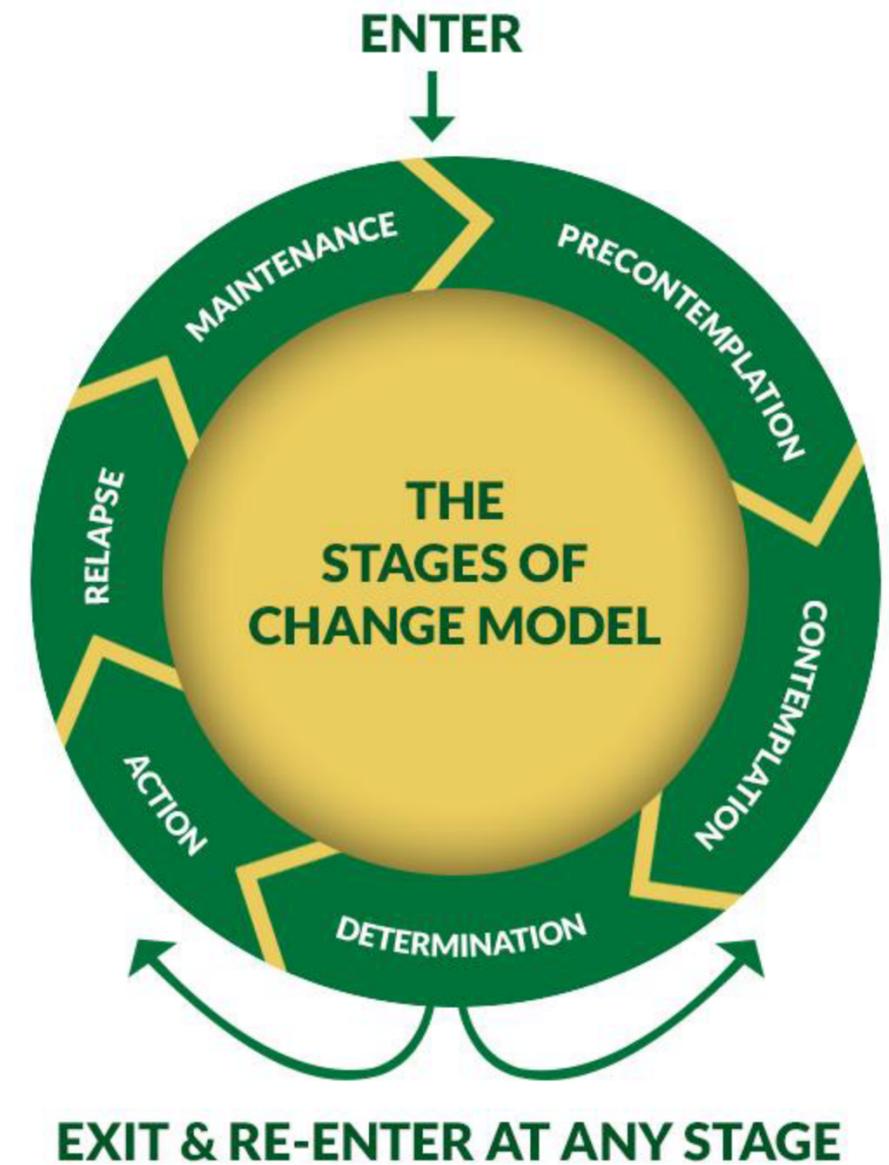
By maintaining these standards, each client receives the care and attention they require to set a foundation for long-term recovery.



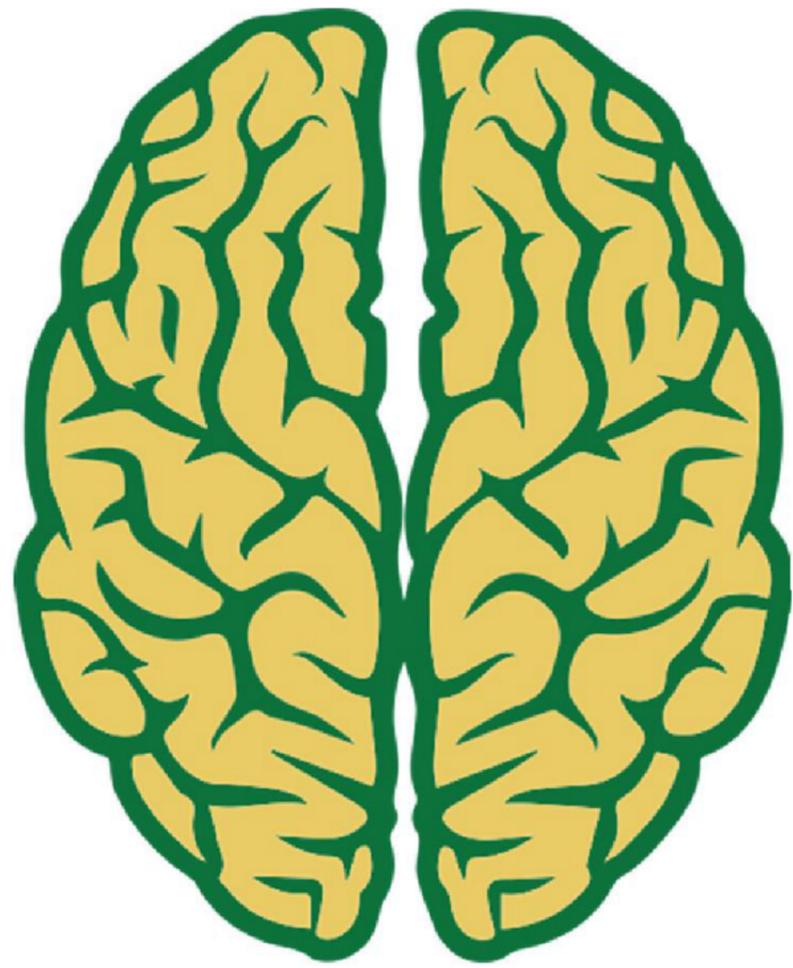
Our Approach

We meet our clients where they are.
What does this mean?

- Pre-contemplation - no perceived need to change
- Contemplation - initial awareness. Feelings of ambivalence to change.
- Preparation - Away from ambivalence toward action. Statements reflect the beginnings of motivation.
- Action - Take steps to bring about change.
- Maintenance - sustains change accomplished by previous actions. Steps for maintaining long-term change are different from steps for initial change.
- Relapse - Long-standing change often involves setbacks. Client may relapse into previous problem behaviors.



STAGES OF CHANGE



DISEASE CONCEPT

"Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry."

- *American Society of Addiction Medicine (ASAM)*

- Based on the stages of change
- Assumes motivation is fluid and can be influenced
- Motivation influenced in the context of a relationship
- Principle tasks - to work with ambivalence and resistance
- Goal - to influence change in the direction of health



"A client-centered, directive intervention focused on resolving ambivalence in the direction of change."

"... not a series of techniques but a way of being with clients."

- *Information adapted from Motivationl Interviewing, Miller and Rollnick, 1991*



MOTIVATIONAL INTERVIEWING



REBT is a mindset.

It's not the event, it's the belief of the event.

Takes the client from irrational thinking to rational thinking.

RATIONAL EMOTIVE BEHAVIORAL THERAPY

Our staff have a thorough understanding of the profound neurological, biological, psychological, and social effects of trauma on our clients. We work hard to provide:

- A safe, calm, and secure environment with supportive care
- System-wide understanding of trauma prevalence in our clients
- Cultural competence
- Client choice, voice, and advocacy
- Healing, hopeful, honest, and trusting relationships



TRAUMA-INFORMED
CARE

We are dedicated to
Evidence-based care

We utilize evidence-based therapy types which address the root causes of each client's substance use disorder. This includes:

- Rational Emotive Behavioral Therapy (REBT)
- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing (MI)
- Psycho-drama
- Music therapy
- Art therapy
- Neurofeedback Therapy
- Yoga
- Fitness and nutritional



EVIDENCE-BASED
THERAPY



In order to ensure the highest level of success for recovery, we guide clients from detox to residential and from outpatient to transitional living.

FULL CONTINUUM
OF CARE

Working at recovery doesn't end once the client leaves rehab. The key to successful long-term maintenance is continued care beyond residential and IOP.

We have an active alumni program that offers support through regular meetings, as well as live and digital events.

Clients are encouraged to come back even after they've graduation to speak on panels, take a cake, become a mentor, or just to say hello.



**AFTERCARE
SUPPORT**

Our Programs

Our programs provide a continuum of care for each client.



We are fully equipped to help residents through the sub-acute detox phase of recovery

SUB-ACUTE
DETOX

We meet every client where they are in the stages of change to address the core issues which present inner discord.

- Individualized treatment plans
- Evidence-based approach
- Integrated treatment for co-occurring disorders
- Innovative therapy types
- Relapse prevention planning
- Active alumni program



**RESIDENTIAL
TREATMENT**



INTENSIVE OUTPATIENT PROGRAM

Studies show the key factor to successful long-term recovery within the first year is continued care beyond residential treatment.

- Group counseling sessions
- Stress management
- Life skills
- Relapse prevention
- Reintegration social skills
- Substance abuse education
- Volunteer opportunities
- Active alumni group

Relapse rates increase when individuals in recovery live in situations which are not supportive of recovery.

- House manager oversees each household
- Attendance of 12 step meetings
- Working with a sponsor
- Morning meditation
- Random drug and alcohol testing
- Participation in house meetings, celebrating individual progress, and addressing household concerns



TRANSITIONAL
LIVING

Let's Talk

Contact us to participate in our Referring Professionals Program



THE
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HOUSE

CALL US:
888.788.6809

WEBSITE:
www.thediscoveryhouse.com