

# ALTA MIRA

RECOVERY PROGRAMS



*Sausalito, CA*



## OUR MISSION

At Alta Mira, our mission is to provide hope and healing to individuals and families who are engaged in a battle against substance abuse and addiction. We deliver world class, client centered clinical care in a warm, nurturing environment. Our staff treats each resident individually, learning their stories and history to develop a unique treatment plan that addresses the specific issues in his or her life. We recognize the powerful attraction that addiction can hold, and have a healthy respect for the disease. At the same time, we know that a great team, a comprehensive plan, and a focused program can create a life in recovery that prevails and flourishes.



## WELCOME TO ALTA MIRA RECOVERY PROGRAMS

*A Premiere Addiction Recovery Sanctuary*

Alta Mira is a place for healing and rejuvenation, blending a unique variety of clinical and holistic techniques designed to reconnect you to your body, mind and spirit. We offer cutting edge addiction treatment in a serene and luxurious setting overlooking magnificent San Francisco Bay, just across the Golden Gate Bridge in Sausalito, California. We have developed a comprehensive treatment approach that is safe, confidential, honest, and always respectful of our residents and their families.





## OUR TREATMENT TEAM

We are proud of the remarkable team we have assembled here at Alta Mira. Our treatment providers were carefully selected for both their competence and passion for recovery. Our senior clinical staff has over 150 years of experience in addiction treatment; all are committed to the recovery process and determined to role-model their own healthy lifestyles on a daily basis.

As part of our multidisciplinary clinical approach, our staff consists of many different treatment specialists; all with specific clinical skill sets that carefully address the physical, intellectual, medical, nutritional, spiritual, and emotional needs of every resident. We strongly believe that the most effective path to healing and recovery involves an integrated process encompassing all aspects of life.



## INTEGRATED HOLISTIC APPROACH

At Alta Mira we offer a variety of services that promote health and healing for the body, mind and soul. Our approach offers residents a diverse series of proven therapies that help develop clear thinking, enhanced awareness and spiritual awakening:

- ❖ Massage
- ❖ Acupuncture
- ❖ Nutritional consultations
- ❖ Personal training
- ❖ Meditation
- ❖ Yoga and Tai Chi
- ❖ Spiritual counseling
- ❖ Journaling
- ❖ Creative arts therapy
- ❖ Music therapy
- ❖ Adventure therapy
- ❖ Equine assisted therapy
- ❖ Native American sweat lodge ceremonies
- ❖ Cooking for Recovery classes
- ❖ Psycho-education
- ❖ EMDR
- ❖ Pet therapy



## THE ALTA MIRA CLINICAL EXPERIENCE

In addition to our unique holistic offerings, our innovative treatment programs blend the best of clinically proven progressive and traditional therapies.

- ❖ Medical history and physical examination
- ❖ Psychological testing
- ❖ Psychiatric evaluation, when indicated
- ❖ Nutritional consultation
- ❖ Physical fitness training
- ❖ Psycho-social evaluation
- ❖ Substance abuse analysis
- ❖ Collaboration with referral source
- ❖ The Alta Mira Way®, Client Workbook
- ❖ Three individual therapy sessions per week
- ❖ Daily group therapy sessions
- ❖ Multiple educational sessions per week
- ❖ Group and individual family therapy sessions
- ❖ Sober fun activities
- ❖ Individualized treatment planning
- ❖ Client-specific discharge planning
- ❖ Lifetime aftercare and membership in Alumni Group
- ❖ Three years of follow-up, including quarterly on-site “tune-ups”





## WHY CHOOSE ALTA MIRA?

### OUR PHILOSOPHY

- ❖ We treat Alta Mira residents with respect and empathy.
- ❖ We provide honest and direct feedback to residents, but do so in a caring and non-judgmental way.
- ❖ We believe that family involvement is one of the most important factors in a successful treatment experience and long-term success in recovery.
- ❖ We recognize that 12 Step programs are not for everyone, so while we offer regular access to AA & NA meetings, we also introduce residents to other recovery groups such as SMART Recovery and Life Ring.
- ❖ We believe it is important to treat substance abusers as comprehensively as those that have crossed the line into addiction.

### HOW WE'RE DIFFERENT

- ❖ We have developed unique clinical exercises in our Client Workbook, *The Alta Mira Way*®, that move clients through various stages of awareness and prepare them for long term success in recovery.
- ❖ We offer an intensive orientation period, which prepares residents to participate in their treatment experience and to get the most out of each day in the program.
- ❖ We provide a physical examination and psychological testing for all of our residents.
- ❖ We offer residents a minimum of three individual therapy sessions and several process groups every week.
- ❖ We provide treatment seven days per week, not just Monday through Friday.
- ❖ Most of our accommodations are single rooms with private or semi-private bathrooms.
- ❖ We include the family and referral source in our evaluation, treatment and discharge planning. We believe that outside support is crucial for long term recovery.
- ❖ We offer comprehensive discharge planning and free lifetime aftercare. Residents who successfully complete treatment are encouraged to return to the program four times a year for free treatment “tune-ups.”





## TREATMENT SPECIALTIES

**Alcohol and Drug Dependence.** We treat the spectrum of alcohol addiction and chemical dependence disorders. Treatment modalities include cognitive-behavioral therapy, experiential therapy, psychodrama, and other holistic therapies.

**Dual Diagnosis.** For clients with Dual Diagnosis, we develop individual plans for each diagnosis, and treat them simultaneously, allowing residents to receive comprehensive care for each issue.

**Chronic Relapse.** We have a specific program for residents with a history of chronic relapse. We target core issues, without the need to relearn “Recovery 101” information.

**Prescription Medications.** One of our specialties is working with people who are addicted to prescription medications.

**Process Addiction.** We offer treatment for process addictions such as internet gaming, gambling and sex, to name a few.

**Trauma.** We understand that untreated trauma is a major contributor to alcohol and drug use. We have qualified therapists who are capable of working with trauma survivors.

**Substance Abuse.** We provide specialized treatment for substance abusers that may not have crossed the line into addiction but who are at risk of doing so.

## OTHER RECOVERY SERVICES

Alta Mira offers access to a number of additional recovery services, either through our own staff or partnerships with approved clinical providers.

### Before Treatment

- ❖ Intervention Services
- ❖ Detoxification
- ❖ Substance Abuse Evaluation

### Post-Treatment Care

- ❖ Recovery Coaching and Sober Living
- ❖ Sober Companion Services
- ❖ Outpatient treatment and monitoring



## CORE RECOVERY PROGRAM

We have developed an exceptional primary care program that we call the Core Recovery Program at Alta Mira. Residents in this program should expect to be in treatment a minimum of 30 days and as long as 90 days. We begin the recovery journey with a comprehensive evaluation of each resident's history with abuse and addiction. This involves a detailed discussion with each new resident and, with their permission, collaboration with members of his or her support system. Armed with this base of information, we assist the resident in developing an individualized course of treatment that addresses his or her specific needs. We then utilize a series of clinical and therapeutic exercises to walk each resident through the process of stabilization, integration, collaboration, application, preparation and liberation. Our program schedule is full and diverse, including several process groups and a minimum of three individual therapy sessions with masters and PhD level therapists every week. Core Recovery residents also experience a variety of weekly holistic activities (e.g., yoga, Tai Chi, and meditation) that promote healing and restoration in all aspects of their lives.

## ReVISION A PROGRAM FOR THE CHRONIC RELAPSER

At Alta Mira, we believe that relapse is a part of the recovery process and not an indication of failure. You don't forfeit your recovery because you drank or used again, you change your sobriety date. We help each resident learn to stop the relapse process and take the necessary action to get back into his/her recovery program.

We do not think it is effective or clinically appropriate to send a chronic relapse client back into "Recovery 101." Instead, we work to develop a specific course of treatment that focuses exclusively on developing a comprehensive Relapse Prevention Plan. Our staff includes Advanced Certified Relapse Prevention Specialists, who work closely with each client to address and remove the shame and guilt associated with relapse. Those

who are appropriate for this level of care receive treatment plans, assignments and group therapy designed specifically for the relapse prone client.

Another important aspect of our ReVision treatment program is our clinical focus on underlying core issues, which oftentimes continue to plague and sabotage one's recovery. These can include lingering issues of low self-esteem, self-doubt and self-hatred that are often the result of unresolved trauma. We work intently to identify these self-defeating ways of thinking and behaviors that undermine the recovery process, and do so in a safe and nurturing environment.





## THE ALTA MIRA “LAYERED” FAMILY PROGRAM

At Alta Mira, we believe that family involvement is one of the most important factors in a successful treatment experience. Too often in treatment, family members are “left in the dark” as to the progress of their loved ones. We will always respect the resident’s right to confidentiality, but with their permission we will include family and friends in developing a lasting sober support system. Here is a description of our comprehensive Family Program from intake to discharge:

**Collaboration.** Immediately following the intake process, family members will be contacted, with each resident’s permission, to provide collaborative information about the resident’s addiction history.

**Treatment Updates.** With written permission from the resident, certain family members can receive weekly progress updates from the primary therapist.

**Phone Therapy Sessions.** During the course of treatment at least one family therapy session is conducted by phone with the resident, primary therapist and family members.

**Private Family Therapy Sessions.** Families are invited and encouraged to attend at least one onsite family therapy session at Alta Mira.

**Multi-Family Groups.** Every other weekend, we offer our Multi-Family Group Program. On Friday afternoons we facilitate a private family therapy session, and on Saturday host an extended group session with residents and their families.

**Pre-Discharge Home Visit.** Prior to successful completion of the Alta Mira Recovery program, each resident will complete a two day home visit. This therapeutic pass enables the resident and family to practice the tools they’ve learned in treatment, and to process the experience at Alta Mira prior to discharge.

**Discharge Planning.** At discharge, family members are presented with a comprehensive plan for each resident including any specific recommendations for continued treatment and instructions for responding to a relapse should one occur.



## EXTENDED CARE PROGRAM

Alta Mira's Extended Care Program is an excellent choice for residents who have completed primary care, but remain unsure about leaving residential treatment. Extended care residents may need or desire additional support as they make their transition back into their regular lives. This level of care allows residents to remain in our safe and nurturing residential environment while practicing the Recovery skills they've learned in treatment.

Extended care residents may participate in regular Alta Mira activities, including group and individual therapy, as they work on a treatment plan designed specifically to address the issues related to transitioning out of the treatment environment and back into their lives. Extended Care clients are encouraged to venture into the community via day passes in order to integrate and practice their recovery tools in real life situations. This is an excellent opportunity for residents to identify the strengths and weaknesses in their Recovery Program, and plan accordingly with the help of the clinical staff and their peers.

## LIFETIME CONTINUING CARE

We know that clients need additional support, accountability and encouragement once they complete our program. That's why we provide Lifetime Continuing Care services that are specifically designed to help prevent relapses. We provide these services at no additional cost to residents who successfully complete treatment:

- ❖ Monthly follow-up phone calls for the first year; quarterly calls every year thereafter.
- ❖ Quarterly Two-Day Program Re-Visits, where alumni return to the program for two days, go through the daily schedule, meet with the clinical staff, share their stories with current residents, check their compliance/progress with their discharge plans, and review their relapse prevention plan.
- ❖ Membership in the Alta Mira Alumni Group. Weekly alumni support groups held at the facility. For out-of-town alumni, our staff will attempt to connect you with Alta Mira alumni and other support groups in your area, at no cost.



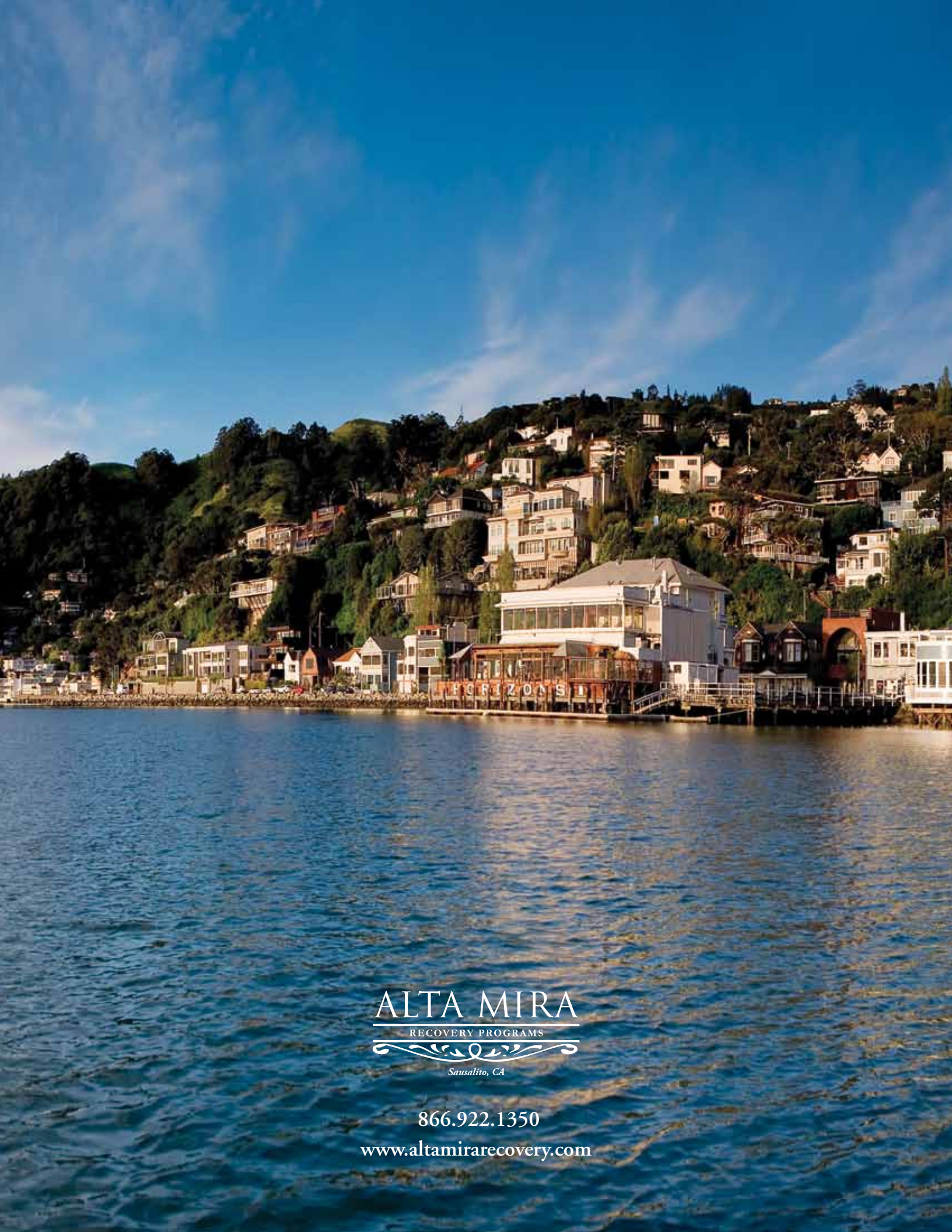


## START YOUR RECOVERY TODAY

If you or someone you care about is struggling with substance abuse or addiction, call us now for a free, confidential and respectful consultation. We will assess the situation and provide a detailed and objective treatment recommendation. Don't let addiction destroy another day of your life. Stop the problem before the problem stops you. Call us now.

Please call 866.922.1350

Visit our website at  
[www.altamirarecovery.com](http://www.altamirarecovery.com)



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