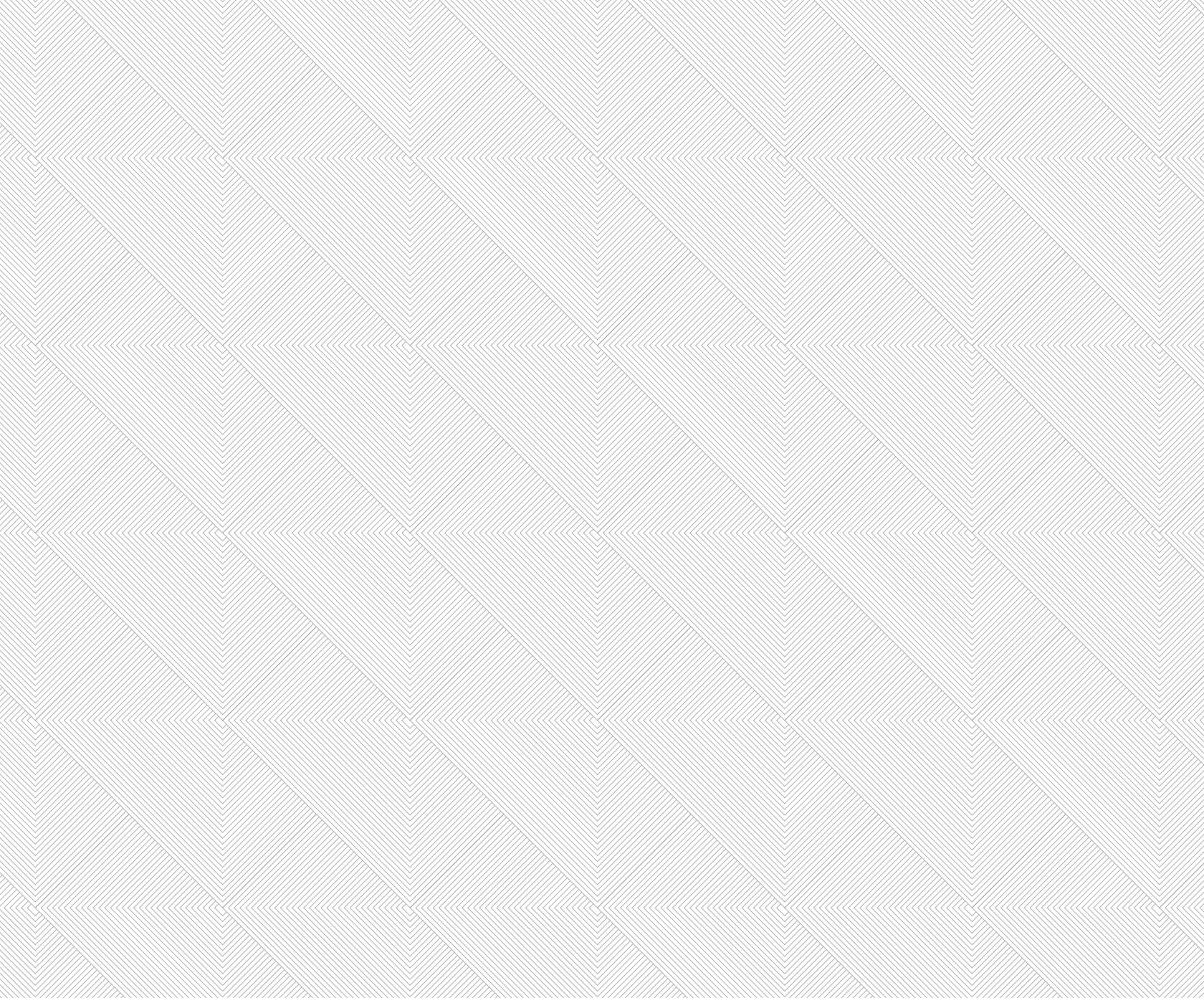


RECOVERY  
BEGINS WITH A  
PROMISE. SM

PROMISES<sup>SM</sup>  
TREATMENT CENTERS





## Our Promise

Caring for our clients and their loved ones is our highest priority. We are committed to:

- Comprehensive, individualized clinical care
- Expert medical and psychiatric evaluation and support
- A nurturing, confidential, healing environment
- Timely, consistent collaboration and feedback
- A supportive, transformative family program
- Thorough continuing care plans, including alumni and professional support
- A commitment to ongoing recovery, in collaboration with each client's family and referring professional

## The Promise of Exceptional Care

For over 25 years, Promises Treatment Centers® has set the gold standard in innovative addiction and mental health treatment programs tailored to each client's unique needs. Within inspiring settings across Southern California, we offer exceptional clinical care; an array of therapies that address mind, body and spirit; and concierge-level service, allowing clients to focus on recovery and heal wholly.

### We help individuals struggling with:

- Alcohol and drug addiction
- Trauma and attachment issues\*
- Depression and anxiety\*
- Grief and loss\*
- Process addictions (including sex, love, food, gambling and gaming)\*

\*Must be in conjunction with a substance abuse diagnosis for all PROMISES programs, except MALIBU VISTA mental health center.

### Our treatment options include:

- Detox, assessment and stabilization
- Partial hospitalization
- Residential treatment
- Intensive outpatient treatment
- Sober-living options
- Outpatient care
- Extended care



Dr. David Sack, a triple board-certified medical doctor, leads our renowned team of trauma, addiction and behavioral health experts. Each client receives superb care from a primary therapist, family therapist, psychiatrist, medical doctor, nurse, and, if necessary, drug and alcohol detox specialist(s), all of whom are either PROMISES staff or highly qualified, licensed independent affiliates.



## The Promise of Individualized Care

Leading experts at PROMISES developed the original Malibu Model® of treatment, an approach that finely tailors care to the individual needs of each client. Our superior staff-to-client ratio and elite team of master's and doctoral-level addiction and mental health experts allow us to provide an unparalleled level of one-on-one attention, using highly effective, research-backed therapies.

### Personalized care is supported through:

- Multiple, weekly individual counseling sessions
- Client-therapist collaboration on individualized treatment plans
- Comprehensive assessments
- Gender-separate therapy groups
- High staff-to-client ratios
- A wide range of traditional, experiential and alternative therapies
- Comprehensive continuing care

## The Promise of Comprehensive Healing

Addiction leaves no area of life untouched; neither do we. At PROMISES, we support clients' physical, emotional, relational and spiritual recovery through a blend of evidence-based traditional, experiential and integrative therapies that includes:

- Individual, group and family therapy
- Medical and psychiatric support
- 12-step meetings
- Equine therapy
- Daylong experiences interacting with wolves
- Art therapy
- Neurofeedback
- Acupuncture
- Yoga, meditation and mindfulness
- Fitness and nutritional counseling
- Life coaching
- Psycho-educational groups
- Eye Movement Desensitization and Reprocessing (EMDR)
- Relapse prevention planning
- Alumni groups and continuing care



## The Promise of Utmost Comfort

We recognize that clients are more likely to reach out for help and complete treatment when they feel comfortable in their environment. We help manage the changes that occur in the brain and body caused by repeated drug use while providing a range of comforts, five-star amenities and concierge-level service so that clients can focus on recovering.

### **Our commitment to comfort includes:**

- **Inspiring settings** – From stunning views of the Pacific Ocean to the scenic Santa Monica Mountains, our treatment centers' beautiful surroundings help clients feel empowered to complete the difficult work of recovery.
- **Restorative therapies** – To help clients manage the stress of early recovery and enhance their physical and mental recovery, we offer rejuvenating activities such as therapeutic massages, yoga and acupuncture.
- **Upscale residences** – Our residences are fully appointed with luxurious furnishings, an array of amenities and bright, welcoming spaces.
- **Gourmet cuisine** – Professional chefs create fresh, nourishing, delicious meals to help clients heal nutritional deficits and build the foundation for a healthy lifestyle after treatment.
- **Purposeful luxury** – Many of our centers include tennis courts, pools, hot tubs, gardens and other comforts that encourage clients to relax and heal fully.

## The Promise of Reconnection

Addiction is a disease that affects the entire family, and research shows that greater family involvement translates into a more successful transition into life outside of treatment. We work closely with families to provide the help and tools needed to heal themselves and to support their loved one in recovery.

### **Family involvement includes:**

- An individualized family program
- Three-day intensive family workshops
- Weekly phone updates
- Weekly family therapy sessions via phone, Skype or in person (when clinically appropriate)
- Visitation opportunities (when clinically appropriate)



## The Promise of Long-Term Support

At PROMISES, we are committed to our clients' long-term recovery. Clients develop the coping skills necessary to successfully navigate life's challenges. We help clients transition back home and remain connected to the recovery community.

### **Real-World Skills**

Clients engage in supervised outings and activities in the community as well as daily 12-step meetings, gym visits and other opportunities to safely experience the "real world" sober. Clients also discover healthy, sober activities and new ways of coping with difficult situations, such as mindfulness, exercise and self-care.

### **Continuing Care**

We ensure that clients are prepared with a comprehensive continuing care plan to support their long-term recovery. We collaborate closely with the referring clinical team and our worldwide network of treatment professionals to help each client connect with the resources they need to maintain their recovery after treatment.

### **Alumni Program**

At Promises Treatment Centers®, we maintain an active alumni program that includes a robust social media community and regular alumni meetings and events, offering opportunities to connect with others in recovery who share similar challenges and successes.



# OUR PROGRAMS

## Promises Malibu®, Malibu

Nestled in the picturesque Santa Monica Mountains with panoramic views of the Pacific Ocean, our well-known PROMISES MALIBU program provides sophisticated clinical care in an inspiring setting. A preferred destination for those seeking the finest recovery experience, PROMISES MALIBU is CARF-accredited and offers an effective blend of traditional and integrative therapies.

### Program offerings include:

- Addiction treatment
- Co-occurring mental health disorders treatment
- Onsite medically monitored detox
- Comprehensive assessments and stabilization

### Therapies and Approaches

- Psychiatric care
- Individual, group and family therapy
- Equine therapy
- Art therapy
- Massage, acupuncture and yoga
- Nutrition program by renowned physician and best-selling author Dr. Pamela Peeke
- Gender-separate groups
- Daylong wolf experiences that include hiking, team-building and interacting with wolves
- 12-step support groups

- Trauma-informed care developed by renowned trauma expert Dr. Christine Courtois, along with Eye Movement Desensitization and Reprocessing (EMDR) and Somatic Experiencing®
- Dr. Brené Brown's The Daring Way™ shame resilience curriculum
- BrainPaint®, an evidenced-based neurofeedback program
- Life coaching and relapse prevention planning
- Alumni groups
- Comprehensive Continuing Care planning

### Uncommon Luxury

- Gourmet meals
- Phone and Internet access (as clinically appropriate)
- Swimming pools and hot tubs
- Tennis court
- Garden
- Meditation areas for quiet reflection
- Private rooms and suites (additional charge)

## 96-Hour Malibu Assessment and Stabilization Program

In our Malibu assessment and stabilization program, we provide thorough medical and psychological assessments and testing to determine the existence and the extent of an individual's issue with substances and the type and level of care needed. The assessment process (which may take longer than 96 hours if detox is required) includes:

- Medical and physical examination and toxicology screenings by a physician
- Psychological interview, testing and evaluation by a licensed psychologist
- Consultation to review assessment results and recommendations
- Psychiatric evaluation by a board-certified psychiatrist



## Professionals Treatment Program, Santa Monica

Our professionals treatment program provides specialized drug and alcohol treatment to licensed, executive and career professionals reaching across all industries. This program delivers a new level of excellence by building on the tradition of success achieved over the past 25 years by state physician health programs.

### Program offerings include:

- Detox/stabilization
- 72-hour intensive diagnostic evaluation
- Fitness for duty assessments
- Residential day treatment
- Intensive outpatient treatment

### Highlights and Approaches

Clients receive an unparalleled level of personalized care among peers who share similar life experiences. Our convenient metropolitan setting offers an abundance of local resources for innovative treatment approaches, enabling us to address a wide variety of needs.



## Promises® Young Adult Program, Mar Vista

Our young adult program meets the specialized needs of men and women ages 18 to 30 whose path to adulthood has been stalled by substance abuse and co-occurring mental health issues. Our multidisciplinary team of psychiatrists, physicians, nurses, master's level therapists and other specialists uses a structured, relatable and engaging approach that guides young people on the path to long-term recovery.

### Our Approach

This program consists of four phases of treatment: medically monitored detox/residential treatment; day treatment; intensive outpatient programming; and outpatient services. Clients are able to enter treatment at any of the phases. Sober living is also available to coincide with day treatment if needed. Family is integrated throughout the program to facilitate healing for all.

### Our therapies include:

- Individual, group and family therapy
- Dr. Brené Brown's The Daring Way™ shame resilience curriculum
- BrainPaint®, an evidenced-based neurofeedback program
- Equine therapy
- Creative therapy (music, art and writing)
- A developmental Stages of Change model that rewards clients as they progress through milestones
- 12-step involvement geared toward young adults
- Life-skills coaching and relapse prevention
- Extensive alumni services and continuing care resources
- Comprehensive continuing care planning



Photo Credit: Steady Jenny Photography

### We also reach young adults through unique, engaging approaches such as:

**Wolf Experience** – Daylong experience that includes hiking, team-building and interacting with wolves. The outings are challenging and illuminating, with the wolves offering lessons in communication, compassion and engagement.

**Rock to Recovery** – A therapeutic "rock academy" where professional musicians help clients form a band, write a song and perform the song. Through word and deed, clients learn that sobriety can fuel creativity in constructive, meaningful ways.

**Sober Fun** – Our alumni program hosts ongoing recreational and social events to encourage continued engagement with the program and with other graduates. These include movie screenings, barbecues, sports leagues and more.

## Adult Intensive Outpatient Program, Santa Monica

Our intensive outpatient program is designed for adults ages 28 and over who are struggling with addiction and co-occurring mental health issues. Clients are able to continue to work, attend school and engage in individual therapy while developing valuable recovery skills they can put into practice in daily life.

### Our Approach

Within a supportive, group format, our addiction specialists help clients overcome interpersonal, situational, social and psychological barriers to recovery. Clients develop strong therapeutic relationships grounded in truth, respect, balance and acceptance, providing them a safe space to fully realize their strengths and potential. We also explore new skills that can help lessen the need for substances.

### Highlights and Therapies

- Licensed addiction specialists
- Dr. Brené Brown's The Daring Way™ shame resilience curriculum
- Recovery skills/relapse prevention training
- Mindfulness practices
- Dialectical behavior therapy
- Self-regulation/stress-reduction training
- Interpersonal skill-building
- Resources for 12-step meetings, primary therapists, psychiatric services, an alumni community and sober-living residences



## Malibu Vista<sup>SM</sup>

The MALIBU VISTA mental health program reconnects women suffering from trauma, depression, anxiety, personality disorders and other psychiatric issues to their passion and joy for life. Our exceptionally high staff-to-client ratio gives each woman a tailored balance of individual and group therapy, and allows for the privacy of intimate disclosure, along with support from other women who share common experiences. Situated in two private, boutique-style residences with stunning views of the Pacific Ocean, this program supports women's recovery in a way that embraces their specific physical, mental, relational and spiritual needs.

### Program Highlights

- Individual, group, couples and family therapy
- Trauma-focused therapies (EMDR, Somatic Experiencing® and neurofeedback)
- Daylong wolf experiences that include hiking, team-building and interacting with wolves
- Yoga, meditation and dance/movement therapy
- Acupuncture and massage
- Psychodrama



- Art therapy
- Treatment of women's issues, intimacy disorders and trauma developed by distinguished therapist and author Dr. Stefanie Carnes
- Equine therapy
- Nutrition program by renowned physician and best-selling author Dr. Pamela Peeke
- Medication management
- Interpersonal and coping skills training
- Life balancing and vocational counseling
- Comprehensive continuing care planning
- Grief and loss support
- Dr. Brené Brown's The Daring Way™ shame resilience curriculum

### Exceptional Comfort

- Private and semi-private rooms
- Beautifully appointed interiors
- Comfortable, plush furnishings
- Healthy, gourmet meals
- Laundry and cleaning services
- Spectacular ocean views



## The Future You Imagined Is Still Possible<sup>SM</sup>.

We understand the significance of the decision to get help for addiction and mental health issues.  
Call us today for a confidential assessment, and learn how we can help you transform your life.

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Promises Treatment Centers® is a licensed and CARF-accredited dual diagnosis addiction treatment center  
and a member of the National Association of Addiction Treatment Providers.

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