

I've been through the whole range of treatment including outpatient and residential, mainstream and alternative, court-ordered and voluntary but none of them have resonated with me like Practical Recovery.

Alumni Client

Practical Recovery offered one-on-one therapy with mental health professionals as its predominant form of treatment – so its model was completely different than that of any of the other programs.

Anne Fletcher, Inside Rehab

For those of you desperately searching for the right solution for your loved one, you know how challenging this can be. From my first contact with Practical Recovery, I felt like I'd found something special. At Practical Recovery, our son got his life back.

Mother of Client



Practical Recovery

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www.PracticalRecovery.com

Define
RESTORE
Transcend



Practical Recovery

Define
Your Journey

At Practical Recovery, we help you discover the true nature of your unique and individual challenges.

This is your first step towards moving forward with a positive, life-changing solution.

RESTORE
Your Self

A complete and lasting recovery is at the heart of what we do. Helping you find your "best self" through a process of discovery and renewal is our ultimate goal.

Transcend
Your Life

We strive to help you launch your life into the brightest and most fulfilling future you can imagine. At Practical Recovery, we believe that there are no limits to what you can achieve when your body and mind are healthy!

IOP & Outpatient Services

Sober Living

Residential Rehabilitation

Detox Services

what
works for

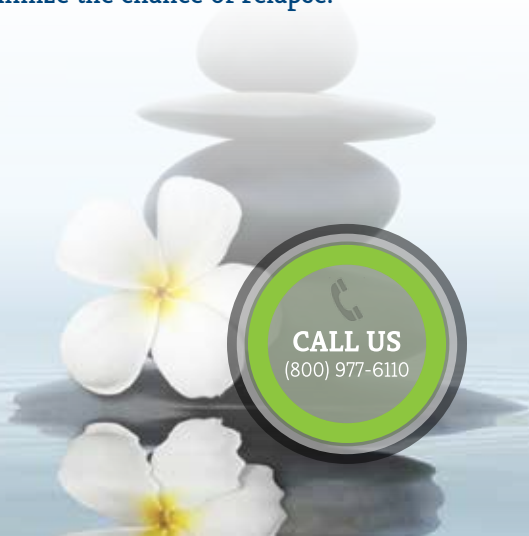
YOU

We are a self-empowering

(12-step alternative) addiction treatment system located in San Diego. We offer highly personalized treatment for any addiction, at any level of care. Using both evidence-based methods and optional holistic healing services we collaborate with our clients to create individualized treatment plans. We focus on underlying problems, motivation, coping with cravings, relationships, lifestyle balance, and living with purpose and meaning.

Detox Services

Practical Recovery provides a safe detox process within comfortable surroundings. We offer a medically monitored detox that is individually tailored to meet the needs of each resident. Our consulting physicians are highly experienced in treating addictions. That experience, combined with a highly attentive staff, helps ease the physical and emotional pain typical of detox. Our methods provide the best chance at complete recovery and minimize the chance of relapse.



Practical Recovery implements both medical and alternative approaches to help our residents through the detox phase by incorporating the following interventions:

- ✓ Medical Evaluation – performed by a physician.
- ✓ Psychological Assessment – facilitated by a psychologist on the day of admission.
- ✓ Medications – prescribed as needed.
- ✓ Holistic interventions (if indicated) – massage and acupuncture to soothe the body and manage potential agitation or anxiety.
- ✓ Dietary consult – our professional chef prepares individual meals to promote healing and healthy digestion.

At Practical Recovery, we want each resident to be comfortable and safe, from the beginning to the end of their stay. We take every measure to assure that detox occurs in a restful and nurturing environment.

Residential Rehabilitation

Practical Recovery has two licensed residential drug and alcohol treatment centers located in the University City neighborhood of San Diego. Our integrated and individualized approach addresses substance misuse, trauma, and the emotional and behavioral problems that often accompany them. Services include a broad range of psychotherapeutic and holistic methods designed to restore the physical, social and emotional well being of each client.



Treatment options include:

- ✓ Medically supervised detoxification
- ✓ Physical and wellness evaluation
- ✓ Psychiatric, addiction medicine, psychological and holistic services offered
- ✓ Dual diagnosis emphasized
- ✓ Two individual sessions per day, plus groups
- ✓ Family and couples therapy included
- ✓ Trauma-focused therapies
- ✓ Personal training, yoga and nutritional counseling
- ✓ Executive scheduling and concierge medicine
- ✓ Private insurance accepted, direct billing
- ✓ Same-day admissions
- ✓ High staff-to-client ratio
- ✓ Flexible length of stay
- ✓ Private and semi-private bedrooms available
- ✓ Chef-prepared, gourmet meals
- ✓ Young adult life skills track
- ✓ Computer and cell phone friendly
- ✓ Complimentary alumni support and continuing care

Sober Living

Sober living can be a crucial component of successful long-term recovery. Carmel Summit Retreat is Practical Recovery's luxurious San Diego sober living home for men and women located in the coastal Carmel Valley community.

People from around the world choose our sober living for its self-empowering, 12-step alternative approach to recovery. There are as many roads to recovery as there are individuals in recovery, and we provide a wide range of options to suit each person's goals, values and situation.

Guests will enjoy our warm, upscale San Diego home, offering private rooms for recovery, professional work, solitude and reflection. We also offer holistic activities and informative groups (yoga, exercise, recovery planning, personal finance, and more) in which our guests are welcome to participate.



In a retreat-like setting our guests will be able to recover as they relax with a book by the fireplace, star gaze in our outdoor spa, sip coffee while overlooking the scenic canyon nearby and take time out to heal and restore their lives.

Services and Amenities

- ✓ Managed by state-certified drug and alcohol counselor
- ✓ 24-hour on-call staff
- ✓ Supervised drug testing
- ✓ Luxurious, seven-bed home
- ✓ All food is provided—including chef-prepared dinners five nights per week
- ✓ Private and shared bedrooms
- ✓ Collaboration with families and professionals
- ✓ Medication friendly
- ✓ Transportation available
- ✓ SMART Recovery and 12-step meetings available
- ✓ Weekend outings and recreational activities included

IOP & Outpatient Services

Practical Recovery offers Outpatient (OP), Intensive Outpatient (IOP), and Individual Intensive Outpatient (IIOP) services. These three options permit greater flexibility and independence than residential treatment (rehab) and are adequate for most individuals. They can also provide transitional support after residential treatment.

At Practical Recovery we treat the whole person, helping you create self-empowering solutions tailored to your specific goals, values and situation. Our foundational approaches are Motivational Interviewing (MI) and Cognitive Behavior Therapy (CBT) supplemented by a wide range of psychotherapeutic and holistic healing options. Together, these approaches help you identify your genuine reasons for changing and provide you with practical and effective tools for doing so.



Issues We Treat

- ✓ Substances including alcohol, prescription and illicit drugs, nicotine and food
- ✓ Behaviors including sex, gambling and Internet gaming
- ✓ Mental health/well-being including depression, anxiety, ADHD, OCD, self-esteem, life-transition difficulties, grief, relationship issues, trauma and PTSD

Treatment Team and Services

Our outpatient treatment team consists of exceptionally qualified (mostly doctoral level) clinicians who have worked together for many years. Our treatment team works with each client to devise an individualized treatment plan that fits the client's needs and schedule.

Outpatient treatment consists of one or two individual sessions per week. For most clients a weekly session with the same therapist is the best option. Couples and family sessions are also available.

IOP typically consists of one three-hour group session per day, three days per week. Groups are both psycho-educational and process ("here and now") oriented. Couples and family sessions are also available. The complimentary Continuing Care Group and Multi-Family Group are offered once per week for one year after discharge. The Multi-Family Group is a support group open to friends and family members; it promotes healthy communication and an accurate understanding of recovery.

IOP clients typically have 3 to 15 individual sessions per week with different therapists. Our treatment team collaborates three times per week to coordinate your care. Having a treatment team facilitates rapid identification of issues and creates a synergistic treatment effect. IOP achieves the therapeutic intensity of rehab without the residential component.

Therapeutic Approach

By 1) teaching practical tools to address addiction immediately, and 2) addressing underlying issues such as emotional distress, alienation, distrust and lack of confidence, we promote long-term adjustment and wellbeing, as well as addiction recovery.