



Phoenix House

# Phoenix House

## Outpatient Treatment Services for Adults in Los Angeles and Orange Counties

Phoenix House's outpatient programs offer comprehensive and professional clinical services that include intervention, evaluation, education and treatment for adults with substance abuse and dependence problems. Our outpatient programs use evidence-based curriculum and a range of best practice approaches to ensure program effectiveness in a drug-and-alcohol-free environment. Our program philosophy is of complete abstinence as a prerequisite for treatment success.

### Program Locations

#### Phoenix Houses of Los Angeles, Venice

503 Ocean Front Walk  
Venice, CA 90291  
Phone: 310 392 3070  
Fax: 310 392 9068

#### Phoenix House Orange County

1207 E. Fruit Street  
Santa Ana, CA 92701  
Phone: 714 953 9373  
Fax: 714 953 9775

Phoenix House programs concentrate on the development of functional, pro-social attitudes and behaviors, along with internal and social sources of support that enable substance-involved individuals to function successfully in their communities, workplaces, and families. Planning and preparation for recovery management are cornerstones of the treatment process. Each component of the treatment programs is specifically selected for its role in establishing and maintaining a drug-free lifestyle that will support a long-term recovery.

Structured individual and group activities are a primary means of developing pro-social attitudes and skills needed for personal change. The environment and program services support and reinforce a commitment to sober, pro-social living, honesty, and mutual cooperation. Phoenix House views each individual from a holistic perspective, addressing family, social, psychological, educational, vocational, and healthy living issues that are crucial for achieving stability and integration in the community.

#### **Phoenix House Mission Statement**

Phoenix House is committed to protecting and supporting individuals, families, and communities affected by substance abuse and dependency.

We realize our mission through:

- A focus on the distinct needs of every person;
- A holistic approach that seeks to address mental, physical, and social health;
- The innovation of best-in-class prevention, treatment, and recovery programs; and
- The promotion of greater understanding of addiction.

It is the goal of Phoenix House’s outpatient programs to assist clients with the skills and resources they need to develop as healthy individuals and to maintain functional, productive lives in their families, schools, workplaces, and communities.

### Program Components and Services

In all interactions with clients, we embrace the principles of the strength-based, evidence-based Motivational Interviewing and use the curriculum *Matrix Intensive Outpatient Treatment for People with Stimulant Use Disorders* from the U.S. Department of Health and Human Services’s Substance Abuse and Mental Health Services Administration’s Center for Substance Abuse Treatment (SAMHSA CSAT).



Phoenix House emphasizes flexibility in planning treatment activities, which are centered around the core activities of group and individual counseling that address issues of addiction, relapse, and mental health. Individual sessions include intake, assessment, treatment planning, and periodic reviews of a client’s progress towards treatment goals. Family services and employment preparation are also available and the services are provided by experienced, certified/registered counselors. Our outpatient services target adult clients, men and women age 18 and above – those who have a prior history of drug and/or alcohol use. Our programs provide levels of care consistent with ASAM Level I outpatient services for clients with a primary diagnosis of substance abuse/dependence.

Phoenix House accepts and serves those applicants whose needs are compatible with the services provided and who meet program criteria. No person will be denied access to any program on the basis of race, creed, color, sex, sexual preference, physical and/or mental handicap, national origin, or ancestry.

### Hours of Operation

Monday-Friday 9:00am to 9:30pm

Saturday 9:00am to 1:00pm

### Contact Information

Phoenix Houses of Los Angeles, Venice  
503 Ocean Front Walk  
Venice, CA 90291  
Phone: 310 392 3070  
Fax: 310 392 9068  
Program Coordinator Extension 4920



Phoenix House Orange County  
1207 E. Fruit Street  
Santa Ana, CA 92701  
Phone: 714 953 9373  
Fax: 714 953 9775  
Program Coordinator Extension 4832  
Admissions Coordinator Extension 4833

## Admissions Eligibility Criteria

*All clients served by Phoenix House Outpatient Programs shall meet the following eligibility criteria:*

1. The primary problem is alcohol and/or drug use, abuse and/or dependency.
2. Clients may have a co-occurring disorder.
3. Clients may take prescribed medications during treatment and will bring the prescription and/or medication with them at the time of admission.
4. The screening process indicates that our treatment services are appropriate for applicant.
5. Applicant shows no evidence of toxicity or withdrawal effects from mood altering chemicals.
6. Applicant must commit to treatment and agree to participate in the structured program, attending all scheduled activities.
7. For adult programs, applicants must be 18 years of age or older.

*Applicants demonstrating any of the following during the screening process will require a secondary screening:*

1. Acute medical problems in need of skilled medical supervision, including detoxification, or medical problems, which preclude full participation in the program.
2. Medical problem for which medication has been prescribed but is not available.
3. Suicidal or homicidal behavior, ideation or plans.
4. Acute psychiatric disorder which may prohibit participation in the program, and or jeopardize client safety or the safety of the program.
5. All clients admitted with a co-occurring psychiatric diagnosis will be admitted with the understanding that they will undergo a 72-hour observation period at the facility. If deemed inappropriate, or a danger to self or others, the referral agency will be notified, and the client transferred to an appropriate program.
6. Fire setting within the past one (1) year.
7. Self mutilating within the past six (6) months.
8. An inability to function within the program.



## Exclusion Criteria

*Applicants will be excluded from treatment if the screening process indicates:*

1. That the applicant is a registered sex offender.
2. That the applicant has been convicted of arson and/or involved in fire setting while sober.
3. That the applicant has a history of severe progressive and predatory violence.

*Phoenix House reserves the right to deny an admission to the program if symptoms, behaviors, or criminal history indicates that the applicant is a danger of disruption to other applicants, staff or general programming, or may be unable to function within the program. Additionally, we reserve the right to admit an applicant who meets any of the above described criteria if our staff believes that the applicant does not pose a threat or danger of disruption to other clients, staff or general programming.*

## Licensing and Accreditation



Phoenix House Orange County Outpatient Services in Santa Ana and Phoenix House Outpatient Services at Venice Beach are licensed by the State of California Department of Alcohol and Drug Programs and accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for outpatient treatment for alcohol and other drugs/addictions for adults (2010-2013).

## Phoenix House Approach

Phoenix House has decades of experience serving adult men and women suffering from substance abuse disorders. Our Santa Ana location has been in operation since 1979 and the Venice Beach Facility opened its doors to adult clients in 1986. We have a comprehensive understanding of our program's target populations and their needs. This expertise has allowed us to adjust and shape these services to fit the specific needs of individuals suffering from substance abuse disorders and related issues.

Our outpatient programs use evidence-based curriculum and a range of best practice approaches to ensure program effectiveness in a drug-and-alcohol-free environment. Our program philosophy is of complete abstinence as a prerequisite for treatment success. The curriculum has been formatted into a series of modules that can be incorporated into various program durations. We believe that the best approach to addressing drug and alcohol use issues uses the principle of mutual self-help: a peer interacting with peers in group sessions, under effective clinical guidance. We also believe that substance abuse is a family disease and the family members should be involved in the treatment process. Therefore, we provide family and multi-family sessions as needed.

Phoenix House uses cognitive-behavioral therapy as a vital element in outpatient programs. The foundation for therapeutic services is the manualized, evidence-based SAMHSA curriculum, *The Matrix Intensive Outpatient Treatment for People with Stimulant Use Disorders* model. This curriculum is designed to incorporate the 12-step philosophy of recovery into its cognitive behavioral approach to substance abuse treatment.

Clients learn to understand their addictions in order to gain control of them while building a foundation of supportive peers and family members. The curriculum addresses the core clinical areas through five group-types: 1) Individual sessions; 2) Early Recovery Skills group sessions (8 sessions); 3) Relapse Prevention group sessions (32 sessions); 4) Substance Abuse Educational group sessions (12 sessions); 5) Social Support groups (36 sessions).

### Additional Services

We incorporate structured 12-step components into group sessions to introduce participants to the 12-step philosophy and fellowship. The importance of these recovery services cannot be overstated, as—being free and universally available—they will provide a lifeline to sobriety once formal treatment and aftercare services are completed. Phoenix House’s local self-help group network includes Narcotics Anonymous, Dual Recovery Anonymous, Alcoholics Anonymous, Cocaine Anonymous, Alanon, Double-Trouble and Co-Dependents Anonymous in communities throughout each county. The 12-step based Dual Recovery referrals for clients with co-occurring disorders include Double-Trouble and Dual-Recovery Anonymous (DRA). Clients receive full lists of local self-help groups and are free to choose the group they feel is most appropriate, helpful, and accessible.



Additional services may include recovery celebrations, referrals to social service providers, educational institutions, and health care agencies for specialized services, such as medical and dental care, job readiness classes, job placement assistance, vocational education, and individual client support, as needed.

### Payment Options:

- Financial assistance for individuals who qualify
- Co-payment fees determined on a sliding scale based on income
- Health insurance accepted from the following healthcare providers: Anthem Blue Cross, APS Healthcare, Cigna, Managed Health Network (MHN), Kaiser Permanente, and Health Net