Phoenix House has a mission, and a tradition spanning more than forty years, of leading individuals, families, and communities from disrupted to productive lives by offering integrated behavioral health services. In California, where the first Phoenix House program opened in 1979, we now serve children, youth, families, and adults at community-based locations in Los Angeles and Orange counties.

The Phoenix Academy residential treatment program with on-site school daily serves about 40 teens at Lake View Terrace in Los Angeles. Therapists and teachers work together to help youth succeed at school and address individual behavioral difficulties. Teens living at home may attend youth outpatient and intensive outpatient services. Children and youth also may receive prevention services at schools or wraparound services in their homes or other convenient locations. Adult residential and outpatient programs offer a helping hand to men in Venice, Los Angeles County, and to men and women, including veterans, in Santa Ana, Orange County. In addition, we provide Behavioral Health Interventions and Support Services in over 30 Orange County schools, reaching more than 18,000 students per year. All Phoenix House community-based services are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

Adult services in Venice and Santa Ana provide group counseling, academic and vocational services, mental health services, and recovery management. Drawing on research-proven practices, we address co-occurring disorders, life-skills training, anger management, and family re-integration. Outpatient and Intensive Outpatient Services offer individual, group, and family counseling and recovery maintenance at our facilities in Santa Ana and Venice. In-custody treatment programs for adults and teens help our clients succeed on their road to recovery.

In addition to our own programs, we collaborate with partners in the community to offer educational classes, medical services, mentoring, fitness classes, creative writing, theater and music workshops, and more. Our programs are organized into three separate divisions, each incorporated as a non-profit with a distinct tax ID number: Phoenix Houses of California, Phoenix Houses of Los Angeles, and Phoenix House Orange County.

www.phoenixhouse.org
Established in 1994, Phoenix House Adolescent Residential Program offers strengths-based, gender-specific treatment for teens with substance abuse and/or co-occurring mental health issues. Our caring, experienced professionals treat the whole person – and their families. Phoenix Academy offers a holistic, innovative approach, helping young people move from lives of continual crisis to problem solving and conflict resolution. Residents attend an on-site high school fully-accredited by the Los Angeles County Office of Education while receiving comprehensive substance use disorder treatment services, including:

- Mental health services
- Diagnosis and assessment
- Treatment planning
- Case management
- Individual and group counseling
- Intensive family services
- Education at an accredited high school
- Health and wellness services

The Academy features two-person bedrooms, computer lab, outdoor patios, gardens, and sports facilities, including a weight room and a soccer field. The program is licensed by the California Department of Health Care Services, is certified for residential, outpatient and intensive outpatient treatment, Drug Medi-Cal certified, as well as accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for services for adolescents with co-occurring disorders.

**Accreditation:** Phoenix House is certified by the California Department of Health Care Services, Drug Medi-Cal certified, and accredited by the Commission on Accreditation of Rehabilitation Facilities. Support for services is provided by the County of Los Angeles – Department of Public Health, Substance Abuse Prevention and Control, Department of Mental Health, and other public and private funders.

**For more Information call:**
**1 800 DRUG HELP | 1 800 378 4435**

[www.phoenixhouse.org](http://www.phoenixhouse.org)
Phoenix Academy, Los Angeles
Outpatient & Intensive Outpatient Services for Youth

Phoenix House Academy’s Outpatient Programs provide after-school substance abuse and mental health treatment services for adolescents and their families. The agency offers individual and group counseling, educational workshops, and family therapy delivered by experienced mental health and substance abuse professionals. Programs include Intensive Outpatient and Regular Outpatient Treatment as described below.

**Intensive Outpatient Treatment:** serves as step down from Residential Treatment, a step up from Outpatient Treatment, and an initial option for clients who meet admission criteria with no previous treatment history. Intensive Outpatient group sessions meet three times a week, for three hours at a time.

**Regular Outpatient Treatment:** consists of up to six hours of treatment weekly, with the number of sessions determined by the individual’s needs and progress towards his or her goals. These sessions serve those who may just be starting to experiment with substances and those who have successfully completed more intensive treatment.

**Treatment Philosophy:** Our treatment team uses evidence-based cognitive-behavioral practices, enhanced family services, and the tools and concepts of the self-help recovery philosophy to support clients. Individual, group, and family counseling is delivered by caring, experienced professionals that treat the whole person – and their families.

**Accreditation:** The program is certified by the California Department of Health Care Services, Drug Medi-Cal certified, and accredited by the Commission on Accreditation of Rehabilitation Facilities. Support for services is provided by the County of Los Angeles – Department of Public Health, Substance Abuse Prevention and Control, Department of Mental Health, and other public and private funders.

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At Phoenix Academy at Lake View Terrace, teens (age 13-17), young adults (age 18-21), and their families may receive Specialty Mental Health Services that are strength-based, trauma-informed, culturally relevant, and appropriate for patients’ age and developmental stage. These services are offered to patients that meet medical necessity criteria for mental health services under the Medi-Cal Early and Periodic Screening, Diagnosis, and Treatment program. The Academy provides cognitive and behavioral interventions designed to improve patients’ and family functioning and to reduce any impairment.

Services are delivered by a multi-disciplinary team consisting of psychiatrists, psychologists, therapists, and other professionals that implement individualized treatment plans using appropriate clinical interventions. Staff is available twenty-four-hours/seven-days-a-week to provide crisis interventions and other urgent mental health services. All services address specific needs of each patient, and may include the following service types, identified in each patient’s Treatment Plan and Electronic Health Records Welligent:

- Assessments
- Psychiatric Evaluation Services
- Crisis Intervention Services
- Treatment Plan Development
- Targeted Case Management
- Individual, Family and Group Therapy
- Collateral Services
- Medication Support Services
- Intensive Care Coordination
- Therapeutic Behavioral Services (TBS)

Each patient receives regularly scheduled individual therapy sessions. Deeper issues and family dynamics that underlie behavioral issues are explored in a safe and confidential environment. Therapists use Motivational Interviewing techniques throughout intake, treatment planning and discharge sessions, to help patients to identify and build on their strengths. Targeted case management, TBS, and care coordination are offered when needed.

The following Evidence-Based Group Curricula are available: Seeking Safety, Aggression Replacement Training® (ART®), Strengthening Families Program, VOICES, The Matrix Model for Teens and Young Adults, Cognitive-Behavioral Interventions for Substance Abuse, and curricula for Commercially Sexually Exploited Children (CSEC). The Phoenix Academy is accredited by the Commission on Accreditation of Rehabilitation Services and supported by contracts with the Los Angeles County Department of Mental Health, Los Angeles County’s Substance Abuse Prevention and Control Department, and other public and private funders.
Phoenix House Los Angeles
Adult Residential & Outpatient Services

At its beautiful beach-front facility in Venice, California, Phoenix House of Los Angeles offers a broad spectrum of residential and outpatient services to assist clients in their efforts to break the cycle of substance abuse. Clients receive assessments to create an individualized treatment plans and benefit from evidence-based services addressing all their needs. Working with clients to help them gain control of their lives by developing emotional, cognitive, social, behavioral, and educational skills in a highly structured environment is the essence of the Phoenix House approach.

Some of the services include:
- Individual treatment plans based on extensive screenings and assessments
- Residential treatment program of flexible duration, with semi-private 2-3-person rooms, shared restrooms, and views of the beach
- Three nutritious meals per day and healthy snacks
- Individual and group therapy targeting substance abuse issues, relapse issues, anger management, relationships and more
- Mental health services by professional therapists including individual sessions, trauma group counseling, and cognitive-behavioral therapy
- Health maintenance with classes and referrals to community clinics
- Physical fitness classes with beach volleyball, outdoor sports, and yoga
- Vocational counseling, job readiness and assistance with job placement
- Independent living and life skills development
- Assistance with placement in permanent rental housing after completion
- Recovery support, 12-step groups, and alumni activities

Phoenix House’s Venice program has enjoyed strong community support since its establishment more than 30 years ago. All of Phoenix House’s residential and outpatient substance abuse treatment programs are licensed and/or certified by the California Department of Health Care Services and fully accredited by the Commission on Accreditation of Rehabilitation Facilities, CARF. Financial support for services is provided by the County of Los Angeles – Department of Public Health, Substance Abuse Prevention and Control, and other funders.

For more information call:
1 800 378 4435

www.phoenixhouse.org
Phoenix House Orange County
Adult Residential & Outpatient Services

Since opening its doors in 1979, Phoenix House Orange County has helped save lives, reunite families, and strengthen communities. Located in a historic, Mission-style building on park-like grounds, Phoenix House provides a broad spectrum of residential and outpatient services to help clients break the cycle of substance abuse. Our clients create individualized treatment plans, designed to elevate their strengths and promote personal growth. Phoenix House offers separate, gender-responsive, trauma-informed residential treatment for women and men. Our caring staff provides also outpatient and intensive outpatient services, as well as recovery support.

Treatment Philosophy
Phoenix House provides an environment in which change is possible. Our highly-structured treatment approach features state-of-the-art evidence-based curriculum and counseling by experienced and well-trained professional staff. We address the underlying causes of alcohol and drug abuse, including medical, psychological, and social triggers. Family reunification is a crucial step in the recovery process.

Our Services
Providing a flexible length of stay, our program includes a demanding regimen of evidence-based therapy groups and individual counseling sessions. We also help residents achieve and sustain recovery through:

- Assessments & treatment planning
- Case management & referrals to services
- Independent living & life skills development
- Vocational & job readiness services
- Housing assistance & sober living programs
- Evidence-based & trauma-informed practices
- Parenting classes
- Literacy improvement
- Anger management
- Physical fitness activities
- Health education
- Dual diagnosis support

The goal for our clients is not only to give up drugs and alcohol, but also to gain the tools to live a sober, productive life. Our residential and outpatient treatment programs for adults are fully accredited by the California Department of Alcohol and Drug Programs and by CARF – the Commission on Accreditation of Rehabilitation Facilities.
Phoenix House Orange County
Adult Outpatient & Intensive Outpatient Services

Phoenix House’s Outpatient Programs provide substance abuse and mental health treatment services to adults with an identified need for this level of service. The agency offers individual and group counseling, educational workshops, and family therapy. Intensive Outpatient Services serve as a step down from Residential Treatment, a step up from Outpatient Services, and an initial option for clients who meet admission criteria with no previous treatment history. Regular Outpatient Services feature six hours of treatment weekly, while Intensive Outpatient Services include a minimum of nine hours of treatment activities per week.

Client Population: Phoenix House Outpatient Services are designed for adults (18+ years old), with a history of drug and alcohol abuse, as well as emotional or behavioral disorders.

Program Components: Phoenix House treatment services include evidence-based cognitive-behavioral practices, enhanced family services, and the tools and concepts of the self-help recovery philosophy. Clients attend counseling sessions and follow customized treatment plans that involve families in their treatment. Individual, group, and family counseling is delivered by experienced mental health and substance abuse professionals. Completion of the program is determined by maintenance of sobriety, and preparation of personal plans for relapse prevention and the life in recovery.

Treatment Planning and Case Management: A comprehensive assessment is completed within the first week of admission. Clear, reasonable, and objective treatment goals are set with the client according to the diagnosis and severity of problems. The frequency and duration of outpatient visits are based on the individual’s progress toward his or her goals. Treatment plans include referrals to appropriate professional and community resources.

Accreditation: The program is certified by the California Department of Health Care Services, and accredited by CARF – the Commission on Accreditation of Rehabilitation Facilities. Financial support for Phoenix House Outpatient Services is provided by the Orange County Health Care Agency and other public and private funders.
For twenty years, Phoenix House has helped thousands of women reunite with their families, rebuild relationships, and establish healthy, independent lives in California. In Santa Ana, we offer a specialized residential program that responds to the unique needs of women struggling with drug and alcohol abuse and their related problems. Our FOTEP program features gender-responsive, trauma-informed, family-focused treatment, education and vocational training, skill building, and transitional living.

Outreach and aftercare for maintaining recovery are a part of our continuum of care that includes:

- Residential treatment for substance abuse and mental health disorders for women and women with children, in a comfortable facility with a playground and a garden
- Additional services, including education, childcare, parenting classes, employment readiness, and referrals for specialized services
- Outreach and advocacy in the community
- Aftercare support to ensure continuing recovery in the community

Our residential program in Santa Ana is designed to help women prepare for self-sufficient, drug-free lives. We focus on the individual woman’s treatment needs. Our services include case management, individual counseling, evidence-based group counseling, mental health services, trauma services, family therapy, educational and vocational training, and more. Our program empowers women to develop better communication and coping skills, improve parenting skills, resolve trauma issues, and seek work or enroll in educational classes.

In Santa Ana, women participate in treatment while living with their children, and pregnant women find recovery in a nurturing environment with pre-and post-natal support. Phoenix House residential substance abuse treatment program for women is licensed by the California Department of Health Care Services, funded by the California Department of Corrections and Rehabilitation, and fully accredited by CARF – the Commission on Accreditation of Rehabilitation Facilities.

www.phoenixhouse.org
rev. 3/2018
Phoenix House, California
Corrections and Rehabilitation Services

Phoenix House has a mission, and a tradition spanning more than forty years of leading individuals, families, and communities from disrupted to productive lives. Since 1996, the agency has operated a range of programs for offenders in California prisons, jails, and other correctional settings, such as reentry services for individuals returning to their communities after incarceration (AB109 Services in Orange and Los Angeles Counties) and trauma-informed, gender-responsive services for women leaving prisons (FOTEP for in Orange County). Phoenix House’s programs help reduce recidivism by preparing inmates for successful return to their communities.

The Reentry Hub programs serve inmates who are within four years of release from prison and want to gain skills to help them succeed after returning home. Intensive cognitive behavioral services address substance abuse and addiction, criminal thinking patterns, anger management, and family relationships. Staff members assist inmates in their transition back to their communities. An individual may attend a combination of simultaneous treatment tracks, such as substance abuse treatment in the mornings, and criminal thinking or anger management on alternate afternoons. Our certified counselors use evidence-based practices: Cognitive-Behavioral Interventions for Substance Abuse (CBI-SA), Thinking for a Change, Motivational Interviewing, and other CBT interventions.

Our Substance Abuse Treatment Programs serve adults incarcerated in Yolo County Jails and the California City Correctional Center, along with adolescents at the Yolo County Juvenile Detention Facility. The primary goals of SUD services are to empower clients to change; provide clients with skills and capabilities to affect change; and support strength-based change in a trauma-informed, client-centered environment, all through individual and group counseling, education sessions based on EBP curricula, case management, pre-employment classes, and reentry/transitional activities.

Phoenix House offers Substance Use Disorder and Mental Health Services to adolescents in three locations, using Motivational Interviewing, Cognitive-Behavioral Therapy and other curriculum appropriate for high risk youth involved with juvenile-justice system. Services include anger management, relapse prevention, drug and alcohol education, and life skills essential for success after detention.

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Services at the Orange County Recovery Center include practical, social and emotional support, peer mentoring and leadership opportunities, vocational advancement services, sober recreation activities, and assessment and referrals to community-based providers. Services are free to Orange County residents and take place on weekdays from 12 noon to 8 p.m. and on Saturday mornings from 8 a.m. to 4 p.m. We welcome all community members and offer:

- **Recovery Coaching** – Recovery Coaches (staff) help participants identify personal recovery needs, strengths, and obstacles; while developing a “recovery roadmap” and providing ongoing support.
- **Recovery Mentoring** – Recovery Mentors (peers in recovery) volunteer to guide others and offer one-on-one emotional support and problem-solving.
- **Peer Support Groups** – co-facilitated by peer leaders, these groups include a women’s group, a men’s group, a young adult group, a veterans group, an LGBT group, and on-site 12-Step meetings.
- **Recovery Telephone Check-in** – participants may register to receive weekly or monthly telephone check-ins from peers, including text-based conversations.
- **Recovery “Warmline” (714 953 9373 ext. 4833 & 4836)** – free for all clients and managed by the Center’s staff, trained in dealing with emotional distress and problem-solving.
- **Facebook Page and Group** – social media resource for the clients to post comments, pictures, and stay in touch.
- **Social Events and Recreation** – include holiday parties and celebrations, field trips to local attractions and sporting events, monthly sober dances, art classes, chess/dominos tournaments, yoga/meditation, exercise, book club, etc.
- **Education Sessions and Workshops** – staff and guest speakers discuss résumé building, job search assistance, housing assistance, budgeting, health education and referrals, relapse prevention, stress and anger management, spirituality and recovery, physical fitness, and more.
- **Peer Leadership Training** – opportunities for volunteers to foster their leadership skills and deepen their own recovery.
- **Referrals to Additional Services**