



Phoenix House
Rising Above Addiction

Phoenix House Orange County

Residential Substance Abuse Treatment for Adults

Santa Ana, California



Phoenix House residential program is designed for individuals with a primary substance abuse diagnosis and a demonstrated need for residential alcohol and other drug abuse treatment services. The Residential Treatment Program identifies and addresses the varied needs of our clients by providing them with comprehensive assessment and treatment planning, access to a full scope of evidence-based programs within the context of a modified Therapeutic Community treatment model, as well as individual case management and referral to other providers for services addressing their medical, dental, educational, or employment needs. Our model is trauma-informed and gender-specific, addressing the full range of individual needs of men and women in our care.

The *goal* of the proposed residential treatment program is to bring about in clients a commitment to recovery and the development of the insight and skills to establish and maintain a productive and drug-free life in the community. In order to achieve success, all activities are designed to help clients, during the program and afterwards, to:

- increase client motivation to establish a drug-free lifestyle;
- begin the process of successful community reintegration by developing job skills, healthy family and social relationships, basic life skills, and relapse prevention skills; and,
- learn to identify and obtain necessary services and supports within the community.



The specific *objectives* of the program are to:

- provide high-quality short-term residential services, based on a comprehensive initial assessment and ongoing monitoring of individual progress;
- engage clients, and families as appropriate, in the treatment and recovery process;
- educate clients, and families as appropriate, about substance use, treatment, and recovery;
- eliminate the use of alcohol and other drugs among clients;
- improve the education and employment status of clients;
- improve the social functioning of clients, including engagement in positive recreation;
- improve the family functioning and parenting skills of clients;
- improve the general health and mental health status of clients;
- prepare clients for their next level of care through appropriate discharge planning; and
- improve access to community and public resources among clients.

Our residential program is divided into four phases: (I) *Orientation, Motivation, and Engagement*; (II) *Primary Treatment*; (III) *Community Reentry*, and (IV) *Aftercare*. The actual length of time an individual will need to achieve the goals and complete any one phase will depend on his/her strengths and treatment needs.

Modified Therapeutic Community

Our intensive residential treatment program is designed to encourage cognitive and behavioral restructuring in the participating clients while they formulate the positive life goals that will foster permanent change. By helping participants understand and accept new attitudes and values that promote prosocial behavior, we provide them with the tools they need to return to their communities as productive citizens rather than relapse to drug use upon release. Phoenix House counselors encourage participants to seek appropriate levels of continuing care after release from the facility through effective discharge and exit planning to build upon their residential therapeutic work and ensure lasting change.

The TC surrounds clients in a healing environment. Our program adheres to the time-tested principles of TC treatment, based on *Eight TC Concepts of George DeLeon* which do not exist independently of each other, but rather intertwine to establish an environment and culture in which lifestyle changes can be explored, supported, and embraced. These concepts include: a) Participant Roles (including Big Sister/Big Brother, Mentors, Job Functions and Participant Council), b) Membership Feedback (conducted through Care and Concern Groups), c) Membership as Role Models, d) Collective Formats for Guiding Individual Change, e) Shared Norms and Values (responsibility, trust, compassion, dignity, honesty, integrity), f) Structure and Systems, g) Open Communication, h) Relationships.

Program Rules and Standards

The conduct of all program residents is governed by a set of Cardinal Rules (see the insert) and the Basic Rules of the House which define the standards of honest, collaborative, and mutually-supportive behavior. If a Cardinal Rule is broken, the participant has to leave the

Phoenix House Cardinal Rules

1. No possession or use of drugs or alcohol.
2. No physical violence or threats of physical violence.
3. No destruction of Phoenix House property.
4. No weapons of any kind.
5. No sexual relations or inappropriate sexual behavior.

program. The House Rules are designed to help the participant shape their behaviors in a prosocial fashion, including such traits as honesty, acceptance of authority, following directions, punctuality, discipline in attending counseling sessions and fulfilling all community roles, etc. The consequences for breaking Basic Rules of the House vary, depending on the particular incidents and may include a variety of learning experiences as well as interactions with other members of the healing community. The community-as-healer philosophy of the Modified Therapeutic Community is also expressed in therapeutic groups providing behavior shaping techniques and opportunities for commitment to change to both individual clients and the entire community. The weekly *Care and Concern Groups* allow community members to express concern and support for fellow participants and find peaceful, cooperative and positive solutions to disagreements and conflicts that may arise in a community of 85 residents living in one facility.



Our Services

Providing a flexible length of stay, our program includes a demanding regimen of 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; and dual diagnosis support.

CARF Accreditation

All of Phoenix House outpatient and residential treatment programs for adults are licensed or certified by the California Department of Alcohol and Drug Programs and accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for 2010-2013.



Program Admission

Phoenix House maintains standard admission criteria for each program and ensures uniform and equitable administration of these. All Phoenix House staff objectively evaluates each presenting participant utilizing a standard intake and assessment process.

Admission Eligibility Criteria

All clients served by Phoenix House's Community-based Programs shall meet the following eligibility criteria:

1. 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. Applicants must be 18 years of age or older

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

8. Acute medical problems in need of skilled medical supervision, including detoxification, or medical problems, which preclude full participation in the program.
9. Medical problem for which medication has been prescribed but no medications available.
10. Suicidal or homicidal behavior, ideation or plans.
11. Acute psychiatric disorder which may prohibit participation in the program, and or jeopardize client safety or the safety of the program.
12. 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.
13. Fire setting within the past one (1) year.
14. Self mutilating within the past six (6) months.
15. 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 program activities.

Phoenix House Orange County

1207 East Fruit St.
Santa Ana, CA 92701
714) 953-9373

Admissions

818 686 3100
855 833 5750

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 providers: Anthem Blue Cross, APS Healthcare, Cigna, Managed Health Network, Kaiser Permanente, and Health Net

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For More Information:

1 855 833 5750
1 800 378 4435

