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 more than 1,300 adults and children each day, at locations in Los Angeles, Orange, San Diego, Kern, and Riverside counties.

Three Phoenix House Academies with on-site schools daily serve about 175 teens at Lake View Terrace (near Sylmar and Pacoima in Los Angeles), Santa Ana (Orange County), and Descanso (San Diego County). Youth outpatient programs assist troubled teens in Carlsbad and Lake View Terrace. 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 services to youth and adults that are struggling to change their lives in Bakersfield, Tehachapi, Blythe, and Campo.

At Phoenix House Academies, therapists and teachers work together to help youth succeed at school and address individual behavioral difficulties. The Academies have received the designation of “evidence-based practice” by the U.S. Department of Health and Human Services’ National Registry of Evidence-Based Programs and Practices (NREPP, 2008). They are accredited by the California Alliance of Child and Family Services. All Phoenix House community-based services are accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

Adult services provide group counseling, academic and vocational services, mental health services, and recovery management. Drawing on research-proven practices, we address life-skills training, Post-Traumatic Stress Disorder, anger management, co-occurring disorders, 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 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 four separate divisions, each incorporated as a non-profit with a distinct tax ID number: Phoenix Houses of California, Phoenix Houses of Los Angeles, Phoenix House Orange County and Phoenix House San Diego.

For More Information:

1 800 DRUG HELP
1 800 378 4435

www.phoenixhouse.org

rev. 9/2012
## Phoenix House Teen Recovery Center – Carlsbad

785 Grand Ave., Suite 220  
Carlsbad, CA 92008  
760 729 2830

Teen Recovery Center (TRC) in Carlsbad on the North Coast of San Diego County offers comprehensive substance abuse, mental health outpatient and intensive outpatient treatment services to adolescents ages 12 to 17. Services include: individual and group counseling; anger management; family counseling; 12-step programs, clean and sober recreational activities; educational and vocational referrals; and linkages to community partners.

## Phoenix House Academy of Los Angeles – Outpatient

11600 Eldridge Ave.  
Lake View Terrace, CA 91342; 818 686 3000  
818 686 3079 (M-F 8a-5p)

Phoenix House Academy’s Outpatient Program in the East San Fernando Valley offers outpatient treatment to teens ages 13-18 who struggle with substance-use-related disorders. Services include individual and group counseling; mental health counseling; case management; educational workshops; family services; and sober recreational opportunities. Evidence-based substance abuse and mental health treatment techniques are used to address such issues as trauma, depression, anger management, and behavioral disorders.

## Phoenix House Academy of Los Angeles

11600 Eldridge Ave  
Lake View Terrace, CA 91342  
818 686 3079 (M-F 8a-5p)

Established in 1994, Phoenix House Academy of Los Angeles is an evidence-based residential treatment program for 110 youths ages 13-18 with co-occurring substance abuse and mental health disorders. Residents attend a fully-accredited on-site high school while receiving comprehensive treatment services, including: individual and group counseling (mental health, substance abuse, trauma, and anger management); family therapy; art and music therapy; cultural and recreational activities; and a broad range of life skills training (career development, job placement, health care, and legal services).

## Phoenix House Academy of Orange County

1207 E. Fruit St., Santa Ana, CA 92701; 714 953 9373  
714 953 9373 ext. 4850

Since 1982, Phoenix House Academy of Orange County has been offering effective residential treatment to adolescents ages 13-18 who struggle with substance abuse and co-occurring mental health disorders. The 30 residents continue their high school studies while receiving individual, group, and family counseling. They participate in cultural and recreational activities; and access a broad range of support services and referrals to community partners (career development, job placement, health care and legal services).

## Phoenix House Academy of San Diego

23981 Sherilton Valley Rd  
Descanso, CA 91916  
619 445 0405 ext. 4671

Founded in 1987 and located in the mountains east of San Diego, Phoenix House Academy provides residential substance abuse/mental health treatment to up to 40 teens aged 13-18. The campus is set amidst oak groves, horse ranches, and hills teeming with wildlife. Residents attend a fully-accredited high school while receiving individual, group, and family therapy. They also engage in cultural and recreational activities, and benefit from a broad range of support services and referrals to community partners (such as health care, career development and job placement).

For more information or to refer someone to Phoenix House, call 1 800 DRUG HELP (1 800 378 4435), or visit our offices:

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<td>1207 East Fruit St.</td>
<td>23981 Sherilton Valley Rd,</td>
<td>785 Grand Ave., St. 220</td>
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rev. 4/2013
Phoenix House Academy
Adolescent Residential Services

Phoenix House Academy of Los Angeles provides a strength-based, gender-specific treatment continuum for teens with substance abuse and mental health disorders. Our program offers residential and outpatient options, high school education, and intensive family and support services. Since opening its doors in 1994, Phoenix House Academy has distinguished itself as one of the most successful programs for the integrated treatment of youth with co-occurring disorders in Los Angeles County.

Innovation has been the hallmark of our success as we focus on the ever-changing needs of the youth and families we serve. We have responded to these needs by offering a range of services based on a comprehensive assessment of risks and protective factors in each adolescent’s life, their family, and the community in which they live.

Our highly structured program incorporates:
- Mental health services
- Diagnosis and assessment
- Case management and treatment planning
- Individual and group counseling
- Intensive family services
- Education at an accredited school

The program consists of three phases, each with its own set of goals and objectives. Movement through the phases may be accelerated as determined by each client’s individual progress. Continuous case reviews provide the needed information to determine treatment duration. The program has capacity to treat 80 boys and 40 girls.

Phoenix House Academies have received the designation of “evidence-based practice” by the U.S. Department of Health and Human Services’ Substance Abuse and Mental Health Administration’s (SAMHSA) National Registry of Evidence-Based Programs and Practices (NREPP, 2008). The Phoenix House Academy of Los Angeles is licensed by the California Department of Alcohol and Drug Programs. It is fully accredited by the California Alliance of Child and Family Services and by the Commission on Accreditation of Rehabilitation Facilities (CARF) for residential services for adolescents with co-occurring disorders (2010-2013).

www.phoenixhouse.org

Rev. 9/2012
Phoenix House Academy
Adolescent Outpatient & Intensive Outpatient Services

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. Intensive Outpatient Program (IOP) 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. Regular Outpatient Program features 6 hours of treatment weekly, while Intensive Outpatient Program includes a minimum of 9 hours of treatment and enrichment activities.

Program Components
The program includes evidence-based cognitive-behavioral practices, enhanced family services, and the tools and concepts of the self-help recovery philosophy. The curriculum follows the Matrix Model Intensive Outpatient Alcohol and Drug Treatment Program for Teens and Young Adults and the Strengthening Families Program. Teens attend groups 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 teen 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. The program is fully accredited by the California Department of Alcohol and Drug Programs, the California Alliance of Child and Family Services, and by CARF – the Commission on Accreditation of Rehabilitation Facilities.

rev. 9/2012
Phoenix House Academy
Adolescent Residential Services

Phoenix House Academy in Santa Ana offers a strength-based, gender-specific treatment continuum for teens with substance abuse and mental health problems. Phoenix House provides residential treatment based on a modified therapeutic community model, enriched by education and intensive support and family services. Since opening our doors over 30 years ago, Phoenix House Academy has come to be regarded as one of the most successful programs for the comprehensive treatment of youth with substance use and mental health disorders in Orange County.

Innovation is the hallmark of our program as we focus on the ever-changing needs of the teens and families we serve. We respond to these needs through a continuum of care based on an assessment of risks and protective factors in each adolescent’s life, their family and the community in which they live.

Our highly structured program incorporates:
- A modified therapeutic community program
- Comprehensive assessment and diagnosis
- Case management and treatment planning
- Individual and group counseling
- Intensive family services
- Education at an accredited school

The program consists of three phases, each with its own set of goals and objectives. Movement through the phases may be accelerated, determined by each client’s individual progress. Continuous case reviews provide information needed to adjust treatment plans. The program has a capacity to treat 20 boys and 10 girls.

Our program for teens with co-occurring disorders is fully accredited by the California Department of Alcohol and Drug Programs, the California Alliance of Child and Family Services, and CARF – the Commission on Accreditation of Rehabilitation Facilities. Our treatment model is listed in the National Registry of Evidence-Based Programs and Practices (NREPP) by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA). It is also recognized as a model program by the U.S. Office of Juvenile Justice and Delinquency Prevention (OJJDP).
Phoenix House Academy
Intensive Outpatient Program for Teens

Since 1979, Phoenix House Orange County has served adolescents with substance abuse issues at our Santa Ana campus. Phoenix House Academy’s Intensive Outpatient Program (IOP) provides substance abuse and mental health treatment services for adolescents three times per week. IOP serves as step-down from residential treatment and is an initial service option for clients who meet admission criteria and have no previous treatment history. The agency offers individual and group counseling and educational workshops. IOP services include a minimum of nine hours of treatment per week and a variety of enrichment activities that help teens gain sober living skills necessary for recovery.

Program Components: The program includes evidence-based cognitive-behavioral therapy, enhanced family services, and the tools and concepts of self-help recovery philosophy. The curriculum follows the Matrix Model Intensive Outpatient Alcohol and Drug Treatment Program for Teens and Young Adults, coupled with Living in Balance, and the Strengthening Families Program. Teens attend groups and follow customized treatment plans that include family involvement. Individual and group counseling is delivered by experienced mental health and substance abuse professionals. Completion of the program is determined by maintenance of sobriety and by the preparation of personal plans for relapse prevention and life in recovery.

Treatment Planning and Case Management: A comprehensive assessment is completed within the first week of admission. We work together to get clear, reasonable, and objective treatment goals according to the diagnosis and severity of the problem(s). The frequency and duration of outpatient visits are based on each individual’s progress toward his or her goals. Treatment plans include referrals to appropriate professional and community resources.

Phoenix House is certified by the California Department of Alcohol and Drug Programs and fully accredited by CARF (the Commission on Accreditation of Rehabilitation Facilities) and by the California Alliance of Child and Family Services.

rev. 8/2013
Phoenix House Academy
Adolescent Residential Services

Phoenix House Academy of San Diego, located in beautiful Descanso, CA, offers a strength-based treatment continuum for teens (12-17) with substance abuse and co-occurring mental health problems. Since 1987, the Academy has been one of the most successful programs for integrated youth and family treatment in San Diego County. Innovation has been the hallmark of our success as we focus on the ever-changing needs of the youth and families we serve. We have responded to these needs by offering a range of services based on a comprehensive assessment of risks and protective factors in each teen’s life, their family and the community in which they live. We emphasize prevention—through peer counseling and outreach to local schools and community organizations—and comprehensive continuing care.

The program integrates teens into a drug-free environment and provides intensive substance abuse and mental health treatment. Our structured regimen and modified therapeutic community model meet the needs of adolescents with a primary substance use disorder and those with mental health disorders through assessment, case management, individual and group counseling, education, recreation, and intensive family services. Case reviews determine treatment duration; movement through the program may be accelerated based on an individual’s progress.

The San Diego County Office of Education maintains a fully accredited high school on site with special education services and academic tutoring. Our aim is to meet our clients’ education deficit, so they are prepared to graduate, work toward their GED, or return to their local school following treatment.

Our residential substance abuse treatment program for adolescents is fully accredited by the California Department of Alcohol and Drug Programs, the California Alliance of Child and Family Services, and CARF – the Commission on Accreditation of Rehabilitation Facilities. Our treatment model is listed in the National Registry of Evidence-Based Programs and Practices (NREPP) by the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA). It is also recognized as a model program by the U.S. Office of Juvenile Justice and Delinquency Prevention (OJJDP).

Phoenix House Academy is funded in part by the County of San Diego, Health and Human Services Department, Alcohol and Drug Services.

www.phoenixhouse.org
Phoenix House San Diego
Adolescent Outpatient & Intensive Outpatient Services

Reclaim
disordered lives

Encourage
individual responsibility, positive behavior, and personal growth

Strengthen
families and communities

Phoenix House
Teen Recovery Center
785 Grand Avenue #220
Carlsbad, CA 92008
760 729 2830
MFinlay@phoenixhouse.org

Admissions
1 800 DRUG HELP
1 800 378 4435

Client Population
- 12 -17 years of age
- History of drug and alcohol abuse

Payment for Services
- Most health insurance plans accepted.
- Government assistance offered to those who qualify (with Medi-Cal and a sliding scale for co-payments)

Phoenix House San Diego’s Teen Recovery Center provides an early intervention for vulnerable teens, 12 - 17 years old, and their families who require assessment and treatment for substance abuse disorders and mental health conditions. Our outpatient treatment programs are tailored to each teen’s needs. The Center provides comprehensive assessments and treatment planning; case management; individual, group and family counseling; chemical dependency and life-skills education; drug testing; and referrals to other support services in the community. The program incorporates evidence-based cognitive-behavioral practices, enhanced family and mental health services, and the tools and concepts of the self-help recovery philosophy.

The use of alcohol and/or drugs among teens frequently reflects a wide range of situational and developmental problems; acquiring of coping skills is essential to re-establish a stable and healthy lifestyle. Teaching adolescent substance abusers how to regain control of their lives by addressing behavioral, emotional, familial, social and educational issues is the essence of the Phoenix House approach. The goal of the Teen Recovery Center is to help struggling teens reach a place where they are willing to explore change so they may live productive, drug-free lives. Phoenix House focuses on helping teens and their families move from lives of continual crisis to problem-solving and conflict resolution. Specific treatment goals for each teen and their family include:

- Assessment and stabilization of emotional and behavioral symptoms;
- Abstinence from all non-prescribed substances;
- Enhanced family communication and problem-solving;
- Improved relationships with peers, parents, teachers, and other adults;
- Participation in appropriate support groups and individual/family therapy;
- Successful program completion; and
- Development of a continuing care plan.

Phoenix House San Diego’s outpatient treatment services for adolescents are fully accredited by the California Department of Alcohol and Drug Programs; the California Alliance of Child and Family Services; and the Commission on Accreditation of Rehabilitation Facilities (CARF). The TRC is funded in part by the County of San Diego, Health and Human Services Department, Alcohol and Drug Services.

For more information call: 1 800 378 4435

www.phoenixhouse.org