

# INPATIENT TREATMENT

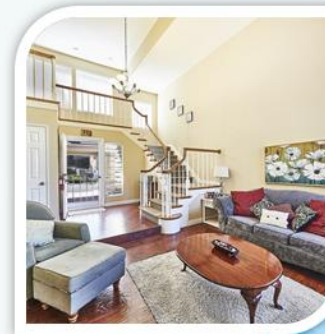
Inpatient treatment at Turning Point Treatment Center's state licensed drug and alcohol rehabilitation center offers support and structure for men and women seeking treatment for alcoholism and drug addiction. Participants reside in our beautiful treatment facility for the course of the program and their lengths of stay are flexible and individualized. Our short term programs run 30 / 90 days and our long term programs are 6 months to 1 year. Furthermore, our expert clinical and counseling staff is dedicated to providing services that consistently demonstrate long-term, tangible results. During their stay, clients receive intensive treatment for addiction and alcoholism, including goal-oriented treatment planning, one-on-one counseling, group therapy, educational lectures, relapse prevention groups, and specific components designed for individual clients on a case-by-case basis. Clients attend outside sober support meetings. Our expert clinical staff consists of professional, certified counselors and case managers trained in the use of the American Society of Addiction Medicine's patient placement and continued stay criteria. The competency level of the clinical staff meets and exceeds California's Certification and Reciprocity Consortium standards and requirements for alcoholism and drug abuse counselors. The goal of this program is to help the client achieve and sustain long-term sobriety. Staff works with the client as a team, teaching them the tools integral to becoming self-sufficient, contributing members of society. Presenting problems are identified, strengths and weaknesses ascertained,

and specific problem areas targeted. Turning Point Treatment Center helps our residents develop management skills that will not only assist them during this initial stabilization period, but also help them achieve the creative potential in their continuing recovery to design their own solutions. As in all of Turning Point Treatment Center's services and programs, clients are treated with utmost dignity and respect.

## Program components include:

- ❖ Assessment/Evaluation
- ❖ Expert medical staff and exemplary level of care when needed
- ❖ Individualized Treatment Planning
- ❖ Individual Counseling
- ❖ Group Counseling
- ❖ Alcohol and other drug educational groups
- ❖ Skills development activities and groups
- ❖ Process groups
- ❖ Introduction to community resources
- ❖ Topic groups for skills development
- ❖ Emphasis on peer support, self help skills, and parenting skills

- ❖ Healthy, nutritious, well-prepared meals
- ❖ Transition and continuing care planning
- ❖ Structured short and long-term aftercare planning
- ❖ Coordination with your physician, therapist, EAP, MCO, union or employer
- ❖ Legal system advocacy when needed



## TREATMENT TEAM

Our Outpatient Treatment Team consists of a combination of internal counseling staff and consulting/external team members including, Psychiatrists, Social Workers, Medical Doctors, Mental Health Workers, Nurses and members of the legal system. Program components include Evaluation/assessments, Alcohol and other drug education, Individualized treatment planning, Process groups, Topic groups for skills development, Individual counseling sessions, Short and long term aftercare and transition planning, Relapse Prevention, Introduction to 12 Step recovery principles and self-help groups, Drug screens when required, Coordination with physician, therapist, EAP, MCO, union and/or employer, Legal system advocacy when needed.

### Outpatient Treatment Goals:

The ultimate goal of the program is long-term abstinence from drugs and alcohol. Outpatient clients are educated and treated so that they may re-enter society and lead responsible, successful drug and alcohol free lives by using the tools of recovery. We recognize and fulfill each client's needs by helping them attain a thorough understanding of themselves and the recovery process while providing a safe, supportive environment.

### Objectives:

Achieving and maintaining long-term abstinence from alcohol and drugs will be accomplished by, educating clients in the disease process, ensuring they develop an understanding of addiction, Teaching the psychological, medical, and spiritual affects of addiction to the individual and his/her family Identifying and addressing emotional and behavioral obstacles in recovery and Relapse prevention: developing and implementing an effective aftercare treatment plan.

### Detox and Detoxification Services

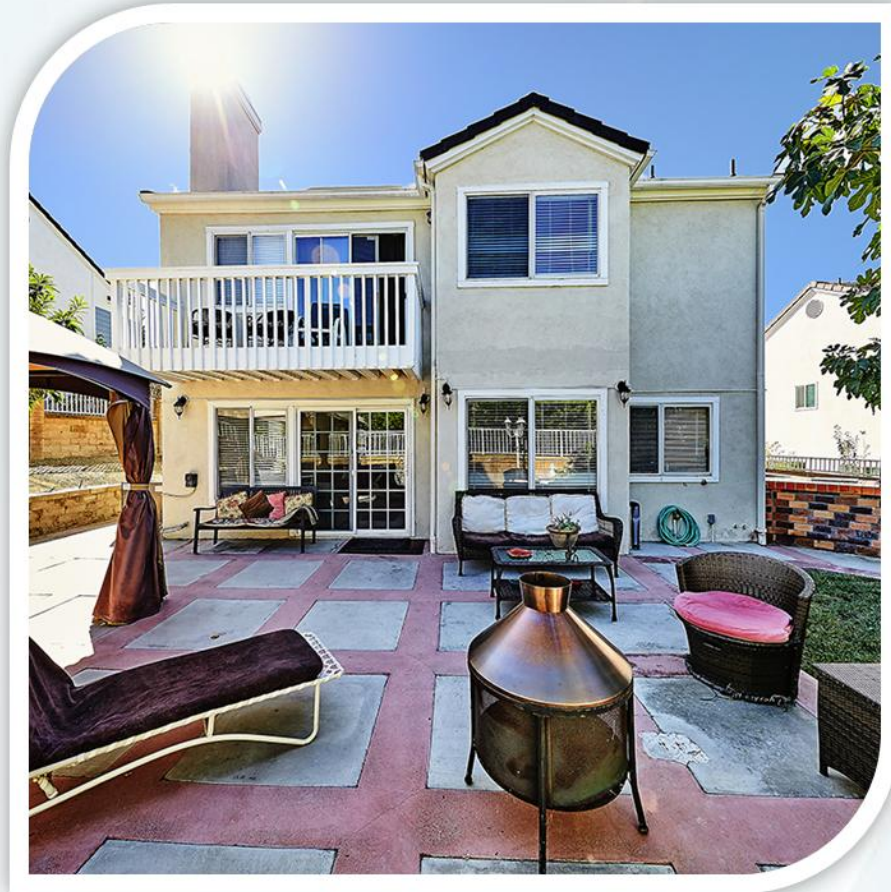
Detoxification from drugs and alcohol is the first step in the treatment process toward recovery from drug addiction and alcoholism. Expert medical and clinical staff, a safe, supportive environment, and an introduction to the principles of recovery are the keys to a successful and comfortable detox. Safe, medically supervised Detoxification and social model Detoxification takes place at Turning Point's Detoxification Facility in the Mission Viejo. Our detox program works closely with our other services to maintain the highest standards of quality and treatment. Detoxification is designed to support clients during withdrawal from alcohol and other drugs and usually lasts from 7-10 days. Qualified, experienced staff monitors detox clients 24 hours a day. Our staff completes a detailed medical history and health questionnaire with each client; our outside consulting physician prescribes any necessary detox medications. During the detoxification period, we make every effort

to engage the client in appropriate treatment and make their withdrawal from alcohol and drugs as comfortable as possible. We meet these goals by providing 24-hour supervision by qualified staff, Providing ongoing monitoring of client needs, Providing in-depth health screenings for our consulting medical care, monitoring clients when they take their appropriate detox medications as directed by our consulting physician, Rigorously protecting client rights, Providing a safe, supportive, comfortable atmosphere, Offering information and education about alcohol and other drugs

### Equine Participation In Treatment And Rehabilitation:

Horses due to their unique animal nature act as mirrors for our inner selves they provide opportunities for us to develop greater self-awareness increased self-confidence and an improvement on communication and relationships which can be of value both professionally and personally. Equine therapy is not about horsemanship and writing it's about gaining tools to better face life's challenges in a more peaceful and self-confident calm manner by using inner strength qualities and attributes of each individual working with their professional staff and horses can help you discover Solutions for your life and help focus an approach to resolving current problems.

The simple nature of the horse combined with equine therapy at our Temecula, CA facility calms a person down so I have to be in a position to better focus and resolve issues whether they are behavioral or physiological in the sense of addiction. We at turning point welcome you to participate in our treatment program and overall recovery modalities of care. -



## TURNING POINT TREATMENT CENTER 949-870-7730

[www.TurningPointTreatmentCenter.com](http://www.TurningPointTreatmentCenter.com)

Alcohol and Drug Treatment Services and now introducing our newly  
Medically Assisted Detoxification and Social Model Detoxification Programs