

# INSPIRE MALIBU

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## Breakthrough Science - Unsurpassed Patient Care

Welcome to *Inspire Malibu*, the standard of excellence in comprehensive individual care for Drug Addiction and Alcoholism. Addiction is a medical problem, a brain disorder, with behavioral symptoms. We address the medical problem with proven clinical methods, and we take the same “proven effective” approach to the emotional and psychological component. *Inspire Malibu* offers the addict or alcoholic the same level of comprehensive professional care as someone with any other chronic treatable medical condition. We continuously incorporate breakthrough scientific advances and research based therapies in addiction medicine assuring the finest in patient care.

*Inspire Malibu* approaches addiction in the same manner we would diagnose and treat any chronic medical condition, regardless of the patient's religious or ethnic background. The illness doesn't discriminate nor do we.

## Uniform Diagnostic Procedures. - Individualized Treatment

Every patient receives uniform comprehensive diagnosis, followed by a highly individualized treatment plan. *Inspire Malibu* treats each patient's medical condition individually using proven methods for the body and mind. Three therapies of proven value are Brief Intervention, Cognitive Behavioral Therapy and Motivational Enhancement Therapy. Each client will experience the life-enhancing value of these, and other proven techniques, in group and one-on-one personalized sessions.

## Alternative Non 12-Step, Non Religious, Secular Treatment

Self-help support groups are not medical treatment, but they may complement recovery and aftercare. All addictions are medical conditions successfully treated by secular modern medicine. Many of our patients come to *Inspire Malibu* because support groups, such as AA, were not sufficient to meet their needs. *Inspire Malibu* recognizes the benefits of any support group, faith based or secular, and acknowledges their value in recovery. At *Inspire Malibu*, recovery focused meetings from a variety of support groups and organizations are available for those who wish to utilize them. Our treatment remains secular, the selection of an appropriate support group is up to the individual.

## Dual Diagnosis/Co-occurring Disorders

Dual Diagnosis is when someone is suffering from addiction/alcoholism and a co-morbid psychiatric condition, such as Bi-Polar Disorder, Depression, Anxiety, ADD or an Eating Disorder. *Inspire Malibu* successfully treats dual diagnosis patients because we have trained professionals in psychiatry, psychology and addiction medicine on staff. Based on research, we know that both problems need to be treated simultaneously for lasting results in recovery. This is another reason why *Inspire Malibu* sets the standard for comprehensive individualized treatment.

## On Site Alcohol Detox: Opiate Detox : Safe, Comfortable, Supervised

*Inspire Malibu* provides closely monitored, responsive and medically supervised detox. Relief from withdrawal symptoms is achieved through use of clinically proven medications when required on an individual basis. The health and comfort of our patients is our top priority.

## Outpatient or Residential Treatment

Many heavy drinkers and drug users are not alcoholics or addicts, but are at severe risk for addiction and other health problems. For these at risk individuals, outpatient treatment is often appropriate. Those diagnosed as having active addiction, and who are unable to moderate or abstain from drinking and taking drugs despite negative consequences, find residential care is in their best interest. Others have found that outpatient services better fit their needs. At *Inspire Malibu*, we can accommodate both options and after careful assessment and consideration, we will offer you our recommendation.

## Empowering the Individual.

You are not powerless when you have comprehensive individual care at *Inspire Malibu* addressing your medical, psychological and emotional needs. Learning to live with a chronic illness means putting yourself in partnership with *Inspire Malibu's* addiction professionals, and the proven methods that put your life and health in the foreground, and your treatable medical condition under control. We will teach you and empower you to build a solid foundation of recovery and to live a life of abstinence and well-being. We will be there for you and assist you in the future as our alumni and aftercare program is solid.

## Preventing Alcoholism and Addiction

*Inspire Malibu* knows that addiction can be prevented before it starts. If you want honest, impartial advice on your personal risk of addiction and/or alcoholism, how to reduce the risk, and how to implement harm reduction techniques for the safety of yourself and those who love you, *Inspire Malibu* is here to help you. 800-444-1838

## Intervention

If the drinking or drug abuse of a friend or family member is causing you concern, the most effective method for stimulating their own decision to modify their behavior is "Brief Problem Centered Advice." Unlike confrontational and coercive interventions designed to force someone into drug rehab or a treatment center, this technique has the highest success rate. *Inspire Malibu* will gladly help you implement this potentially life-saving process. For more advanced cases, other interventions are also available please call 800-444-1838

## Insurance

We understand insurance and promise to maximize your insurance benefits. A simple phone call to *Inspire Malibu* will help you in analyzing your insurance options. Give us a call 800-444-1838