



Morningside  
RECOVERY



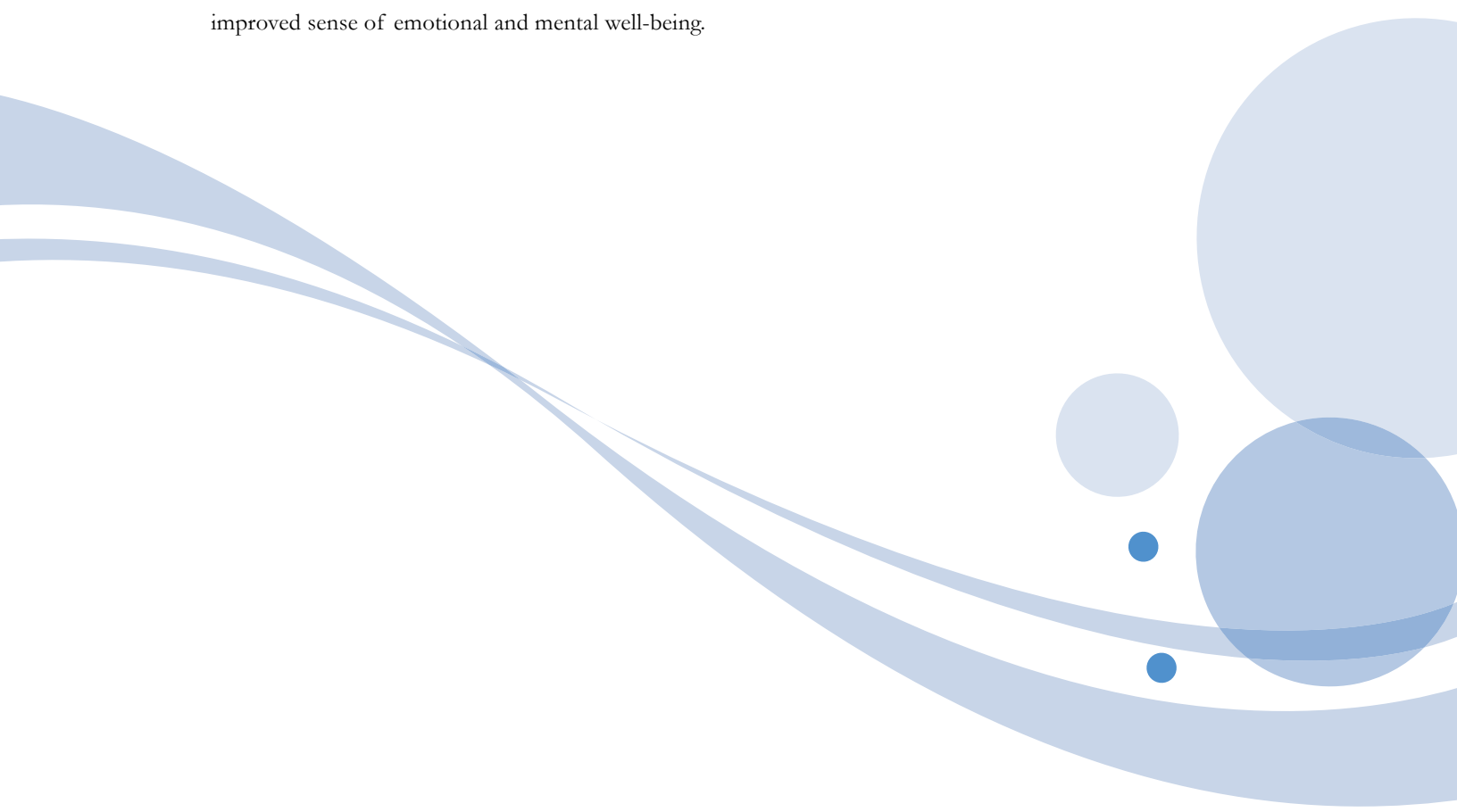


## Morningside Recovery

Morningside is committed to providing each client with an opportunity to stabilize, find and be responsible for recovery, and experience life in a safe setting that promotes growth and transition into a vested lifestyle of sustainable recovery.

## Recovery Treatment

Morningside Recovery is dedicated to providing exceptional care for chemically dependent and dually diagnosed adult men and women. Our staff and treatment philosophy believes in and supports a process for growth through phases of treatment. Sustainable recovery can happen if an internal shift can occur and a new external lifestyle can develop. We believe each person can recover from addiction while learning how to manage mental and/or emotional stability. We are committed to helping each individual achieve complete abstinence and an improved sense of emotional and mental well-being.





## Our Approach

Our treatment approach blends traditional medical and psychological therapies, experiential and integrative therapies with real-world living, return to school or work program, and family systems recovery. Morningside has developed a program model that is one of the few truly personalized approaches. Each client and family is invited to participate in a treatment plan that addresses the varying needs of each individual struggling to overcome the complications of addiction and mental and emotional disorders. Morningside has developed a program model that is one of the few truly personalized approaches. Each client and family is invited to participate in developing a treatment plan that addresses the varying needs of each individual struggling to overcome the complications of addiction and mental and emotional disorders.

## Our Programs – Your Journey

Your journey in your recovery at Morningside begins with initial assessments that help you and your therapeutic team identify where you are in your process. Morningside takes this information to create a program plan that meets you where you are. We have identified three phases in the beginnings of recovery. Each person is introduced to the processes of recovery that address the mind, body, emotions, relationships, family, recovery itself, independent living and a future focus for living and life goals. Our clients move through phases of treatment with specific goals for an internal shift and marked milestones into a new lifestyle of recovery.

## Learn it – Stabilize

Phase One is the “learn it” phase. This phase focus is on stabilization. Through evaluation and care by medical, psychiatric, and therapeutic staff we help each client complete post acute withdrawal symptoms, restore proper sleep/wake cycle, establish healthy eating routines, articulate basic goals for recovery, identify triggers, and distinguish between thought, motions and behaviors. In addition, at this stage there is an introduction to family systems concepts, accepting ideas around spirituality, and self care. This phase initiates a shift into recovery.



# Learn it. Feel it. Live it.

## Feel it – Responsibility

In Phase Two our client begin to find “the meaning” in their active recovery and can identify their feelings, take responsibility for their actions and use the tools they have learned in daily living. They can anticipate situations and separate and identify a reaction from a response. They become active in their recovery, moving through each day with an attitude that supports recovery, health and change. Mood changes, depression and anxiety regulate as the therapeutic process helps each client identify external and internal forces that impact them. Clients are encouraged and supported in open conversation with family members and practice recovery methods in daily living situations.

## Live it – Solidifying

Phase Three supports each client to live their new found recovery. It is a phase of experiences. There tends to be shift in giving back to the community and family. Mood changes are less extreme and their ability to move through each day with the ability to deepen their commitment to a new lifestyle is in full swing. There is a higher consciousness emerging with a shift of reliance and the nature of acceptance. Personal power is derived from connection rather than control. Family conversations and interactions are often more spontaneous and on safe ground for all. The focus is now upon deeper issues that intrude on daily serenity, acceptance and stability.



## Dual Disorder Treatment

Morningside has a dedicated staff of psychiatrists, clinical psychologists, and marriage and family therapists devoted to treating underlying or coexisted psychological disorders. We have developed an integrated approach to the treatment of patients with co-occurring psychiatric disorders as well as chemical, marijuana, alcohol, methamphetamine, cocaine, opiate, and other drug use disorders.

We use a combination of the latest and most proven methods in treating depression, anxiety, bi-polar disorder, and personality disorders. We integrate individual and group drug addiction counseling approaches with psychiatric interventions, balancing the focus of dual treatment so that both the client's addiction and psychiatric issues are addressed with equal importance.

When necessary our Dual Disorder program utilizes an extensive battery of psychological testing to help in diagnosis and treatment. Our comprehensive psychological battery involves assessment for mood disorders, psychotic disorders, attention problems (ADHD), cognitive testing (I.Q.), traumatic brain injury (TBI) assessment, and more. The assessment allows for the most complete psychological profile scientifically available.

## Comprehensive Structured Treatment

Morningside Recovery was founded on the premise that chemical dependency and co-occurring disorders must be treated with equal importance. Clients come to us with varying backgrounds, cultural issues, psychological problems, biological needs, and addictions. We offer a variety of programs and services to address each of these needs.

**The core of Morningside's programs is designed to heal the whole person and includes long-term care for:**

- Alcoholism
- Chemical Dependence
- Dual-diagnosis/Co-occurring disorders
- Life Skills
- Nutritional Wellness
- Compulsivity
- Entitlement Issues
- Relapse Prevention
- Trauma Resolution
- Depression and Anxiety Disorders
- Anger Recognition Management
- Post Traumatic Stress Disorders
- Process Addictions
- Personality Disorders

**Therapeutic Process Includes:**

- Initial Psychosocial, Medical and Psychiatric Assessment
- Psychotherapy – CBT, DBT, Family of Origin work
- Experiential Therapies
- Healthy Eating Education
- Medication Management as needed
- Psychological Testing as indicated
- Wellness Services - Acupuncture, Yoga, Adventure Therapy, Meditation
- Year Long Aftercare Planning/Monitoring
- School Enrollment and Tutoring
- Job Referral/Job Placement



## Emotional & Chemical Detoxification

Clients at the Focus House receive intensive cognitive behavior treatment and/or chemical/alcohol detoxification. Focus House is a program for clients who require brief psychiatric stabilization, a higher level of care, or a more intensive, highly monitored, thirty-day program prior to entering our ninety-day program, college program, or transitional living program and detoxification.

### Services at Focus House can Include:

- Stabilization
- Psychiatric Assessment
- 24-Hour Monitored Living
- Detoxification
- Medication Management
- Highly Intensive Cognitive Behavior Therapy
- On-site Therapy and Case Management
- 0-30 Day Treatment Program
- Emotional Detox
- Separate Living Facility

In phase one many clients are stabilizing medically, emotionally and/or physically. Our Focus House is designed to provide the environment and structure to assess, detox, and introduce our clients to recovery principals.

## Psychological Testing At Morningside Recovery

A testing battery at Morningside Recovery consists of various psychological tests (projective and objective), which help in diagnosis and treatment planning. The testing is conducted at Morningside Recovery under the supervision of one of our clinical psychologists. The testing process often takes many days to administer, after which a psychological report is generated for clinical use and it is reviewed with the patient.

### What are Psychological Tests?

Psychological tests offer a formal way to measure traits, feelings, beliefs, and abilities that can lead to people's problems. Some tests assess the presence of certain conditions, such as depression, anxiety, anger control or susceptibility to stress. Other tests measure general well-being and provide an overall picture of a person's personality. A typical psychological assessment includes an interview with a mental health practitioner and one or more formal psychological tests. The person may be able to complete some tests on his own; others may be completed with an examiner.

#### **Some Psychological Tests Used When Indicated Include:**

MMPI- 2  
Rorschach Ink Blot Test  
Personality Assessment Inventory (PAI)  
WAIS-III (WAIS-IV when available)  
Wechsler Memory Scale (WMS-R)  
Career Assessment Inventory (Enhanced Version)  
Bender Gestalt II  
Sentence Completion  
ADHD Testing (Continuous Performance Test)

When recommended for psychological testing, one should recognize that the intent is to gain deeper, more complete understanding of the problem than can be gained from a brief office visit. Such testing does not mean that the problem is particularly serious, difficult to understand or complex. It just means that additional information is needed before designing the best approach to address the problem.



## Morningside Recovery's Extended Care Program

Morningside Recovery's signature program is our Extended Care. Clients entering Morningside typically stay for at least three months. The Extended Care program utilizes the Phase System (Phases I, II, III), where each phase is designed to build upon the previous phase. Progression through the various phases is clinically driven. While our Extended Care program includes some of the services offered in a 30 day inpatient facility, this program is specifically designed for clients who are discharging from a primary inpatient program, have not responded to traditional 30 day inpatient treatment, and/or are clinically appropriate for our levels of care.

## Family Program

We understand that family relationships often break down when one family member is addicted to alcohol and/or drugs. Family members are encouraged to be included in their loved one's recovery in an active way.

### **Our family program includes:**

One-on-one meetings with our therapists - Therapists conduct private sessions with the family and client to create, or restore, lines of communication, which are often non-existent as a result of addictive behaviors.

Family group therapy and/or family experiential challenge – Therapists provide Family group process and there is indoor and outdoor family adventure experiential work processes that help bring the family together in a new way.

Educational Lectures - We are particularly pleased to have nationally known guest speakers present lectures on the “Disease Model of Addiction” and the “First Year of Recovery”

We hope you will decide to take advantage of our Family Program and all that it has to offer. This is a fantastic opportunity for family members to learn more about the recovery process, heal the wounded family system and develop or restore healthy family interactions. The family program is offered monthly. Reservations to attend the family program are made directly through the client's therapist.

## Transitional Work, Educational & Living Program

Our Transitional Living Program includes outpatient services and transitional living, or what is better known as Sober Living. The program has its own counselors and housing apart from the general population of Morningside Recovery's primary programs. The program is intensive, but allows for clients to maintain work schedules and family obligations.

### **Our Working Residential Treatment Program**

Clients live in a monitored therapeutic community with random urinalysis testing three times per week and they are breathalyzed for alcohol daily. These additional services are personalized based on the client's needs:

- Individualized Counseling
- Drug and Alcohol Testing
- Medication Management
- Dual Diagnosis Groups
- Anger Management Workshops
- Aftercare Planning

- Group Counseling
- Life Skills Workshops
- Lectures on Addiction
- 12-Step Meetings
- Access to Therapeutic Services
- Letters for the Court

Our work program allows the clients to re-enter the work force while still participating in support programs, group process, one-on-one counseling sessions and daily living structure and guidance.

## Morningside Academic Institute

Our college program is designed for people entering college for the first time, continuing their college education, or who have graduate college and looking to attend graduate school or vocational training. The Morningside Academic Institute is much more than just going to college while in treatment. It is entirely self-contained program with its own counselors, clinicians, and education specialists. The program is designed specifically for people struggling with goal development and their educational endeavors. It was created using the progressive and scientifically proven theoretical orientation called Motivational Interviewing, or Motivational Enhancement Therapy. The program is for all ages and educational levels.

People suffering from addiction to alcohol and drugs often experience academic problems. They may have been accepted into a top tier University, but at some point their academic career was overcome by addiction. Usually all academic success is halted. They typically withdraw from their classes or fail them altogether. The more fortunate alcoholics and addicts, realizing their problems, withdrawal before it's too late and seek help. The Academic Institute is experienced in dealing with turbulent past academic careers and helps individuals regain firm footing within their respective academic pursuit.





### Recovery Program

- Sober Living Environment
- Case Management
- Medication Management
- Process Groups
- Educational Lectures
- Gym Membership
- Psychiatric Assessment
- Family Program
- Transportation
- Activities

### College Program

- Academic Counseling
- Tuition
- Books and Supplies
- Lectures on Academic Success
- Life Skills
- Professional Tutoring
- Graduation Ceremony
- Monitored Study Groups
- Unique Activities
- Computer Lab

The Morningside Academic Institute was established in the fall of 2006. The Institute is committed to providing outstanding recovery services combined with higher education. This unique treatment modality is ideal for any individual attempting to remain completely abstinent from drugs and alcohol while re-entering the collegiate environment.

The Academic Institute combines the traditional treatment for recovery from alcohol and drug addiction with rigorous, academically focused regimen to help residents succeed in the scholastic arena.



## Intensive Outpatient Program

Morningside Recovery offers an intensive outpatient program designed for residents who have completed our 90-day program or completed our college program. The program has been designed based on the evidence based Matrix Model, which recognizes the recovery and situation. The sixteen-week program offers a structured schedule designed to emphasize recovery skills, relapse prevention, family involvement, individual therapy, and 12-step involvement. Our multi-phase program allows patients to enter the program at any stage as the model accommodates for people in various stages of recovery.

The goal of the intensive outpatient program is to facilitate therapeutic support while transitioning back to independent living.

## Aftercare

Morningside coordinates discharge plans, onsite aftercare groups, alumni events and activities, and Recovery Assistance Monitoring.

Research has shown that one of the leading causes of relapse is failure to follow the continuing care plan. In an effort to resolve this problem, the recovery assistance aftercare program assigns a treatment professional to closely monitor the client's treatment plan on a weekly, bi-weekly, or monthly basis depending on the fluctuating needs of the client. This is done through individual sessions by phone, meeting cards, random urinalysis testing, and family contact. We have teamed up with various professionals across the country to create the Recovery Assistance Monitoring Program. Recovery assistance gives clients the security and assurance of continued clinical contact for an entire year after they have been discharged from Morningside Recovery.

If you or someone you care for needs help please call 866-725-8565  
or visit our website at [www.morningsiderecovery.com](http://www.morningsiderecovery.com)



Morningside  
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3404 Via Lido, Suite A  
Newport Beach, CA 92663

Toll Free: 866.725.8565

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

