

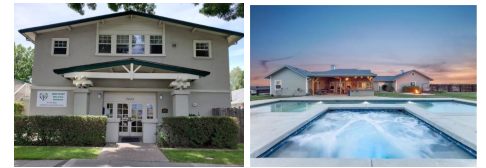


**New Start
Recovery
Solutions**

Bay Area · Sacramento · Chico
Most Insurance Accepted
TriWest In-Network

- Residential Inpatient Rehabs
- Outpatient IOP and PHP Treatment
- Dual Diagnosis Addiction Recovery
- Veterans and Professionals Programs

David Burke, LAADC-CA/ICADC
Call [877-367-9930](tel:877-367-9930)



VA Community Care Provider

A WHOLE PERSON PATH TO CHANGE FOR LIFE-LONG RECOVERY

DUAL DIAGNOSIS ADDICTION TREATMENT PROGRAMS

Medical Detox 24/7 Admissions

Detox enables individuals to begin a journey from addiction - to addiction treatment and wellness.

Entering detox is an act of courage for those who have an addiction problem. There is often fear about the detox process. And there is concern about whether detox symptoms will be unpleasant or painful.

Medication will be prescribed, as needed, to deal with withdrawal symptoms. Psychological withdrawal symptoms usually include cravings and anxiety. Detox patients will be meeting with their primary therapist to develop a continuing of care plan and process any underlying issues while in treatment with us. Patients receive 24-hour supervision by our medical team while in detox.

Dual Diagnosis Residential Treatment

New Start Recovery Solutions specializes in dual diagnosis treatment. We have comprehensive trauma-informed dual diagnosis addiction rehab programs for first responders (police, medical and fire personnel), military and military veterans, professionals – and for anyone experiencing trauma and/or PTSD.

Our dual diagnosis programs treat individuals with any co-occurring disorder, including depression and anxiety. Our dedicated staff members are experts in the treatment of addiction and co-occurring disorders, with a combined total of more than 60 years in addiction recovery and treatment. Our staff has expertise in addiction-free pain management treatment.

Whole Person Care: Mind, Body, and Spirit



New Start Recovery Solutions addiction recovery programs treat the whole person: Mind, Body, and Spirit. Rediscovering sobriety with wellness is a joyful experience! We believe that addiction is a complex but treatable disease – and that a ‘universal’ addiction treatment program is not appropriate for everyone. Each client receives a complete evaluation and individualized treatment plan.

Recovery treatment includes individual counseling, group counseling and individualized medication protocol (when needed). Our whole person addiction recovery treatment includes

Conscious Recovery, mindfulness, nutrition, tai chi, yoga, meditation, relapse prevention training and more. Discharge planning helps clients identify needs, assemble resources, and commit to the next phase of recovery. Our Family Program teaches family members and friends how to best support their loved one’s recovery.

For more information, please contact:

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d.burke@sierrahwc.com Phone: [877-367-9930](tel:877-367-9930) Admissions: [866-303-6275](tel:866-303-6275)

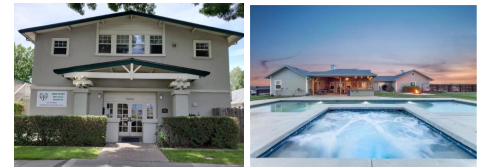


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Recovery Happens Day Treatment (PHP)

Our *Recovery Happens* partial hospitalization program (PHP) is the intermediate level of care between full residential treatment and an intensive outpatient program (IOP). Treatment includes a variety of evidence-based modalities that address the patient's substance use disorder (SUD) and co-occurring mental health issues.

The clinical team designs an individualized treatment plan that comprehensively addresses the addiction and mental health needs of PHP patients. They participate in group therapy based on cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), sensory modulation, as well as in individual and family therapy.



Recovery Happens Intensive Outpatient Program (IOP)

Our intensive outpatient program is part of our complete continuum of care for those with substance use issues. Our IOP program is essential for those who have completed residential treatment. IOP offers less structure than a residential alcohol and drug abuse program - and still has continued professional counseling and support.

World-class care with a friendly, California approach:
This makes our *Recovery Happens* intensive outpatient program unlike any other in Bay Area and Northern California!

Additional Outpatient Program Benefits

Additional recovery resiliency components in our intensive outpatient program includes a rotating six-week Brainspotting and Dialectical Behavioral Therapy (DBT) curriculum.

These sessions include a mix of traditional and collegiate clients. Group participants focus on the following six specific areas during treatment:

1. Life Skills Training
2. Mindfulness
3. Interpersonal Effectiveness
4. Emotional Regulation
5. Distress Tolerance
6. Relapse Prevention

Call David Burke at [877-367-9930](tel:877-367-9930) for questions and assistance. Medical Detox Admissions 24/7.
We work with EAP Employee Assistance Programs and most insurance. We are TriWest In-network.



**VA Community Care Provider
for PTSD Dual Diagnosis
Addiction Treatment**



For more information, please contact:

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