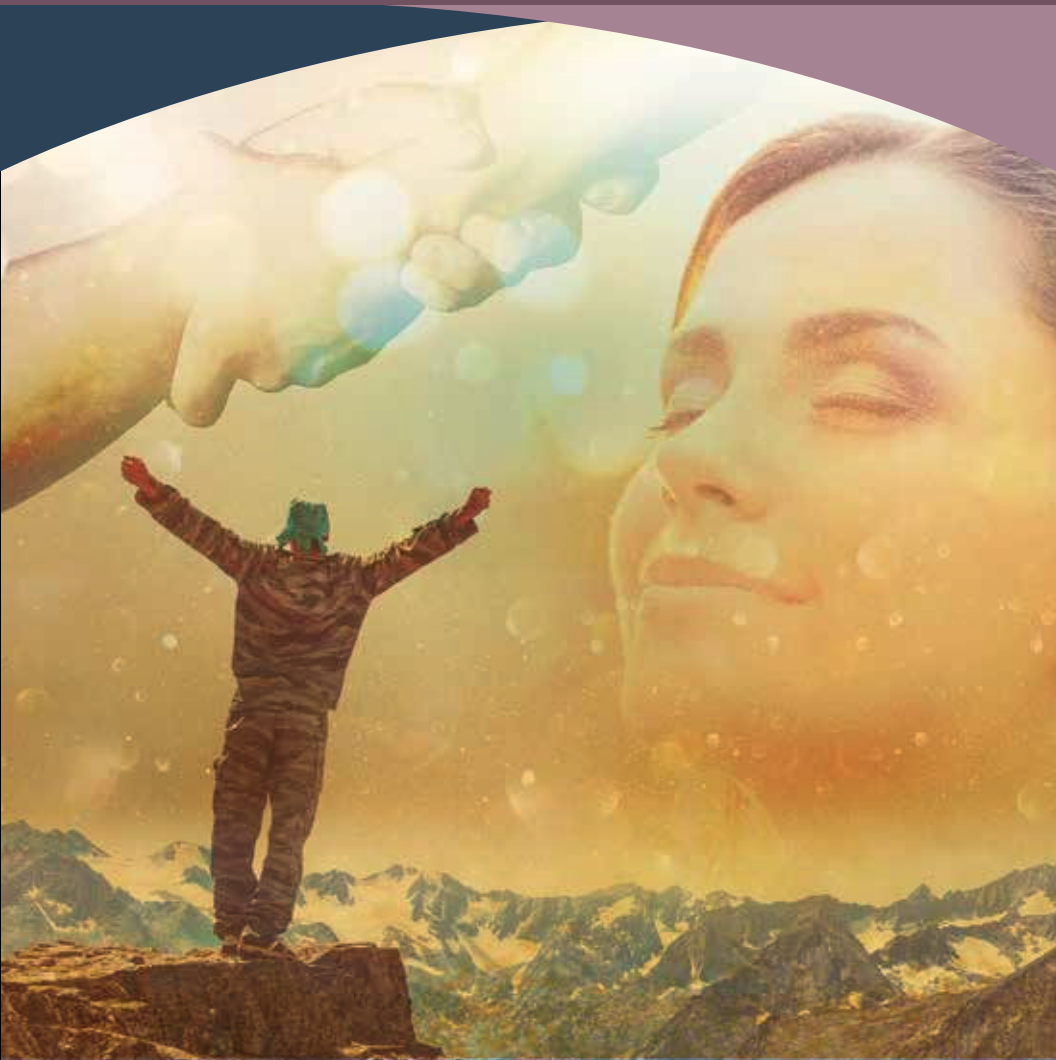


DUAL DIAGNOSIS. ONE GOAL.



NEW START
RECOVERY
SOLUTIONS



RECOVERY HAPPENS
Counseling Services

Owned and Operated by Sierra Health and Wellness Centers

OUR APPROACH TO ADDICTION & TRAUMA

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 bio-psychosocial evaluation and assessment – along with an individualized treatment plan.



WE SPECIALIZE IN DUAL DIAGNOSIS TREATMENT

Trauma and its symptoms are frequently found to be one of the co-occurring disorders with the highest prevalence rates for patients of substance use treatment.

Our trauma informed care is a collection of approaches that translate the neurological and cognitive understanding of how trauma is processed in the brain – into informed clinical practice for providing services that address the symptoms of trauma.

Recovery treatment includes individual counseling, group counseling, and individualized medication protocol (when needed). Other elements of whole person treatment include holistic practices, such as mindfulness relapse prevention, nutrition, yoga, and meditation.



LEVELS OF CARE + TREATMENT

- Medically Managed Detoxification
- Dual Diagnosis Residential Treatment
- Dual Diagnosis PHP and IOP Services
- Mental Health PHP and IOP Services
- Individual Therapy Sessions
- Virtual Outpatient Services
- Family Program and Counseling
- Alumni Groups and Services

SPECIALTY PROGRAMS

We realize that certain groups of people have shared challenges that are unique to their profession and/or area of life.

We offer specialized treatment to best serve these individuals with the following programs:

Veterans / First Responders / Airline Professionals /
Union Members / Licensed Professionals

STAFF CREDENTIALS

- Clinical Psychologists
- Psychiatrists
- Addictionologists
- Masters Level Marriage & Family Therapists
- 24-Hour Nursing Care
- Chemical Dependency Counselors



VETERAN PROGRAMS



AUTHORIZED
COMMUNITY CARE PROVIDER
VA | U.S. Department
of Veterans Affairs

WE ACCEPT MOST INSURANCE



SPACES THAT HEAL

INPATIENT SERVICES

New Start Recovery Solutions provides personalized access to trauma-informed, evidence-based dual diagnosis treatment. Residential treatment includes medically managed detox, individual counseling, group counseling, and individualized medication protocol (when needed). Other elements of whole person treatment include holistic practices – including mindfulness relapse prevention, nutrition, yoga, and meditation.

OUTPATIENT SERVICES

Recovery Happens Counseling Services provides quality Intensive Outpatient Programs (IOP) and Partial Hospitalization Programs (PHP) for adults in all stages of alcohol and substance use – from experimentation to addiction. Outpatient treatment has the added advantage of being available on a flexible schedule for those with work, school, and personal time commitments.

**For More Information -
Call 866-303-6275**



- A CONCORD
- B BANGOR
- C CHICO
- D SACRAMENTO
- E MONTEREY



- F RANCHO CORDOVA

Reno, Nevada
Coming Soon!



Bangor



Sacramento



Monterey



Concord

OUR MISSION



Sierra Health + Wellness Centers use a holistic, trauma-informed evidence-based treatment approach to accomplish the restoration of individuals, families, relationships, and self-worth. We give life back to the people who have lost it through substance abuse and mental health issues. By providing the tools necessary for change – we facilitate the Mind, Body, and Spirit restoration of our patients.

Patients Visualize Their Ideal Life In Recovery – We Help Them Get There.



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