

THE CANYON AT PEACE PARK
A DISTINGUISHED HEALING EXPERIENCE

THE CANYON
MALIBU.COM



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WELCOME FROM THE CANYON CEO, KATHLEEN BIGSBY

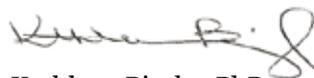
Hello and welcome to The Canyon. The 120 acres at Peace Park make up one of the most exquisite environments imaginable. Known for aesthetic beauty and spiritual qualities, it is truly a glorious oasis for healing. It is this serene and contained environment that permits a clear focus on the internal work that we help you to address. Maya Angelou has a lovely quote that describes our intention:

WE MUST TAKE FEAR,
AND BY LOVE,
CHANGE IT INTO HOPE.

It is The Canyon's mission to provide the best clinical practices to serve individuals and their families in the treatment of co-occurring conditions. Our integrated treatment program is designed to meet the multifaceted recovery needs of individuals with co-occurring issues, both mental health and addiction, in relation to mind, body & spirit healing. We offer a variety of evidence-based treatment practices, and research has proven that our patients are more than twice as likely to maintain sobriety one year after treatment than those

who attend traditional programs. In addition, our patients not only show significant improvements in both the number of days of mental health symptoms and the severity of those symptoms immediately following treatment, but follow-up results indicate that these improvements are sustained and often improve further within the six months following treatment. My commitment to you is that you will have a compassionate team of highly skilled professional staff members working with you to co-create a healing and wellness plan. It is our intention to not only find a recovery path that works for you, but to also strive toward actualizing a wellness plan that will support an extraordinary life. No one deserves to live in pain or despair. The Canyon's Healing Life Program is here to guide and support your journey of healing and wellness.

Warm Regards,



Kathleen Bigsby, PhD

who we ARE

The Canyon at Peace Park is a sanctuary of recovery that combines holistic therapies, innovative approaches and evidence-based treatment for a distinguished healing experience. We specialize in co-occurring disorders treatment, addressing substance use and mental health issues concurrently. Situated in a serene 120-acre reserve in the hills of Malibu, California, The Canyon at Peace Park has long been known as a center of spirituality, holistic healing and renewal.

Our peaceful retreat of 16 beds offers a private environment of recovery that is singular in its offerings. With a primary therapist to patient ratio of 1:4, each patient receives specialized attention. Every individual is matched with an internist, psychiatrist and primary therapist to serve as his or her core clinical team. Our staff is comprised of esteemed experts in the field of addiction science, allowing us to provide the finest innovations in integrated treatment to our patients. The Canyon offers a unique opportunity to nurture personal awareness and restoration. Our program is recognized for a full mind, body and spirit approach, incorporating a range of time-tested therapies, 12-Step principles and research-proven treatment modalities. We focus on carefully molding a recovery plan specifically around you or your loved one. That is the signature of The Canyon.

CORE ELEMENTS *of our program*

- ▶ SPECIALIZED ATTENTION FROM A PERSONAL THERAPIST
- ▶ MEDITATION SESSIONS AND SPIRITUALITY GROUPS
- ▶ RELAPSE PREVENTION EDUCATION AND RECOVERY COACHING
- ▶ HOLISTIC OPTIONS, SUCH AS EQUINE THERAPY, YOGA CLASSES AND MASSAGE THERAPY
- ▶ EXPERIENTIAL THERAPY, EXPRESSIVE ARTS, WELLNESS AND NUTRITION GROUPS
- ▶ COMMUNITY AND IN-HOUSE 12-STEP MEETINGS
- ▶ FAMILY THERAPY, INCLUDING MONTHLY FAMILY WEEKEND EVENTS AND EDUCATIONAL HEALING PROGRAMS
- ▶ GENDER-SPECIFIC AS WELL AS CO-ED THERAPY GROUPS
- ▶ COGNITIVE BEHAVIORAL THERAPY
- ▶ DIVERSE EDUCATIONAL GROUPS, INCLUDING TRAUMA RESOLUTION, HEALTHY BOUNDARIES, CODEPENDENCY, MANAGING MOOD, GRIEF/LOSS AND ANGER MANAGEMENT
- ▶ ADVENTURE THERAPY, INCLUDING A ROPES COURSE, CLIMBING TOWER AND HIKING TRIPS IN ZUMA CANYON
- ▶ EYE MOVEMENT DESENSITIZATION AND REPROCESSING



therapeutic features of

THE HEALING LIFE PROGRAM

GROUP AND INDIVIDUAL THERAPY

Experiential work is the essence of our approach to the therapeutic process. We believe in the important one-on-one time between patients and therapists for safe discussion and processing, and we also find great value in peer interaction and support that comes through group time. That is why we have patients participate in minimum of 100 hours of group work and at least two hours of individual therapy weekly.

FAMILY PROGRAM

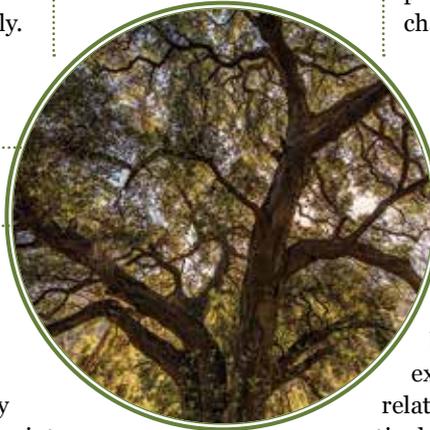
We believe in the healing of the whole family. Through educational & group sharing sessions, loved ones can develop new perspectives that will help them find personal healing and inform their roles in the recovery process. Our goal is to help families cultivate positive coping skills, communication & behaviors that promote renewal and healthy interaction.

EQUINE THERAPY

Equine-assisted therapy combines the use of horses and experiential therapy. Horses, with their intuitive and sensitive nature, mirror what they receive from people, providing powerful insights and learning experiences in a therapeutic setting. Through your relationship with the horse and the use of metaphors, equine therapists will facilitate the process of awareness and change for each individual.

CHALLENGE AND ADVENTURE THERAPY

Challenge activities, such as the ropes course, climbing tower and reflections at the beach, are designed to address basic recovery issues as well as move you into deeper insight and healing. These group sessions utilize traditional group therapy, structured experiential group work, metaphor therapy and adventure-based counseling. Learning and internalizing the concepts of limits, boundaries, self-care, acceptance, letting go and accountability are important themes in this form of therapy.



TRAUMA RECOVERY

Because statistics tell us that a majority of people affected by addiction and mental health conditions have experienced a trauma-related history, our services routinely incorporate trauma therapy within each individualized treatment program. Trauma therapy includes comprehensive recovery treatment for survivors of childhood and/or adult trauma of all types, with our approach individually determined to meet each person's needs.

our

FRESH FOOD PLAN



At The Canyon, we believe that fresh, healthy food is part of the overall healing experience. Our chefs use the highest quality ingredients, such as pesticide- and antibiotic-free products as well as seasonal organic produce. They craft nutritional gourmet meals, taking into consideration each patient's particular taste and dietary restrictions. Regular, fresh and delicious meals allow the body to reach a balance that helps reduce cravings, create strength, calm emotions and bring clarity of mind. Natural foods have a variety of healing benefits that can help restore a person's body to health, and steady nutrition can have a profound effect on the recovery process.

Our executive chef **GABRIEL BOYKO** was classically trained at the California School of Culinary Arts: Le Cordon Bleu with a background in fine dining. He takes an eclectic and gourmet approach to organic, seasonal cuisine.

OUR SPIRITUAL LANDMARKS

MEDITATION DOME

The Canyon respects and honors all spiritual traditions. The dome is one of many sacred spaces on the property where you may privately, or within the group experience, explore becoming spiritually centered. The Canyon at Peace Park is a naturalistic setting on 120 acres of property that provides an oasis of calm and serenity where you can spend time in meditation and self-reflection.



LABYRINTH PRAYER WALK

The labyrinth prayer walk is an experiential walking metaphor to spirituality that has been used for millennia. The fundamental metaphor is walking a spiritual path, and the purpose of the pilgrimage is infinite: to achieve forgiveness, to express love of God, to draw near to something sacred, to get outside the normal routine so that something new may happen, to find peace or to mourn a loss.

THERAPEUTIC SWEAT LODGE CEREMONIES

The sweat lodge has been used by Native American people for healing and prayer and is offered as a purification ceremony to align body, mind and spirit. At The Canyon, we offer this ceremony to honor and utilize the four elements, and it is held in rounds of fours, corresponding to the sacred rhythms by which the universe runs. Participants journey deep into their awareness of self and the process of finding the answers to questions long sought.



ADMISSION CRITERIA

Residents must be 18 years of age or older, be willing to commit to and participate in a structured treatment and healing program, and be ambulatory and capable of basic self-care. It is the policy of The Canyon to accept all individuals who meet the established criteria regardless of race, color, national origin, sex, religion or sexual orientation.

When affected by both substance addiction and mental health conditions, you are defined as having co-occurring disorders, or a Dual Diagnosis. The combination of addictive and psychiatric conditions may also be described as “co-morbidity” or “concurrent disorders.” The use of the term “co-occurring disorders” is preferred because it is not limited by stage, recognition of treatment or number of disorders present. It is important to note that medical or health conditions may also be co-occurring and need to be treated in the same setting.



what to BRING

Here are some guidelines to follow when packing for your time at **THE CANYON**.

FINANCIAL/MEDICAL

- A valid photo ID (government issued ID, driver's license, passport, etc.).
- A valid credit card for medical copayments, prescriptions and any other ancillary expenses.
- A valid insurance and/or prescription medication card.
- Current prescription medications contained in their original prescribed containers. (Medications not approved by your consulting physicians will be retained and not returned.)
- If available, medical records and previous treatment records.
- Contact information for personal physician, psychiatrist, psychologist and/or therapist.
- Please see page 10 for information about money, valuables and expenses.

CLOTHING/PERSONAL ITEMS

- Everyday casual clothing: layers for warm days/cool nights; comfortable walking shoes
- Swimming attire (one-piece suit)
- Exercise clothing and footwear for gym use
- Flat sole boots with heels preferable for safety (equine therapy, trail hikes, etc.)
- All personal hygiene items and toiletries (these are not provided by the facility). Hair care tools such as dryers and irons are welcome. Please see more information about personal items on page 10.
- You may bring your cell phone, but cell phones are handled conservatively, with minimal to no access permitted during treatment. Please see page 10 for more information about cell phones.
- You may bring your iPod, but please see page 10 for more information about iPods.

WHAT NOT TO BRING

- Weapons of any kind
- Alcohol or illicit drugs.
- Any food or beverages.
- Personal valuables (expensive watches, jewelry, personal items of high value, etc.)
- All items/valuables deemed nonessential to treatment will be inventoried and stored in our main office safe (e.g., wallet, money, keys, phone, etc.).
- Portable electronic devices such as CD/DVD players, video games, cameras, PDAs, laptops/computers, iPads/Kindles/tablets, etc. Computer access is available on-site.
- Magazines, newspapers or pornographic material.
- Clothing that is revealing or that has alcohol, sexual, derogatory or drug-related messages or logos.

Laundry machines are located on-site; detergents and softeners are provided. Notebooks and recovery-related reading materials will be provided. If you have a special comfort like a small blanket, stuffed animal or pillow that gives you a sense of home, please bring it along! Pictures of your loved ones are welcome as well.

what to BRING

Here are some guidelines to follow when packing for your time at **THE CANYON**.

PERSONAL ITEMS

Tobacco products are permitted at The Canyon, with clear guidelines and parameters for use. If you use tobacco products, please bring an adequate amount with you to cover your first week in treatment, as stores are not readily accessible nearby.

Bring all personal hygiene items and toiletries; these are not provided by the facility. Personal items can be purchased during your stay through weekly staff runs to CVS.

CELL PHONES

Cell phones are handled conservatively, with minimal to no access permitted during treatment. Your cell phone will be kept in our main office safe to be accessed at the discretion of your primary therapist **ONLY** for use as a resource (i.e., obtaining phone numbers). Patients use our house phone for personal phone calls, with permissions increasing through one's treatment.

ELECTRONICS AND BOOKS

iPods are permitted only if they are not equipped with cameras or Internet connectivity. Please preload your device with music, as you will not be able to obtain music through the Internet or remotely from a Cloud-based system during your stay. Use of your personal music device will be at the discretion of the treatment team.

Books unrelated to treatment are permitted upon approval by your primary therapist.

MONEY

Patients have the option of setting up an incidental account for purchases of different items during their stay (extra EMDR/massage/acupuncture/personal training sessions, books to supplement treatment, personal items needed from CVS, etc.). Standard program practice is to set \$2,000 aside for such items with a recommended minimum of \$500.

The program approves a maximum amount of \$200 to be released in cash at discharge. Any cash you bring with you into treatment beyond that amount will be added to your incidental account and will not be released to you at discharge.

Any unused incidental funds will be refunded within 90 days after discharge, following the reconciliation of your account.

**IF YOU HAVE ANY QUESTIONS,
PLEASE CONTACT OUR ADMISSIONS TEAM AT 310-457-1000.**

HEAL THE FAMILY

workshop

THE HEAL THE FAMILY WORKSHOP at The Canyon is about the healing of family relationships. We all grew up in a family system that was less than perfect. Many of us may not have gotten all the love, nurturing and respect that we needed and deserved. We did learn how to survive in life, sometimes in the face of great adversity. In the workshop, we come together, patients and family members, to heal the wounds that keep us from thriving in life, both individually and as families. This workshop brings understanding, acceptance, and forgiveness to the participants. This is achieved by experiential processes that engage the core issues of life: deeply held beliefs, feelings and healing our childhood wounds.

When you are suffering from mental illness and drug and alcohol addictions, you may struggle with not only the knowledge that something is wrong but also with the fear and worry brought on by this awareness. These problems are often characterized by bizarre behavior and unhealthy thinking. Not knowing the cause of these overwhelming episodes can be extremely upsetting both for you and for those close to you. Fear and shame are common and often occur in conjunction with the awareness that your experience is different than that of others.

An individual in despair wishes to be like everyone else and hopes that what makes him or her different will go away on its own. Family members who recognize that a loved one is struggling with addiction may also sense there are multiple layers to that suffering but are unsure of their perceptions and reluctant to broach the subject out of fear. Though challenging for both the individual and his or her family, acknowledgement of co-occurring addiction and psychiatric conditions is the first step in accurate assessment, treatment and successful recovery at a center like The Canyon. The many different approaches to healing can make the treatment decision a confusing experience. Historically, co-occurring disorders have been treated separately in nonintegrated services. While singular focus in treatment is beneficial for an individual with one condition, the failure to treat the co-occurring disorder in those with more than one condition may exacerbate the problem and prolong recovery time. Stability and meaningful recovery for the individual committed to change and healing is also delayed while time, hope and money slowly fade. Integrated treatment approaches for co-occurring disorders like those used at The Canyon provide the greatest likelihood of success for an individual suffering from drug and alcohol addictions and mental and emotional health issues.

THIS WORKSHOP WILL HELP YOU:

- Discover how families can better understand each other
- Create more effective ways of addressing issues as they arise
- Learn how to talk to each other so that each individual is honored
- Discover roles that family members play
- Experience yourself in the role of someone else for better mutual understanding
- Create a safe environment for communication
- Address past issues
- Build trust and heal old wounds
- Express feelings and learn skills for responding to others' feelings
- Reveal the underlying causes for addictive relapse
- Gain skills and understanding to help prevent future relapse
- Create an environment for positive lasting change

HEAL THE FAMILY WORKSHOP

program schedule

Friday

2 PM: Families arrive at The Canyon

3-4 PM: Welcome and orientation (families only)

4-4:30 PM: “The Family in Recovery” - An Introduction

4:30-5:30 PM: Process: “Stand the Line.” Process: “Guidelines for Clear Communications.”

5:30-7 PM: Dinner

7:30 PM: Resident and family introductions. Process: “My Story.” Stage of change and motivation

7:30-8 PM: Process: “How Do You Heal Addictions?”

8-8:30 PM: Didactic: “Behavioral and Biological Basis of Addiction.”

8:30-9 PM: Worksheet: “Family Dyads.”

Saturday

10-10:30 AM: Group sharing: “I’m In.” Process: “The Miracle Question.”

10:30-11:15 AM: The Family in Recovery. Process: “The Family Rules.”

11:15-11:30 AM: Break

11:30 AM -12:30 PM: Didactic: “Our Family System.”

12:30-1:30 PM: Lunch

1:30-2 PM: Didactic: “Karpman Drama Triangle Gestalt and Family Roles.”

2-3 PM: Process: “Communication Skills.”

3-3:30 PM: Break

3:30-5:30 PM: Process: “Family Dyads.”

5:30-7 PM: Dinner

Sunday

10 AM-12 PM: Relationships, Attachment & Affect Regulation: “Learning to Feel Good About Yourself.”

12-12:30 PM: Healing Trauma Discussion: CBT, Somatic Experience, DBT

12:30-1:30 PM: Lunch

1:30-2:30 PM: Process: “Somatic Activation and Self-Regulation.” DBT & SE.

2:45-4:45 PM: Family Constellation: “Creating a System of Support and Caring.”

5:30-7 PM: Dinner

EVIDENCE-BASED

90 DAY TREATMENT

The Canyon has a commitment to long-term recovery, which is why we encourage patients to stay with us for 90 days or more. Research has shown that programs with longer lengths of stay produce better treatment outcomes than those with shorter lengths of stay. We also provide continuing care through our nationwide outpatient programs. In nearby Los Angeles, The Canyon at Santa Monica is the ideal place to transition out of residential treatment while continuing the work of recovery in a holistic, restorative outpatient setting.

WHAT DOES RESEARCH SAY ABOUT STAYING IN TREATMENT LONGER?

Research from a variety of sources confirms that length of stay in substance abuse treatment is a strong predictor of treatment outcomes, with longer lengths of stay in treatment associated with lower post-treatment substance use rates (1). In addition, longer periods of treatment engagement are associated with lower readmission rates (2).

In the 1990s, the National Institute on Drug Abuse (NIDA) initiated a series of Drug Abuse Treatment Outcomes Studies (DATOS) to track treatment outcomes in the US. In 1997, one DATOS evaluation, “Treatment Retention and Follow-Up Outcomes,” (3) revealed the following:

- “The length of time clients stayed in treatment was directly related to improvements in follow-up outcomes, replicating findings from previous national treatment evaluations (DARP and TOPS)” (4).
- In long-term residential treatment, patients who stayed in treatment for 90 days or longer had “significantly better follow-up outcomes on a variety of criteria” than those who stayed for less than 90 days.
- In long-term residential treatment, those who had stayed in treatment for 90 days or more had “statistically significant” differences in outcomes compared to those who stayed for shorter periods of time. In the study, these differences were seen in “weekly cocaine use (36% vs 14%), heavy alcohol use (31% vs 11%), predatory illegal acts (23% vs 12%), sex-related HIV/AIDS risks (33% vs 26%), and unemployment on a full-time job (86% vs 71%).”

The Canyon at Peace Park provides an evidence-based 90 day rehabilitation program that is focused on motivation, engagement and effective therapies for sustainable recovery.

(1) DeLeon & Schwartz, 1984; Greenfield, Burgdorf, Chen, Porowski, Roberts, & Herrell, 2003; Simpson, Joe & Rowan-Szal, 1997). DeLeon, G. & Schwartz, S. (1984). Therapeutic communities: What are the retention rates? *American Journal of Drug and Alcohol Abuse*, 10, 267-284. Greenfield, L., Burgdorf, K., Chen, X., Porowski, A., Roberts, T., & Herrell, J. (2003). Effectiveness of long-term residential substance abuse treatment for women: Findings from three national studies. *American Journal of Drug and Alcohol Abuse*, 30, 537-550. Simpson, D. D., Joe, G. W., & Rowan-Szal, R. G. (1997). Drug abuse treatment retention and process effects on follow-up outcomes. *Drug and Alcohol Dependence*, 47(3), 227-235. doi: 10.1016/S0376-8716(97)00099-9

(2) Moos R.H. and Moos B.S. (1995). Stay in residential facilities and mental health care as predictors of readmission for patients with substance use disorders. *Psychiatric Services* 46(1):66-72.

(3) www.datos.org/adults/adults-retention.html. Last Revised: 14 December 2001.

(4) Hubbard, R. L., Craddock, S. G., Flynn, P. M., Anderson, J., & Etheridge, R. M. (1997). Overview of 1-year follow-up outcomes in the Drug Abuse Treatment Outcome Study (DATOS). *Psychology of Addictive Behaviors*, 11(4), 261-278.

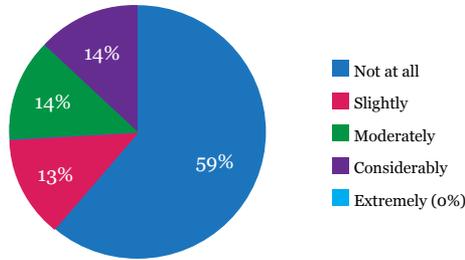
EVIDENCE-BASED

90 DAY TREATMENT

THE IMPACT OF MENTAL HEALTH SYMPTOMS ONE YEAR AFTER TREATMENT

The Canyon is a Dual Diagnosis Enhanced facility, meaning that we operate in the top 5% of treatment programs for our ability to treat co-occurring substance use and mental health conditions. Patients at The Canyon have the opportunity to participate in ongoing research interviews, which are conducted at intake and again at 30 days, six months and one year post-discharge. Data from 2012 shows that one year after leaving The Canyon, 59% of patients reported being completely free of mental health symptoms. On average, patients reported experiencing only four days of mental health symptoms during the 12th month after discharge. Reduced mental health symptoms are considered to support the likelihood of abstinence.

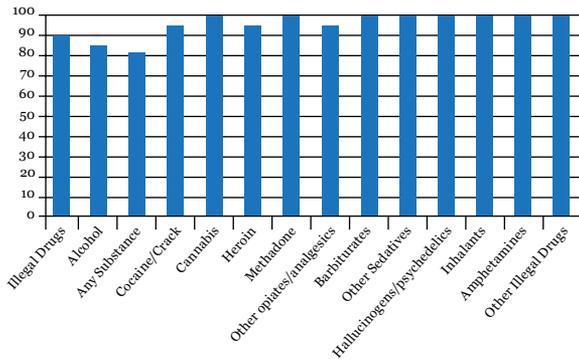
Percentage of mental health symptoms experienced at one year post-treatment



ABSTINENCE OUTCOMES ONE YEAR AFTER TREATMENT

In the same data set from 2012, 91% of patients reported being abstinent from all illegal drugs one year post-treatment. Even further, 95% of patients reported remaining abstinent from cocaine, opiates and heroin, and 85% of patients reported remaining abstinent from alcohol. To compare, the national average for abstinence at the one year mark, based on traditional treatment program outcomes, is only 30%.

Percentage of patients reporting abstinence one year post-treatment



The above data is the result of follow up interviews conducted with patients approximately 1 year (+/-30 days) after discharge. The data was collected during the 2012 calendar year. Response rate was 51%. Respondents were asked if they had used any of the above substances in the 30 days prior to the interview. Therefore, the results represent the 30 days prior to the 1 year after discharge interview. The process utilizes the Addiction Severity Index (McLellan, A. A. [1992]. A New Measure of Substance Abuse Treatment: Initial Studies of the Treatment Services Review. Journal of Nervous and Mental Diseases, 180, 101-110) a standard instrument used to assess the intensity and severity of substance abuse disorders and other social factors related to addiction.

HOPE & HEALING

Acknowledgement of co-occurring conditions allows for awareness, understanding and the opportunity for change. Education and research on conditions that affect the body, mind and spirit provide hope to those who experience a sense of hopelessness and helplessness. If the dually diagnosed individual is not ready for change, acknowledgement of the conditions by loved ones will nonetheless help to create an environment conducive to future wellness and healing. The professional staff of The Canyon stands ready to help those struggling with co-occurring disorders to devise a course of treatment that will best suit the individual's and family's needs.

