



## Foundations Los Angeles

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FoundationsLosAngeles.com

### What's Unique About Foundations Los Angeles at Encino?

Located just northwest of the bustling heart of the city, Foundations Los Angeles at Encino caters to the unique needs of this fast-paced community with its convenient and comprehensive outpatient center. We provide treatment and recovery support targeted to individuals with co-occurring addiction and mental health concerns. From free, confidential assessments to consulting psychiatry services, we meet each person right where they are and create a plan to help them move forward in health.

### Specialized Programs at Foundations Los Angeles at Encino

#### Integrated Treatment

*When co-occurring addiction and mental health issues are treated concurrently, individuals are much more likely to achieve and maintain a healthy, balanced lifestyle. We offer integrated treatment using evidence-based methods for the best chance of long-term success in recovery.*

#### Holistic Options

*At Foundations Los Angeles at Encino the hard work of recovery is softened by our yoga, acupuncture, massage therapy and music therapy offerings. Meditation and mindfulness practices are also emphasized so that patients can experience recovery through therapeutic reflection.*

#### Intervention Assistance

*Our five-step intervention method provides a proven protocol of education, action and healing in a respectful and non-confrontational manner. We work with our patients and their families to ensure that they find the right interventionist and that there is total understanding of the treatment process.*

#### Continuum of Care

*Our comprehensive array of services includes confidential assessments, physician-directed medication management, a diverse schedule of therapies, integrated educational sessions and holistic approaches. Everything we do is based on a continuum of care.*

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### About Foundations Recovery Network

Foundations Recovery Network is the premier provider of integrated treatment for addiction and co-occurring mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to effectively address dual disorders. Outcome data demonstrate that FRN patients are more than twice as likely to maintain sobriety one year post-treatment when compared to those who attend traditional programs. The Foundations family of treatment facilities includes residential centers located in California, Georgia, Tennessee and Michigan as well as outpatient centers located in California, Georgia, Tennessee, Michigan and Illinois.

# Quick Guide to Foundations Los Angeles at Encino

The foundation of our program is a continuum of individual and group therapies, integrated educational sessions, case management and holistic approaches. Employing Dialectical Behavior Therapy, Cognitive Behavioral Therapy and other proven methods, we walk with patients using a stages-of-change approach. As you gain knowledge about the addiction process and yourself, you are given the tools to help achieve your personal recovery goals.

## Our Patient-centered Care Philosophy

*As part of Foundations Recovery Network (FRN), Foundations Los Angeles at Encino has a commitment to focus on patient-centered care, a philosophy of treatment that emphasizes the needs, personal goals and long-term success of the individual. In 2011, FRN was given the James W. West Quality Award for our Patient-centered Care Initiative.*

## Features & Amenities

- Centrally located west of Los Angeles, with easy access from the 10 and 405 freeways
- A full program of holistic services performed on site including massage, expressive arts, yoga, acupuncture, chiropractic care and nutrition consultation
- Partnerships with local sober living homes

## Treatment Services

- Customized care plan focused on the unique needs of each individual
- Comprehensive addiction assessment and consulting psychiatry services
- Individual sessions with a board-certified consulting psychiatrist specializing in co-occurring disorders
- Primary therapy with a licensed mental health professional
- Specialty groups including those that focus on trauma resolution, healthy relationships, mood and anger management, life skills and more
- Motivational Interviewing using a stages-of-change approach
- Mindfulness and Dialectical Behavior Therapy groups
- Medication management directed by consulting physicians
- Relapse prevention and 12-Step modality groups
- Weekly aftercare groups and continued alumni support
- Vocational counseling, educational assistance and professionals group
- Couples and family counseling, including monthly family weekend events and educational healing programs
- Specialty and process groups meeting the needs of a diverse population (anger management, 12-Step meetings, psychoeducational groups and more)
- Recovery planning for relapse prevention and long-term success



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