



# The Canyon at Santa Monica

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CanyonSantaMonica.com

## What's Unique about The Canyon at Santa Monica?

The Canyon at Santa Monica is a center for recovery and healing. In addition to traditional recovery services, The Canyon provides a supportive environment where patients can drop in to work on life skills and seek support wherever they are in their recovery. Our unique treatment approach engages the whole person in the healing process and encourages loved ones to be involved in treatment in order to build a solid foundation for lasting recovery.

## Specialized Programs at The Canyon at Santa Monica

<b>Integrated Treatment</b>	<b>Experienced Staff</b>	<b>Convenient Location</b>	<b>Partnerships and Collaboration</b>
<i>The Canyon staff is fully cross-trained in the principles of treating addiction and addressing co-occurring mental health issues. Our integrated treatment program is evidence-based and proven by research to increase the chances of long-term recovery.</i>	<i>Each patient is matched with a primary therapist with expertise in his or her specific area. Our staff includes master's and doctoral level clinicians and group facilitators. Patients can participate in individual &amp; group therapy sessions and life skills classes integrated with traditional and Eastern 12-Step principles.</i>	<i>Conveniently located between Santa Monica and West LA with easy access from the 10 and 405 freeways, The Canyon at Santa Monica's outpatient program serves those stepping down from high intensity services as well as patients from the community at large.</i>	<i>Some patients have been supported by individual therapists, family therapists, life coaches, interventionists, Employee Assistance Program providers or legal support prior to their admission. The Canyon team will work with the individual to maintain these supportive relationships for successful, lasting recovery.</i>

## About Foundations Recovery Network

Foundations Recovery Network is the premier provider of integrated treatment for addiction and co-occurring mental health concerns. Our time-tested model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are more than twice as likely to maintain sobriety one year post-treatment compared to those who attend traditional programs. The Foundations family of treatment facilities includes residential treatment centers located in Malibu, Palm Springs, Memphis and Sautee, Ga., as well as outpatient centers located in Palm Springs, Memphis, Santa Monica, Nashville, Atlanta and San Francisco.

# Quick Guide to The Canyon at Santa Monica

## Features & Amenities

- A full program of holistic services, such as yoga, massage and acupuncture
- Individual case management support and coordination
- Partnerships with local sober living homes, psychiatrists and therapists
- Collaboration with local and national mental health and substance use treatment providers
- Compassionate care in a nonjudgmental setting
- Client resources center available for Internet access on site

## Our Patient-Centered Care Philosophy

*As part of Foundations Recovery Network (FRN), The Canyon at Santa Monica 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.*

## Treatment Services

- Integrated outpatient treatment for substance use and co-occurring mental health issues, such as depression, anxiety, bipolar disorder, pain issues or psychological trauma
- Customized care plan focused on the unique needs of each individual
- Intervention assistance
- Psychiatry services available
- Primary therapy with a licensed mental health professional
- Full panel drug screening upon admission and periodic random drug tests
- Alumni program and nationwide Heroes in Recovery community
- Expressive arts therapy

## Clinical Program

- Motivational Interviewing using a stages-of-change approach
- Somatic experiencing
- Dialectical Behavior Therapy skills
- Vocational counseling and educational assistance
- Specialty and process groups, including women's issues, men's issues, life skills training and couples and family counseling
- Educational programs and lectures
- Relapse prevention planning, 12-Step modality groups and a weekly aftercare group for continued support



*The Canyon at Santa Monica*

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