Spencer Recovery Centers, Inc.
Laguna Beach, CA

JCAHO Accredited

www.spencerrecovery.com

Thank you for taking an interest in our drug and alcohol rehabilitation program!

Spencer Recovery is located in the beautiful coastal city of Laguna Beach, California. We have been successfully helping people recover from the use of drugs and alcohol for twenty-five years.

Spencer Recovery Centers was founded by Mr. Christopher Spencer in 1984. His vision was to create a treatment program with a unique atmosphere and a comfortable setting so that his clients could associate positive feelings with sobriety. Two years later in his career, Mr. Spencer helped establish a county funded dual diagnosis program called River Community Treatment Center which catered to people that could not afford a private treatment program and did not have health insurance.

With his own experience with an alcohol dependency, knowledge of Twelve Step Recovery and his mission to serve others struggling with a chemical dependency, Mr. Spencer has developed a top notch treatment program with an exceptional team of professionals to aid you on your road to recovery.

Spencer Recovery Centers offers a broad range of treatment options, accommodations and specialized treatment tracks. Our main focus is to design a treatment program that caters to each patient and their needs.

All patients at Spencer Recovery Centers receive intensive group therapy sessions, relapse prevention, drug/alcohol education, family therapy, individual therapy sessions, nutrition counseling and a physical exam. Follow up care and extended care is also offered.

Our treatment program is designed to help a person achieve the following:

1. Establishing long/short term goals
2. Mental stability
3. Emotional Growth
4. Spiritual growth and well being
5. Engage in twelve step work
6. Learn how to live a clean and sober life
7. Learn how to enjoy yourself in sobriety
8. Establish a sober support system
9. Nutrition/fitness/healthy lifestyle
10. Make plans for a healthy and safe transition back into everyday life (extended care, out/patient, Twelve Step Meetings, sober living environment)

Enclosed is a small information packet which we hope will answer most questions, but please feel free to call our 24 hour admissions department at 800-334-0394.

STAFF

Dr. Mashallah Ezzati, M.D. - Certified Addiction Medicine Specialist

Linda Smith P.A. ï Physician Assistant

Carol Coleman, CATC II ï Family Therapist

Christopher Sullivan, C.A.C. ï Addictions Counselor

Yianna Dereschuk ï Registered Dietician

Larry Craig, C.A.D.C.A - Counselor

Nancy Wilson, C.S.A. ï Counselor

Patrick Jarzombek, R.R.W. ï Counselor

Cindy Nichols, C.A.D.A.C., N.C.I. - Head Admissions Counselor

Gene Garcia, RRW ï House Manager, Chef

Doug Bergen B.A. ï Medication Supervisor

Gabe Hynes ï Utilization Review Coordinator

Lindsay Dussaigne ï Business Manager

MAIN HOUSE- DAILY SCHEDULE

SPENCER	**RECOVERY**	**CENTER**	**PATIENT**	**SCHEUDLE**		
MONDAY	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00	7:00-8:00
House	House	House	House	House	House	House
Meeting	Meeting	Meeting	Meeting	Meeting	Meeting	Meeting
9:00	9:00	9:00	9:00	9:00	9:00	9:00
Rm.Check	Rm.Check	Rm.Check	Rm.Check	Rm.Check	Rm.Check	Rm.Check
10:00-11	10:00-11:	10:00-11	10:00-11	10:00-11	10:-11:30	11:00-12:00
Education	Education	Nutrition	Education	Lifeline	Family	Lifeline/
Process	Process	Group	Process		Group	Process
Group	Group		Group			Group
11:00	11:00	11:00	11:00	11:00	Noon	12:00
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
11:30	11:30	11:30	11:30	11:30		12:00-4:00
Boot Camp	Walk	Boot Camp	Walk	Boot Camp		Family/ Free time
1:00-2:00	1:00-2:00	1:00-2:00	1:00-2:00	1:00-2:00	1:00-2:00	
Step One	Step One	Step One	Step One	Education	Beyond	
Group	Group	Group	Group	Group	Treatment	
2:05-3:00	2:05-3:00	2:05-3:00	2:05-3:00	2:05-3:00	2:05-4:30	
Beach	Beach	Beach	Beach	Beach	Freetime	
3:30-4:30	3:30-4:30	3:30-4:30	3:30-4:30	3:30-4:30		
Lifeline	Lifeline	Lifeline	Lifeline	Education		
4:30	4:30	Option group 4:30	4:30	4:30	4:30	4:30
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:00-7:30	5:00-7:30	5:00-7:30	5:00-6:30	5:00-6:30	5:30-9:00	5:00-7:30
Chores	Chores	Chores	Chores	Chores	Outside	Chores
Freetime	Freetime	Freetime	Freetime	Freetime	Meeting	
7:30-8:30	7:30-8:30	7:00-9:30	6:30-8:00	6:30-7:30		7:30-8:30
AA panel	Book study	Outside meeting	Family group	NA panel		Book study
8:30-9:30	8:30-9:30		8:30-9:30	7:30-9:30		8:30-9:30
Storewalk/ Freetime	Storewalk/ Freetime		Al-Anon Panel	Storewalk/ Freetime		Storewalk/ Freetime
9:30	9:30	9:30	9:30	9:30	9:30	9:30
Wrap up	Wrap up	Wrap up	Freetime	Wrap up	Wrap up	Wrap up
11:00	11:00	11:00	11:00	11:00	11:00	11:00
Lights out	Lights out	Lights out	Lights out	Lights out	Lights out	Lights out
SPENCER	**RECOVERY**	**CENTER**	**PATIENT**	**SCHEUDLE**		
MONDAY	TUES.	WED.	THURS.	FRI.	SAT.	SUN.

ADD/ADHD TRACK

The ADD/ADHD Track at Spencer Recovery Centers addresses both ADD/ADHD issues as well as chemical dependency issues. There is significant research showing that ADD/ADHD and chemical dependency have direct correlations. Thus far, it is important to address both issues to support a healthy and productive recovery process. The following services are included in the ADD/ADHD Track:

- Full psychiatric evaluation- scheduled within the first week of treatment (when schedule permits)
- One individual counseling sessions per week with a certified chemical dependency counselor
- Two individual counseling sessions with a certified specialized counselor per week to focus on ADD/ADHD
- Follow-up appointments with psychiatrist may be necessary (not included in the cost for ADD/ADHD Track)

Psychological Services Track

(*For clients dealing with a psychiatric condition as well as a chemical dependency*)

The Psych Track at Spencer Recovery Centers addresses both psychiatric issues as well as chemical dependency issues. Spencer Recovery understands that many people have more than just a chemical dependency problem and may require additional counseling and services to help deal with those issues.

- Full psychiatric evaluation- scheduled within the first week of treatment (when schedule permits)
- One individual counseling sessions per week with a certified chemical dependency counselor
- Two individual counseling sessions with a certified specialized counselor per week to focus on psych issues
- Follow-up appointments with psychiatrist may be necessary (not included in the cost for Psych Track)

Grace Track for Christians

This service is an optional service.

The Grace Track upgrade includes the following:

- Two Christian group therapy/Bible study sessions (per week) led by a Registered Counselor. Sessions focus on the Life Recovery Bible.
- Participation in The Effect, a faith community recovery ministry
- Gene Garcia as the Christian counselor. This includes one private session per week.

Grace Track Materials:

The Life Recovery Bible (c.1998, by Tyndale House Publishers, Inc.)

- New Living Translationð a general purpose translation that is accurate, easy to read, and excellent for study. This translation is based on the most recent scholarship in the theory of translation. Featured are 60 recovery profiles and various recovery themes. Readings are from both the Old and New Testament. The Life Recovery Bible features three devotional reading plans:

  - Twelve Step Reading Devotional Plan: 7 readings for each step, totaling 84. Topics include ñGiving Up Controlò, ñMaking Restitutionò, and ñMaking Peaceò.

  - Recovery Principal Devotional Reading Plan: 56 total readings, including topics such as Faith, Accountability, Love, Peer Pressure, and Forgiveness,

  - Serenity Prayer Devotional Reading Plan: 30 total readings with topics such as Acceptance of consequences, Negative associations, Hatred and bitterness, and Living one day at a time.

Spencer Recovery Centers, Inc.
Price List

Laguna Beach, CA – Main House

PRIMARY CARE:

Main Facility – 1316 South Coast Highway Laguna Beach

$15,700 ï 28days shared room

prices do not include detoxification or secondary tracks

EXTENDED CARE:

The prices below apply only to the second and third month of treatment at Spencer Recovery Centers and include a discount for participating in our volunteer program. (1 month = 28 days)

**An additional cost of $1400 will be charged if client does not participate in the volunteer/intern program during Extended Care*

$5,700 ï 28days shared room

Additional Services:

** Ask your intake counselor for more details*

Detoxification: $3,700
Psych Track/ADHD Track: $2,700
Grace Track for Christians: $1,000
Coaching: $1,000 per day

Extended Care and Intern Program

SRC - Laguna Beach Facilities

The Extended Care and Intern Program is designed to assist clients with a smooth transition from a restricted residential level of care to a less restrictive environment. The Extended Care and Intern Program focuses on community integration skills, work skills and ongoing healthy sober living.

The following services are included in SRCôs Extended Care and Intern Program:

- One private counseling sessions per week with an addictions counselor
- One group therapy session per day
- Sober living accountability groups (at least 4 sessions per week)
- One relapse prevention group per week

The following are the requirements for each client participating in SRCôs Extended Care and Intern Program. Failure to meet ANY of the following requirements will result in a transfer to a higher level of care:

- Must attend one scheduled private counseling sessions per week with addictions counselor. 24 hour notice must be given for a cancellation of a private session.
- Must attend one group therapy session per day
- Must attend one outside Twelve Step meeting per day
- Must attend one relapse prevention group per week
- Must attend scheduled sober living accountability groups when intern schedule permits
- Must acquire a sponsor or temporary sponsor within the first seven days of admission to Extended Care
- Must follow all house rules which are read and signed at time of admission to Extended Care
- Must actively participate in the Intern Program and show up for scheduled hours
- Must consent to random drug screens

Family Program

Family involvement is important part of our treatment program. We have put together a family weekend which includes counseling, group therapy and lodging. If you are interested in taking part in our family weekend, please let your intake counselor know so we can schedule your therapy and lodging.

This includes:

-Family Group ï
Saturday Morning 10:00am-12:00pm group therapy session

- Family Seminar
Saturday Afternoon 1:00-2:00pm

- Private counseling session - with counselor, family and client (for an additional cost)

Spencer Recovery Centers, Inc.

Here is what you need to bring with you:

- Clothing- Feel free to pack light because washers, dryers, and detergent are available for use. Please note we do not have space to store excess items brought in to treatment so please conservative in regards to the overall amount of clothes brought.
- A beach towel ï to be used on the beach if you would like to take part in our beach walks (once the detoxification process is over)
- Current medication ï our physician will need to evaluate the current medications to effectively provide a detoxification protocol (if needed). Any medication discontinued by SRCôs physician detoxification or treatment purposes, will be discarded
- Exercise clothing (exercise is optional)
- Toiletries-
- **Insurance Card- (*Even if you are not using your insurance to pay for treatment services)***

You may bring:

- Books
- Music player with headphones
- Snacks (Although, you donôt need to bring much. We do go to the store daily.)
- Laptop/cell phone - ** certain rules for computers and cell phones apply. Please ask your intake counselor for more details. We do not allow the use of a cell phone or laptop for the first 14 days of treatment however this is up the counselorôs discretion.

What NOT to bring:

- Mouthwash
- Perfume
- Anything with alcohol in it

Making Travel Plans to Spencer Recovery Center in Laguna Beach, CA

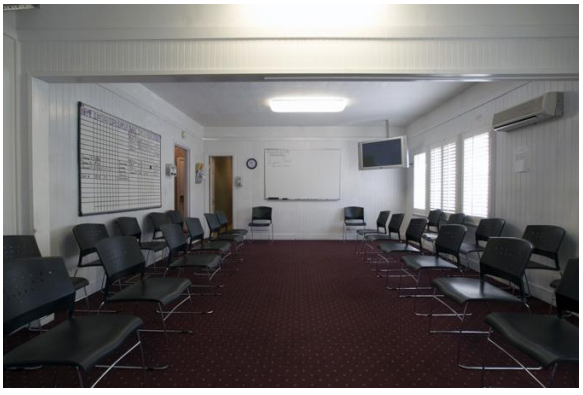
If you are making travel arrangements, please use the following airports:

#1 (top preference) John Wayne/Orange County

#2 Ontario

#3 Long Beach

#4 Los Angeles

You are welcome to use our travel agent if you do not want to book flights yourself:

24/7 Travel: (714) 905-4802