



Channel Islands  
Rehab

Ventura County's  
**Premiere  
Drug and Alcohol  
Treatment Facility**



Call Now to Speak Confidentially with an Admissions Counselor  
866-778-8065



# Natural Beauty, Caring Professionals

**Channel Islands treatment center**, located just a block from scenic Silver Strand Beach in Ventura County, California, offers an unrivaled setting for recovery. Our boutique facility combines a proven, comprehensive program set against the backdrop of soft ocean breezes and gently breaking waves that cool and calm your senses. The Channel Islands staff consists of highly respected professionals who work tirelessly to ensure your comfort and help you to regain your health. Our gourmet chefs prepare exquisite meals, designed to satisfy your appetite while providing the perfect nutritional balance.

Every detail, including scheduled physical activities that energize your spirit and further your lasting recovery, is addressed by your team of compassionate professionals so that you can focus on becoming whole once again.





# A Road to Lasting Recovery

In a world of many treatment choices, **Channel Islands Rehab** stands out for its total commitment to your lasting recovery. Our years of hands-on experience and extensive clinical research have led us to develop a program called **The Total Immersion Method**. From that first moment when you speak to a Channel Islands representative, you begin to understand what makes this method so different – and so effective. You are instantly impressed by the care and compassion that sets the tone for your treatment...reassuring traits that continue throughout your stay and beyond.









# The Total Immersion Experience

The **Channel Islands Total Immersion Method** revolves around you, and it continues to strengthen as we get to know each other and begin to establish that all-important bond of trust. Our method employs recent innovative advances in medically-assisted detox and treatment, evidence-based modalities, specialized individual treatment plans, scientific neurobiology, humanistic therapies and a unique Family Program that has earned accolades from clients and their families. Complementing these vital treatments and therapies is our powerful, unwavering ring of support. Through these collaborative efforts, we help you to uncover the underlying issues of your addiction. Our ultimate goal is for you to leave the facility strong and confident, with a practical plan for lasting recovery.

## Levels of Care

- Medically Assisted Detox
- Medicated Assisted Treatment
- Residential Treatment

## Addictions Treated

- Opioids
- Heroin
- Alcohol
- Amphetamines
- Metamphetamines
- Benzodiazepines
- Barbituates
- Cocaine

## Dual Diagnosis

In every case, we treat the root cause, the addiction and any co-occurring disorders, with tools that allow us to accurately measure your progress toward lasting recovery. Our highly trained team of Medical and Clinical professionals understands how co-occurring disorders affect you and how they interfere with your ability to function and relate to others. We also recognize how these disorders get in the way of treating your addiction and how they interact with each other. That is one of the reasons we developed the **Total Immersion Method**, so that we can treat both the co-occurring disorder and with the addiction to get you the lasting recovery you deserve.

- Depression
- Post Traumatic Stress Disorder
- Social Phobia
- Trauma
- Generalized Anxiety Disorder
- Bipolar Disorder
- Personality Disorders

# Evidence-Based Treatments

## Cornerstone of the Total Immersion Method

Together with our excellent support team is a wide range of proven, evidence-based therapies and treatments to help make you well again. They work individually and in concert with each other, to magnify positive outcomes.

### Therapies

- Biofeedback/Interpersonal Neurobiology
- CBT
- DBT
- Group Therapy
- Hemi-Sync Sound Therapy
- Humanistic Therapies
- Internal Locus Control
- Relapse Prevention
- Self-Hypnosis







# Your Comfort, Our Compassion

Once you make the decision to end the insanity of addiction and you talk with someone from our warm, compassionate team, you will realize what an excellent choice you have made. It will become immediately clear that, in addition to successful treatment methods and experienced professionals, we are people who genuinely care about you and who are totally invested in helping you permanently recover. Bonds of trust and understanding will immediately develop between you and our staff, as many of us have walked in your shoes and we will be with you every step of the way to lasting recovery. Plain and simple, we want to give you your life back, without drugs or alcohol, so you can share that new life with family and beloved friends.

## Living Well, Getting Better

As a boutique residential treatment center, Channel Islands Rehab offers the kind of personal care that is so vital to real recovery. Our ideal location, just a block from the beach, offers wonderful opportunities to soak in the soothing salt air, enjoy meditative walks and embrace the vast beauty of an ocean setting. In short, it is the perfect place to reconnect and to get in touch with yourself. Our brain-based, evidentiary treatment methods add another important dimension, enabling you to better understand addiction and make lasting inroads toward a clean and sober life.

Our comforting and delicious cuisine is prepared by our gourmet chef whose joyful demeanor and unmistakable talents make dining a highly anticipated event. Every meal is nutritionally balanced and served family-style, creating a welcome setting that is the heart of the home. Your comfort and good health are the focus of dining experiences here, and we encourage eating together to develop social skills and unity in your journey to recovery.

Every element of our friendly facility is designed to further your growth as a confident, well-rounded individual. Our various humanistic and experiential therapies include:

- Aromatherapy
- Art Therapy
- Equine Therapy
- Mindfulness and Meditation
- Music Therapy
- Paddle Board Therapy
- Recreational Therapies
- Water Activities
- Yoga



## The Value of Family

Addiction is a family disease that touches those closest to you. So our Total Immersion Program includes your loved ones, who learn what you have been battling and how to heal from your addiction. Part of that learning experience involves our Sunshine Club, a dual-track, curriculum-based program for families with children. Its focus is to help your children cope with family situations, feelings, choices and self-esteem. The idea is to teach them resiliency and to build strength within the family as a whole. This not only adds stability to their present lives, but helps to lower their risk for future behavioral and substance-related problems. Our ultimate objective is to bring you and your loved ones back together again as a loving family unit.

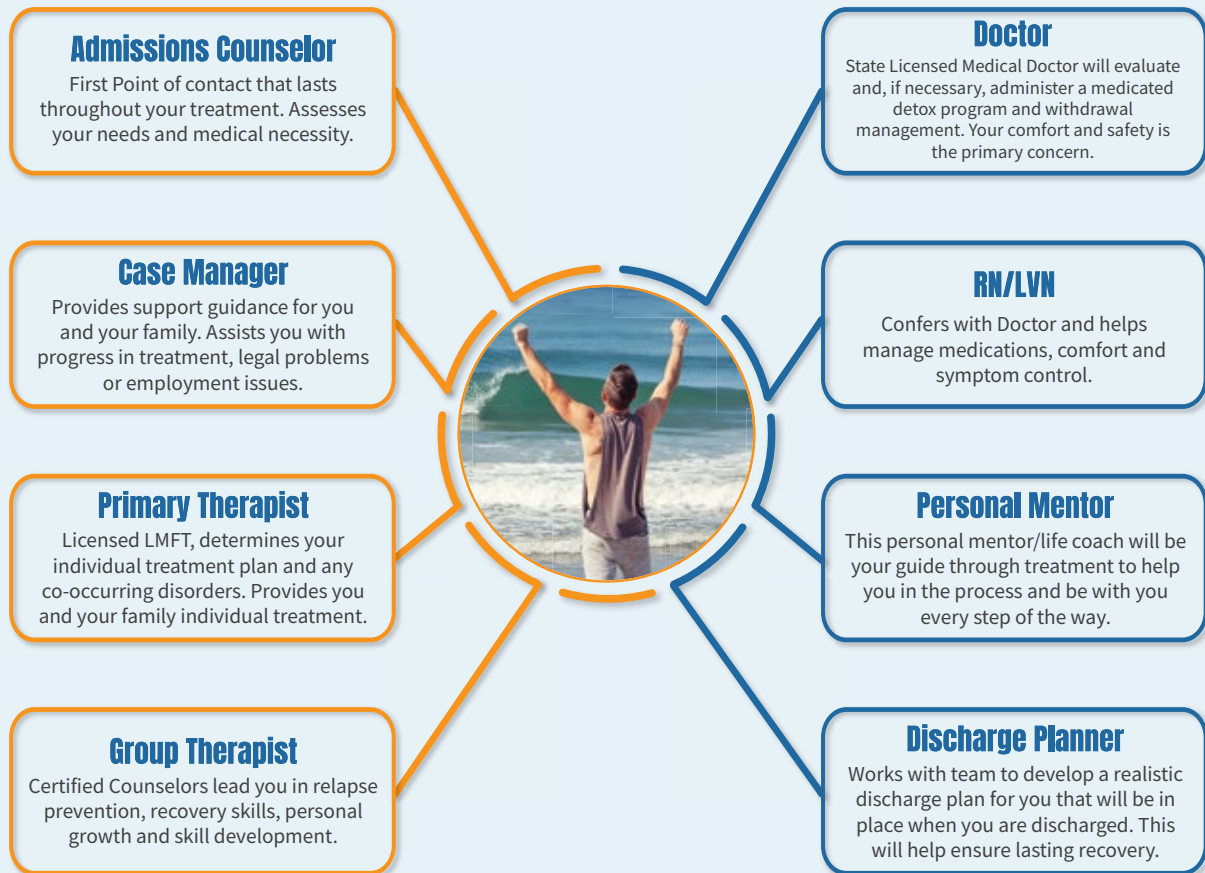


## Alumni – Your Final Step to Recovery

We start planning your successful discharge from our care early on, and we work with you to develop a plan that you can count on to help support your newfound freedom from drugs and alcohol. A key component of this support is our Alumni Program, in which we remain in constant contact with you to make sure your recovery is strong and your support solid. It is our greatest joy when you come back to visit with us and share your positive hopes for your new life filled with love and freedom.



# Immersive Support



# With You Every Step of the Way

**The Total Immersion Method** is a true mode of proven therapies that surrounds you with compassionate professional care. Every step of the way, from the moment you walk in till the day you confidently walk out the door and beyond, our team of experts is there to offer guidance, empathy and encouragement.



# Our Supportive Alliance With You

We understand what a difficult decision seeking a higher level of care can be. That is why throughout your treatment, upon your approval, your family, therapist or doctor will be constantly communicated with as to your progress in treatment. This is key to having the support that you will need upon discharge. Our experience has shown that, after treatment, having a supportive structure surrounding you will help give you lasting recovery.

## Our Commitment To You

By picking up the phone you will be making one of the best decisions of your life. Our compassionate and caring staff are standing by to help you; you are not alone. Our commitment to you is that you will not find a staff more dedicated to helping you achieve lasting recovery. It is our sole goal. You will instantly know that you made the right decision for yourself and your family.









# **Lasting Recovery Begins Here**

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