



CLIFFSIDE MALIBU

The Finest Treatment Anywhere

Why choose the Cliffside Malibu addiction treatment center? The answer is simple. We want you to go to treatment once and recover for good. Here are 4 things that set us apart from other treatment centers:

- ◆ We recognize the root cause of addiction as pain/trauma; most other treatment centers don't address this
- ◆ We use the Stages of Change Model as the foundation for our psychologically based treatment endorsed by one of the world's leading psychologists.
- ◆ We use individualized, holistic therapies in conjunction with psychotherapy.
- ◆ Our industry-leading professionals are equipped to address co-occurring disorders such as depression, anxiety, ADHD, PTSD and others.

As seen on:



JCAHO Accredited
The Highest Treatment Standards



Proud
Member of



Cliffside Malibu employs a three-fold approach to addiction treatment that creates the foundation for lasting recovery.

1
ONE

We employ intensive one-on-one psychotherapy using the Stages of Change model.

2
TWO

We complement intensive therapy with carefully chosen, evidence-based holistic treatments.

3
THREE

We employ the first two tools together to create changes in the brain consistent with the ways neuroscience research suggests addiction can be overcome.

Together, this treatment protocol is synergistic, creating treatment outcomes that are more effective than any individual part on its own.



- ◇ Stages of Change Model
- ◇ Complementary Whole-Health Therapies
- ◇ Individualized Treatment Plans
- ◇ Evidence-Based Treatment
- ◇ Interpersonal Neurobiology
- ◇ Family Involvement

The atmosphere and treatment at Cliffside Malibu have been designed to provide everything required for a full recovery from addiction. Yet, this is not a hospital. We do not believe that you have a disease or need to be treated as if you have a “chronic illness.” Rather, we know that you can completely overcome addiction and live the life of your dreams.

Commitment to Your Recovery

Cliffside Malibu has distinguished itself among treatment centers for its true commitment to your recovery. We have created a safe, comfortable home to remove every distraction we can for you and enable you to focus on reclaiming the life you deserve.

A Typical Day

There is no “typical” day at Cliffside Malibu, because every person receives a personal treatment plan. You will certainly spend a great deal of time with your personal psychotherapist, in carefully selected groups and participate in complementary therapies as needed.

Staffing

Our staff to resident ratio is 4:1. We have more staff than residents so that we can provide for the varied needs that residents have. We employ industry-leading professionals who are compassionate, empathetic, and understand the recovery process.

Psychotherapy

Unlike other treatment centers, we provide each resident with his or her own personal therapist. Residents and psychotherapists interact almost daily.

Your Cliffside Malibu “Home”

We want our residents to feel like they are staying in a high-end boutique hotel, with all their needs met so that they can focus on their recovery. Our rooms all have Wi-Fi and 1000 thread count Egyptian cotton sheets, as well as many other luxurious amenities.

The goal of treatment is to create within you the skills and ability to remain clean and sober at home – in your life with the people you love and who love you. Our sincerest commitment is to help you maintain your recovery, without relapse, at home. We will go to any length to assist you. As committed as you are to your recovery, so are we.

Before Returning Home

Before you return home, you will work with your personal therapist to uncover the triggers and difficult situations or people that are most likely to cause you to want to relapse. You will also create contingency plans for unexpected situations.



Your Aftercare Plan

This is the plan that your therapist will put together with you to create the opportunity for success in life after treatment. This plan is completely individualized to match your personal needs. No matter what your needs, we will help you find all the resources and support you require to maintain your recovery after treatment.



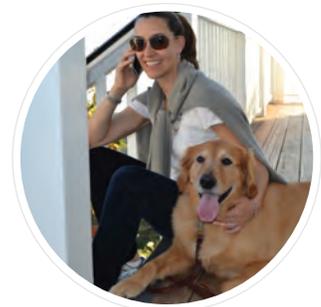
Going Home

We are here for you! In addition to the support you will receive from those professionals overseeing your aftercare plan, we have an entire department for alumnae relations – to help you overcome unforeseen obstacles that come up in your path.



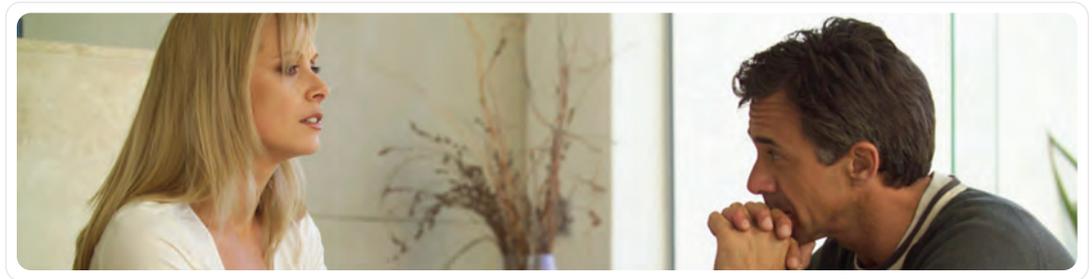
An Ongoing Relationship

Your relationship with Cliffside does not end when you walk out the treatment center doors. We are only a phone call or email away, ready and waiting to help you until your recovery is so firmly entrenched as a way of life that you can't imagine losing it, no matter what difficulties life throws your way.



So You Think You May Be an Addict

The best thing that can happen to you right now is to know that you have a problem with addiction and recognize that you need help. We know where you are and understand the pain you're in, many of us first-hand. We also know that you're not a bad person. You're a person who needs help, love and support. You deserve to recover, to lead the best life you can. Happiness and joy can be yours, if you get into and stick with the recovery process.



The life of your dreams awaits.

You're looking at this brochure because someone you love is addicted to drugs or alcohol. They may be depressed, anxious, traumatized or suffering from another psychological disorder in addition to addiction. Your loved one may have become distant with you or violent. He or she may lie or steal. You're worried because you realize that death is nearer than your loved one thinks.

There is hope. We are here to help.

For Family

If needed, we will help you find the treatment and support you need to help your loved one recover. We provide top-notch interventions to get your loved one into treatment. We call this "loving" the addict into recovery. We'll also involve you in the treatment process so that you can work out family issues and be involved in after-care opportunities to allow your loved one the best chance of long-term recovery.

For Parents

No matter how far down it seems your son or daughter has sunk, there is hope. For those who complete all three levels of our treatment program, more than nine out of ten remain sober for at least one year after entering treatment. Whenever possible, we involve family members in the addict's recovery process, so that everyone can begin to rebuild broken relationships. Our goal is to create a foundation upon which your son or daughter can live a happy, healthy, productive life. We can help you navigate that terrain.

For Partners/Spouses

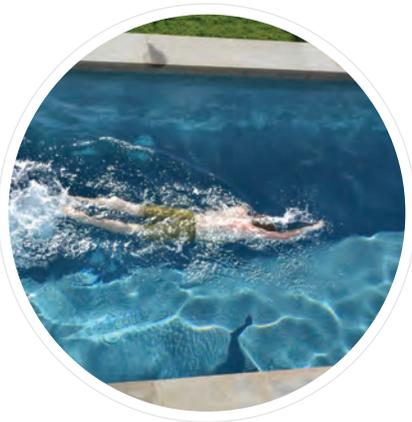
If you have chosen to stay in the relationship, at least for the time being, your role will be pivotal in your spouse's recovery. Your spouse will depend upon you to be a source of encouragement and support. Though it will take time to rebuild the trust and rapport that was damaged by substance abuse, a new, healthier, strong relationship can rise from the ashes of addiction.

You probably need help too. It will be important to understand your own enabling behaviors and to get the assistance you need to be a positive model of healthy living when your loved one returns home from treatment.

For Friends

Friends are often as important as family during the recovery process. Those individuals who are not blood relatives, but are devoted supporters of a client's recovery are sometimes included in the treatment process. Certainly, those friends who are not using addicts themselves can be a very strong part of the aftercare process. We encourage clients to mend broken friendships and learn to be honest and open with the people who love and support them.

Located north of Zuma Beach, Cliffside Malibu sits on two acres overlooking the Pacific Ocean. Our facility is far removed from the noise and intrusions of Pacific Coast Highway, providing an oasis for those engaged in challenging personal work. Our property features beautiful architecture and décor that provides for sea breezes and abundant natural light, stunning views that on a clear day extend to the Channel Islands, and modern amenities such as a fully equipped gym, plasma TVs and wireless Internet access. This is one of the most luxurious settings you will find for primary treatment or extended care.



Some of the amenities you will enjoy at Cliffside Malibu are a heated lap pool and sun deck, private rose and meditation gardens, nutritious meals provided by a professional chef and served in an informal dining room with 180 degree panoramic ocean views, and luxurious bedrooms with hardwood floors, top-quality bed linens, boutique soaps, Egyptian cotton towels, and a full laundry and linen service.

Luxurious Accommodations

At Cliffside Malibu, we understand that addiction treatment is a rigorous process. Therefore, we provide for your comfort and relaxation at every turn, allowing you to rejuvenate, to meet the demands of treatment with your greatest energy and attention. No expense is spared in decorating and appointing our private and semi private bedrooms. Cliffside ensconces residents in as much comfort and luxury as possible to aid in the recovery process.



Fine Culinary Experience

Just a sampling of a few of the mouth-watering, healthy, gourmet meals prepared by our Head chef, Cody Cargill. Only the freshest, finest ingredients are used in the preparation of our food, ensuring a nutritious, and delectable dining experience. Whatever your taste is, Our chef and his staff are dedicated to making sure the food served to our residents is the tastiest, healthiest, and most nutritious meal they can get.

