



Lasting Recovery Begins Here

(855) 822-9449 | cliffsidemalibu.com



LASTING RECOVERY BEGINS HERE

With more than 14 years in addiction treatment, Cliffside Malibu works to help clients heal and create a foundation for long term recovery. Nestled in the Santa Monica mountains overlooking the Pacific Ocean, Cliffside's serene setting, beautiful residences, and personalized attention to each client creates the perfect healing environment.

MULTIDISCIPLINARY TREATMENT TEAM

A multidisciplinary treatment team that includes industry leading, licensed Addictionologist, Psychiatrists, and Clinicians provide evidence-based treatment throughout Cliffside's continuum of care.

LEVELS OF CARE:

- Residential Detox
- Residential Treatment
- Partial Hospitalization Programs
- Intensive Outpatient Programs
- Transitional Living



STAGES OF CHANGE

A personalized treatment program is designed for each client utilizing the Stages of Change rooted in the Transtheoretical Model as the foundation for the Cliffside clinical model.



PERSONALIZED TREATMENT PLAN

With specific treatment interventions at each phase, the Cliffside treatment plan is designed to support each client in moving forward, developing healthy coping skills, and building a foundation for long term sobriety. Treatment interventions may include:

- Medically-Assisted Detox
- Intensive Medical Monitoring
- Medically-Assisted Treatment
- Cognitive Behavior Therapy
- Dialectical Behavior Therapy
- Interpersonal Neurobiology
- EMDR
- Motivational Interviewing
- Relapse Prevention
- Adjunctive Therapies





THE FOUNDATION FOR LASTING RECOVERY

The comprehensive treatment program at Cliffside Malibu fosters a strong connection and rapport between each client and their treatment team that builds the foundation for recovery. It is what sets Cliffside apart. Each week clients see their therapist three times for individual therapy, participate in family weekend programming, and have individual sessions with our licensed Addictionologist, counseling staff, and other specialized clinical leaders. **All staff members at Cliffside are trained in the Stages of Change and understand where each client is in the course of treatment, which provides consistency and support to clients during the treatment process.**

CLIFFSIDE MALIBU / MASTER PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
8:00	Morning Goals - Lead/RA	Morning Goals - Lead/RA	Morning Goals - Lead/RA	Morning Goals - Lead/RA	Morning Goals - Lead/RA		
9:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00	Stages of Change Group (LMFT / CADC)	Stages of Change Group (LMFT / CADC)	Stages of Change Group (LMFT / CADC)	Stages of Change Group (LMFT / CADC)	Stages of Change Group (LMFT / CADC)	Journaling	Journaling
	Individual Therapy		Individual Therapy		Individual Therapy	Family Therapy	CBT Group (LMFT / CADC)
11:00	Fitness or Yoga (Certified Instructors)	Fitness or Yoga (Certified Instructors)	Fitness or Yoga (Certified Instructors)	Fitness or Yoga (Certified Instructors)	Fitness or Yoga (Certified Instructors)	Family Group / Psychoed (LMFT / CADC)	
12:00	Lunch	Lunch	Lunch / House Meeting	Lunch	Lunch	Lunch	Lunch
1:00 PM	Rock to Recovery Group	Experimental Group (LMFT)	Outing (CADC / LMFT)	Process Group (LMFT) Physical Recovery* (MD / RN / LVN)	Family Systems Group Pt 1 (LMFT)	Multi-Family Group (LMFT)	Process Group (LMFT)
2:00		Recovery Planning Group (CADAC / LMFT)		Solutions Focus Group (LMFT)	Family Systems Group Pt 2 (LMFT)		
3:00	Process Group					Free Time	Visiting Hours till 5:30pm Equine Mini-Pedi Outing
						Community BBQ	
4:00	Breathworks	Meditation / Spirituality	Counceling Session (CADC)	Team Building (LMFT / CADC)	Hypnotherapy		Free Time
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00	Community Meeting @ CMOS	Men's Meeting / Women's Meeting (LMFT / CADC)	Free Time	Smart Recovery Meeting (LMFT)	Free Time	Free Time	Free Time
7:00	Outside Meeting (Optional)	Outside Meeting (Optional)	Heathercliff (CMOS) Alumni Meeting Intercommunity Group* (Monthly)	Outside Meeting (Optional)	Game Night	Outside Meeting (Optional)	Movies
8:00							
9:00					Evening Wrap up (Lead/RA)	Evening Wrap up (Lead/RA)	Evening Wrap up (Lead/RA)
10:00							
11:00							

* Physical Recovery: Addictionologist (MD), Registered Nurse, Licensed Vocational Nurse (i.e. PAWS, Psychopharmacology, infection control, HIV education, STD's etc.)

* Intercommunity group: Community meetings for Cliffside. (i.e. Comedy night, Karaoke, Poetry night, etc)

Therapy and Counseling: Residential - Minimum 3 individual therapy session, Family Therapy, Counseling

Additional Services: Massage, Reiki, Acupuncture



STAGES OF CHANGE

The Transtheoretical Model in action creating a pathway to Lasting Recovery.



CLINICAL COMPETENCY

All Physicians, Therapists and staff are trained in the Stages of Change and know exactly where your client is on their path to lasting recovery.

Achieving Lasting Recovery



STRATEGIC INTERVENTION TOOLS

More than 30 Clinical and Psychological methodologies matched to your clients needs for lasting recovery.



SUPPORT THAT SURROUNDS

From admissions counselors to discharge coordinators your client will be surrounded by caring compassionate staff every step of the way.

DUAL DIAGNOSIS EXPERTISE

Those suffering with dual diagnosis experience not only the pain of chemical dependency and addiction but also a co-occurring emotional or psychiatric illness such as:

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

Both diagnoses may affect an individual physically, psychologically, socially, and spiritually, and each illness has symptoms that interfere with a person's ability to function effectively and relate to themselves and others. Furthermore, with dual diagnosis, not only is the individual affected by two separate illnesses, but also each illness interacts with the other, potentially exacerbating symptoms on each side and predisposing the individual to relapse in each of the illnesses.

At times the symptoms associated with dual diagnosis can overlap and mask each other making addiction treatment more difficult. Cliffside Malibu has created an exceptional team of medical and psychiatric doctors, psychologists, therapists, and chemical dependency counselors to address the complex physical, emotional, and mental components of those with a dual diagnosis.



FAMILY-CENTERED PROGRAMMING

Involving the client's family and support system throughout treatment is critical to building a foundation for success after discharge. Each family or support system person involved in the client's treatment is also assessed by the therapist for where they are in the Stages of Change. Knowing a loved one's readiness to change provides valuable information for the treatment team so they can educate and provide guidance and support to the client in recovery. Every week Cliffside invites the support person to participate in psychoeducation groups, multi-family support groups, additional family treatment sessions, and provides an opportunity to share a meal together.

OUR ALLIANCE WITH YOU

We understand the difficulty involved when making the decision to seek a higher level of care. Upon inquiry, the team at Cliffside Malibu focuses on ensuring every client, their families, loved ones, and referring treatment team members are informed and up to date. We keep families, loved ones, and referring treatment teams involved every step of the way, leading to lasting recovery.





For more information, or to schedule a tour
please call (855) 822-9449 or visit
cliffsidemalibu.com