



## **Laguna Beach, CA**

*JCAHO Accredited*

[www.SpencerRecovery.com](http://www.SpencerRecovery.com)

Spencer Recovery Center 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 clients 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)



## CLINICAL STAFF

Dr. Kenneth Gheysar, M.D. - Certified Addiction Medicine Specialist  
Medical Director

Laura Lee Flaherty, M.F.T., Ph.D., Nurse Practitioner - Therapist

Carol Coleman, M.A. – Family Therapist

Scott Beardsley, L.M.F.T. – Counselor- E.M.D.R. Specialist

Nancy Wilson, C.S.A.- Counselor

Scott Giem, B.A. - Counselor

Sharon McDuffey, C.D.A.A.C. Intern, R.R.W.- Christian Counselor

Kerry Regan, C.A.D.C.A. Intern, R.R.W. – Counselor

Larry Craig, C.A.D.C.A. – Counselor

Yianna Dereschuk – Registered Dietician

Linda Burns - Counselors Aid

## SPENCER RECOVERY CENTER CLIENT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 House Meeting	7:00-8:00 House Meeting	7:00-8:00 House Meeting	7:00-8:00 House Meeting	7:00-8:00 House Meeting	7:00-8:00 House Meeting	7:00-8:00 House Meeting
9:00 Room Check	9:00 Room Check	9:00 Room Check	9:00 Room Check	9:00 Room Check	9:00 Room Check	9:00 Room Check
10:00-11:00 Education/ Process Group	10:00-11:00 Education *Nutrition	10:00-11:00 Art Group	10:00-11:00 Education Group	10:00-11:00 Education/ Process Group	10:-11:30 Family Group	11:00-12:00 Process Group
11:00 Lunch/Chores	11:00 Lunch/Chores	11:00 Lunch/Chores	11:00 Lunch/Chores	11:00 Lunch/Chores	11:00 Lunch/Chores	11:00 Lunch/Chores
11:30 Gym	11:30 Boot Camp	11:30 Gym	11:30 Boot Camp	11:30 Yoga or Gym	12:00 Free Time	1:00-3:00 Group Walk
1:00-2:00 Step One Group	1:00-2:00 Step One Group	1:00-2:00 Step One Group	1:00-2:00 Step One Group	1:00-2:00 Education Group	1:00-2:00 Beyond Treatment	
2:00-3:00 Beach	2:00-3:00 Beach	2:00-3:00 Beach	2:00-3:00 Beach	2:00-3:00 Beach	2:00-4:30 Freetime	3:00-4:30 Freetime
3:30-4:30 Lifeline	3:30-4:30 Lifeline	3:30-4:30 Education Group	3:30-4:30 Lifeline	3:30-4:30 Lifeline		
4:30 Dinner/Chores	4:30 Dinner/Chores	4:30 Dinner/Chores	4:30 Dinner/Chores	4:30 Dinner/Chores	4:30 Dinner/Chores	4:30 Dinner/Chores
5:00-7:30 Storewalk	5:00-7:30 Storewalk	5:00-7:00 Freetime	5:00-6:30 Freetime	5:00-6:30 Storewalk	5:30-9:00 Outside	5:00-6:30 Freetime
7:30-8:30 Stag Meeting A A Panel	7:30-8:30 Book Study	7:00-9:30 Outside Meeting	6:30-8:00 Family Group	6:30-7:30 Celebrate Recovery	Meeting	6:30-9:30 Expressive Art
8:30-9:30 Freetime	8:30-9:30 Freetime		8:30-9:30 Al-Anon Panel	7:30-9:30 Freetime	9:00-9:30 Freetime	
9:30 Wrap Up	9:30 Wrap Up	9:30 Wrap Up	9:30 Freetime	9:30 Wrap Up	9:30 Wrap Up	9:30 Wrap Up
11:00 Lights Out	11:00 Lights Out	11:00 Lights Out	11:00 Lights Out	11:00 Lights Out	11:00 Lights Out	11:00 Lights Out

\*1X a month

ALL OUTSIDE MEETINGS ARE MANDATORY OR NO CERTIFICATE OF COMPLETION



## **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:

- Psychological evaluation- scheduled within the first week of treatment (when schedule permits)
- Two individual counseling sessions per week with a certified chemical dependency counselor
- Two individual counseling sessions with a licensed 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.

- Full psychological evaluation- scheduled within the first week of treatment (when schedule permits)
- Trauma therapy using Eye Movement Desensitization and Reprocessing (EMDR). *Please note that clients must be deemed appropriate by psychologist in order to receive*
- Two individual counseling sessions per week with a certified chemical dependency counselor
- Two individual counseling sessions per week with a licensed specialized therapist per week to focus on underlying psychological issues
- Referrals to a psychiatrist may be necessary during treatment (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:

- Six Bible-study sessions/workshops (per week) led by a certified Christian counselor. Sessions focus on the Life Recovery Bible.
- Participation in CELEBRATE RECOVERY at Saddleback Church on Friday evenings
- One private counseling session per week with Christian counselor

### **Grace Track Materials:**

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

- New Living Translation—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 “Giving Up Control”, “Making Restitution”, and “Making Peace”.
  - 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.



## Pricing

### INSURANCE COVERAGE

Spencer Recovery is contracted with: Anthem-Blue Cross, Aetna, Magellan, Beech Street, United Behavioral Health, Value Options, MH Net, Cigna, and Humana-Life Sync

Other insurances may be accepted as well. Please ask your admissions coordinator for details.

### PRIMARY CARE:

**\$17,700** – 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 (1 month = 28 days)*

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

**\$7,450** – 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: \$1,700  
Coaching: \$1,000 per day



## **Extended Care and Intern Program**

### SRC - Laguna Beach Facilities

The Extended Care/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/Intern Program focuses on community integration skills, work skills and ongoing healthy sober living.

The following services are included in SRC's Extended Care and Intern Program:

- Weekly private sessions with chemical dependency counselor
- One group therapy session per day
- Sober living accountability groups (at least 4 sessions per week)
- Two community integration classes per week

Curriculum:

- Relapse Prevention
- Lifestyle Changes
- Physical and Emotional Self Care
- Healthy Relationship Skills
- Coping with Anger and Resentment
- Communication Skills
- Setting and Achieving Goals
- Resisting Pressures to Drink and Use

The following are the requirements for each client participating in SRC's 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 weekly private counseling session
- Must attend one group therapy session per day
- Must attend one outside Twelve Step meeting per day
- Must attend two relapse prevention groups 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 consent to random drug screens





## Family Program

The disease of addiction often affects the family as well as the client. Family involvement is a crucial part of the treatment program at SRC. The following services are available for families of SRC clientele. 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.

If you are unable to attend family services due to distance, scheduling or other conflicts, SRC will make accommodations for phone participation and private family consultations.

### Family Services:

#### -Family Group –

Thursday Evening	6:30pm – 8:00 pm group therapy session
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
- A beach towel – to be used on the beach if you would like to take part in our beach walks
- Current medication – our physician will need to evaluate the current medications to effectively provide a detoxification protocol (if needed). Any medication discontinued by SRC's physician detoxification or treatment purposes, will be destroyed
- 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- Please note that in order to preserve a therapeutic environment, music players are not allowed in common areas and all music players must have headphones
- Snacks
- Laptop\*\* certain rules for computers apply. Please ask your intake counselor for more details
- Cell phones – Cell phones are not allowed for the first 14 days of treatment. Cell phones will be locked in a safe place during the 14 day period.

## *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

