



For assistance with admissions please call
760-289-0188

For general information please call
760-342-6616

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Indio, CA 92201

www.abcrecoverycenter.org

Named as one of Newsweek magazine's "Best Addiction and Treatment Centers" in 2021, ABC Recovery Center (ABC) continues to meet the critical demands of an ever-expanding community in need of support and services. Newsweek's list highlights the nation's top facilities based on quality of service, reputation, and accreditation relative to the in-state competition. Facilities in the 25 states with the highest number of addiction treatment centers, according to the Substance Abuse and Mental Health Services Administration (SAMHSA), were included in the survey. The rankings feature the top 300 inpatient/residential and long-term addiction treatment centers.

As one of Southern California's leading destinations for addiction treatment, ABC promotes wellness and healing for all stages of recovery. Our clients are welcomed and supported without judgment. Clients are provided a holistic and multi-disciplinary team approach that is tailored to their individual needs. ABC has a strong Alumni constituency and has successfully helped many others overcome their battle with substance use disorders since 1963. ABC is licensed by the State Department of Health Care Services (DHCS) as well as being accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

ABC offers a full continuum of services for those who have made the decision to make significant changes to their lives, through the following programs:

Detoxification (Detox), Residential Treatment, Partial Hospitalization Program (PHP), Intensive Outpatient Program, Outpatient Program, and our Transitional and Sober Living Programs. We also provide a family program, perinatal services, and specialized groups for LGBTQIA constituents.

ABC is committed to providing our clients with the most current technologies and therapies in addiction treatment. Our clinicians receive highly specialized training to deliver evidence-based treatment – a therapy that has been researched and proven to work with people who are struggling with Substance Use Disorders.

Clients receive a complete biopsychosocial assessment, and then a treatment plan is developed collaboratively with their primary clinician. The client is then prescribed treatment goals and objectives based on their individual needs. The therapies and approaches offered include CBT (Cognitive Behavioral Therapy) and IMR (Illness Management and Recovery) to help manage symptoms of depression and anxiety that often accompany substance use disorders. Seeking Safety and EMDR (Eye Movement Desensitization Reprocessing) for clients with trauma-related symptoms, and DBT (Dialectical Behavioral Therapy) help clients learn to better regulate their emotions and deal with frustrations. Through motivational interviewing, clients are guided to make internal changes that they desire to help them become a better person for themselves.



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where hope becomes health



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Addiction **B**eing **C**onquered

DETOX We offer a full-service detox program for men and women over the age of 18. The process begins with a pre-screening interview to make an initial determination about the potential client's physical and mental health status. Upon arrival, the client receives an assessment of their condition and are closely monitored by our medical team. ABC offers a safe space for clients to heal as they begin the journey of their recovery. Treatment lasts between 7-10 days, depending on individual need.

RESIDENTIAL TREATMENT A 30-to-60-day intensive residential treatment program that immerses the client in the recovery process. Clients live in one of our residential facilities throughout this time. Primary Care lays a strong foundation that prepares clients to reach and maintain ongoing sobriety and prepares them for challenges they will face when they return to their lives outside of residential treatment.

Every client is assigned a clinician, either a therapist (Marriage and Family Therapist or Social Worker) or a

primary counselor (Certified Addiction Counselor), who designs a personalized treatment plan based on a full assessment of their individual needs.

Clients meet with their care team consisting of a clinician, case manager, nursing staff, and family counselor weekly.

Clients participate in group therapy sessions led by their clinicians. They also receive individual counseling sessions weekly. Educational lectures are presented, specialized groups are provided according to their

are also introduced to and participate in 12-step recovery meetings, Alcoholics Anonymous, and Narcotics Anonymous meetings. Case managers are here to assist with legal, financial, and discharge planning throughout their treatment.

PARTIAL HOSPITALIZATION PROGRAM (PHP) This service can be used as an alternative to the primary residential treatment or can support as a transition from the primary residential program to an outpatient program. Services range from 30-to-90-days, in which clients live offsite or in a transitional or sober living environment and attend group sessions five days a week. This allows clients more flexibility to continue to work, go to school, or tend to personal and family needs while programing.

INTENSIVE OUTPATIENT PROGRAM (IOP) This is a four-to-six months-long program and meets three days a week. IOP Involves group and individual counseling, video lectures, family participation

groups, relapse prevention, and case management if needed. This program is highly individualized and is intended to be more intensive than a traditional outpatient program. This gives clients additional support as they transition in their early stages of recovery.



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OUTPATIENT PROGRAM (OP) This is a four-to-six-month long program that meets two days a week. OP involves group and individual counseling, support groups, and case management if needed.

FAMILY PROGRAM: Our family program is dedicated to supporting the family members who have been impacted by their loved one's substance use disorder. Services include education and family support.

TRANSITIONAL LIVING ABC maintains a 10 bungalow, 40-bed facility designed to provide male and female housing and supportive services for a period of up to eighteen months for clients after inpatient treatment. Clients in this program must be attending an outpatient program.

SOBER LIVING: ABC maintains male and female housing for clients who are reintegrating into society while attending an outpatient program. They may stay after treatment has been completed based on need and circumstances.

