

Welcome to

Adaptive Center

You and your loved one have begun
the process of healing.

Adaptive Center is a 21st-century center founded on the values of mindfulness and simplicity. Your loved one will receive an intimate treatment experience. We will create individualized treatment plans to overcome the obstacles that prevent them from reaching their fullest potential. You and your loved ones will receive a client-centered experience and an exceptional level of care, available to only 12 clients at a time.

The "adaptive" in our name is literal. We are constantly unfolding, evolving, and always changing to reflect the newest scientific research and findings to offer you and your loved one treatment that is scientifically validated.

What to Expect

Intimate Attention

The entire treatment center was designed to provide you and your loved one with specialized treatment offered to a very small population: 12 people at a time. That will make a huge difference for you. Many of our clients have been to multiple treatment centers, and report that they benefit more from the small size of the group. The intimacy makes them comfortable, and better able to communicate.

Realistic Treatment

Your loved one will benefit from living soberly in a realistic environment. They will participate in treatment in an environment where everything is located within walking distances, in the middle of a city, not on a campus, an isolated institution, nor in a big facility. From day one, they will learn the relevant skills for living soberly and to their fullest potential in the middle of an actual real-life setting.

A Dedicated Team

Your loved one will receive specialized attention from a comprehensive treatment team that will consist of a psychiatrist, individual therapist, group therapists and facilitators, and a case manager. The entire clinical team works to ensure that your loved one is receiving the best possible care. The team collaborates to assist him/her in their process of achieving treatment plan goals and in building their plan for sustained sobriety.

What We Do

At Adaptive Center, we provide your loved one with treatment at the Partial Hospitalization and Intensive Outpatient levels. Below we list the main components of our treatment modality:

Intake

From the first day your loved one arrives at Adaptive Center, he/she will get oriented so they can clearly understand their treatment objectives. He/she will be assisted in completing initial paperwork, learning the treatment schedule, and transitioning into the treatment environment.

Urinalysis

Your loved one will be required to submit to random urinalysis screenings several times throughout the week. We perform these routine screenings onsite and then send the specimens to a lab for processing. We conduct these screenings as a way to keep clients accountable and deter them from using substances while in treatment.

Psychiatry and Medication Management

Your loved one will meet with our medical director, Dr. Adalgisa De Los Angeles. During the initial meeting, Dr. De Los Angeles will provide a psychiatric evaluation, monitor existing medications, and/or prescribe new medications according to your loved one's needs. At each subsequent meeting, she will follow up with your loved one to check his/her medication compliance and make adjustments as needed.

Individual Therapy

Upon arriving at Adaptive Center, your loved one is assigned a primary therapist. This therapist collaborates with them to design a Treatment Plan and will meet with the client at a frequency determined by their needs, usually once a week during the first 30 days. The therapist will maintain an ongoing supportive relationship aimed at helping them achieve their treatment goals.

The therapist will be available for contact throughout your loved one's time at Adaptive Center to answer your questions, request your insights, and update you on your loved one's progress. Please note that this contact will be contingent upon your loved one's completion of a Release of Information form. Clients over the age of 18 have the right to authorize or deny the release of confidential information pertaining to their treatment to designated individuals of their choosing.

Group Therapy

At Adaptive Center, group therapy is one of the cornerstones of our treatment program. In every group, our clinical team engages the clients in discussions centered on various topics related to their recovery, the unconscious blocks that have kept them from reaching their potential, and the way forward to success in their lives. Through the group process, clients are encouraged to express themselves and learn from one another's experiences.

Family Therapy

Research shows that addressing addiction within the context of the family leads to higher rates of successful recovery. If you and your loved one express interest, you may be incorporated into our treatment process by our family therapist in a variety of ways.

Case Management

Your loved one will work directly with our Case Manager, to plan for what will take place following his/her discharge from Adaptive Center. Within the first week of treatment, your loved one will collaborate with our case manager to develop a Discharge Plan, which will include a list of specific, concrete objectives that your loved one will begin working on during treatment to prepare for discharge (e.g., re-enroll in school, obtain employment, secure new housing).

During the course of treatment, your loved one will receive the necessary attention and guidance to work toward the objectives identified in his/her Discharge Plan (e.g., complete an enrollment application, create a resume, conduct an apartment search).

As your loved one's discharge date approaches, our Case Manager will assist in scheduling appointments for aftercare services, which may include individual therapy, continued medication management, or support group meetings. With continued support, your loved one will create a formal Aftercare Plan that will serve as a guide for your loved one and their support network as they continue on the path to living soberly.

In addition to the ensuring each client is prepared for their journey post-treatment, our case manager will also assist your loved one in completing Leave of Absence paperwork for their employer, communicating with lawyers and/or probation officers, and connecting them with local resources.

Note: Successful discharge from Adaptive Center depends upon a client meeting the objectives on his/her individual Clinical Treatment Plan and Discharge Plan.

Directed Journaling

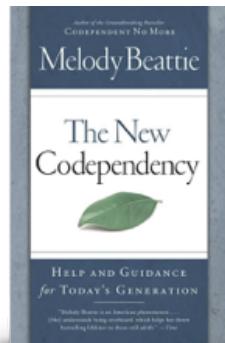
Expressing oneself through writing can be a powerful therapeutic experience. For this reason, we engage your loved one in the practice of keeping a journal and dedicating time each day to write about specific topics that deal with their personal challenges.

Life Skills Education

Emerging from active addiction your loved ones need assistance with acquiring, or recuperating life skills such as time management, budgeting, nutrition, and social skills. Our clinical team will work with them to address their unique needs and assist them in developing essential life skills.

Family Support Resources

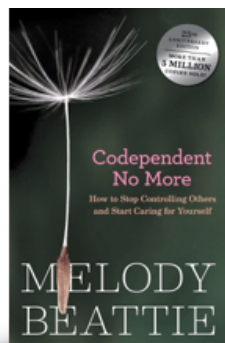
Suggested Reading



The New Codependency

Help and Guidance for Today's Generation

by: Melody Beattie



Codependent No More

How to Stop Controlling Others and Start Caring for Yourself

by: Melody Beattie

Suggested Support Groups



Alanon/Alateen
www.al-anon.org
800-344-2666



Naranon
www.nar-anon.org
800-477-6291



Families Anonymous
www.familiesanonymous.org
800-736-9805



Co-Anon Family Groups
www.co-anon.org
520-513-5028



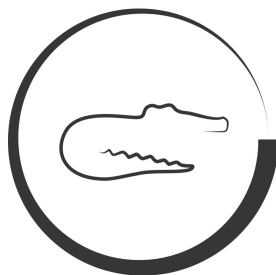
GamAnon
www.gam-anon.org
718-352-1671



Codependents Anonymous (CoDA)
www.coda.org
602-277-7991



Adult Children of Alcoholics (AcoA)
www.AdultChildren.org
310-534-1815



Adaptive Center

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