Pacific Palms Recovery is an extended care program that offers a multitude of services to assist our clients in overcoming their crippling dependence to drugs and alcohol. We are located in beautiful south Orange County as well as north San Diego County, California. Pacific Palms places a high priority on clinical excellence when treating substance abuse and co-occurring disorders. We are also heavily geared towards developing life skills, which we believe is a key component to recovery. Each client will benefit from learning and developing the skills needed to live life as a productive member of society.

The treatment at Pacific Palms Recovery and Life Skills Program is heavily geared toward clinical therapies in the early phases. This is a vital time for a client as they are stepped down from detox and residential programs.

As a client progresses in the program the focal point will become geared more heavily toward the life skills portion of our treatment. This is designed to help the client create a firm foundation for their recovery and then build on that momentum by providing them the skills and opportunities needed to develop and reach their life goals.

We believe in meeting the client where they are in their recovery. We do this by offering co-ed or gender specific programming, although housing is always gender specific. We also offer therapy services in addition to case management, when it is needed. Lastly, a client’s daily hours of service can vary depending on their needs.
Therapy Services and Modalities

- Individual Therapy
- Individual Case Management
- Individualized Treatment Planning
- Group Therapy
- Family Therapy
- Trauma Therapy - including EMDR
- Dialectical Behavioral Therapy
- Cognitive Behavioral Therapy
- Motivational Interviewing
- Experiential Therapy

Life Skills

- Vocational Groups (resumé building, mock interviews, job searching, college enrollment, balancing a budget, setting and meeting goals, nutrition)
- Job Search
- College Enrollment
- Volunteer Work
- Establishing Residency

It is important to state that a majority of clients in the later phases of the Pacific Palms program have gained employment in the local area.

Family Program

Pacific Palms Recovery believes that treating the family as well as the client is paramount to offering the full spectrum of treatment. Family involvement can be the difference in a client’s personal success.

Family group takes place every other month and is offered to every client. We strongly encourage each client to participate while they are enrolled at Pacific Palms.

Health & Wellness

- Personal Training Groups at the Gym
- Regular Access to the Gym After Hours
- Yoga in the Park
- Nutrition
- Weekly Groups on the Beach - natural beauty is proven to help with overcoming negative feelings and create a true sense of peace and happiness
- Access to Outside Support Groups/Meetings
A sober home environment can be very important in continuing care. We assist clients in finding a safe, sober living environment during treatment.

All sober livings are gender specific.

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**Fun in Sobriety**

- Weekly Barbeques
- Competitive Sports
- Monthly Trips, such as: Theme Parks, Museums, Whale Watching, Beach Days, Hiking, and more

**Alumni Program**

The Pacific Palms Recovery alumni program includes weekly meetings that offer continued support to its community. Recovery does not end when one successfully completes our program. In reality, it is just getting started. The alumni are a very important part of the program at Pacific Palms. They attend these weekly support groups, but also celebrate their recovery milestones with the current client population, are eligible to sponsor current clients and put on quarterly events such as beach barbeques, bowling nights, K-1 Racing, fishing trips and beach days. The Pacific Palms Alumni are the life-blood of our community.
Pacific Palms is proud to be providing excellent treatment to its clients. We are most proud of the community we have created that promotes excitement for recovery.

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