

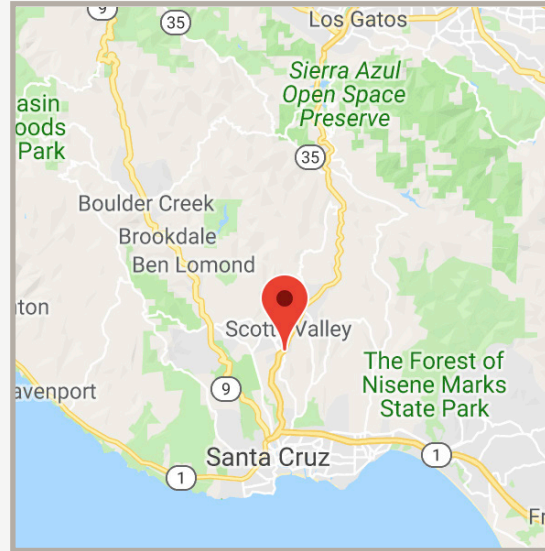
ABOUT US

Since 1984, The Camp Recovery Center has been a source of comprehensive, personalized programming for individuals whose lives have been disrupted by substance abuse, chemical dependency, and certain co-occurring mental health concerns.

Treatment at The Camp features an integrated program of strengths-based, individualized treatment methods. We employ a wide range of emotional, psychological, behavioral, social, and physical techniques. Our goal is not just to treat the addiction, but to heal the individual.

Our rustic campus amidst the majestic Redwoods of the Santa Cruz Mountains is a safe, secluded, and highly supportive place where adolescents and adults can receive the age-appropriate services that will help them achieve successful long-term recovery.

The Camp is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and licensed by Alcohol and Drug Programs of California (ADP).



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OUR SERVICES

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RESIDENTIAL PROGRAMMING

ADULTS

Our residential program for adults age 18 and above offers individualized services within a structured and highly supportive environment. Depending upon each adult's unique needs, treatment at the residential level may include the following:

- + Detoxification
- + Medication management
- + Individual therapy
- + Coeducational and gender-specific groups
- + Cognitive behavioral therapy (CBT)
- + Motivational enhancement therapy (MET)
- + 12-Step education and support
- + Seeking Safety treatment model
- + Life skills development
- + Yoga, acupuncture, and meditation
- + Art therapy

Each adult who completes our residential program also receives a detailed discharge plan to guide the next phases of their recovery journey.

ADOLESCENTS

Our adolescent residential program is designed for young people ages 14-17.

Adolescents who heal at The Camp have access to all the services and interventions that are listed in the adult section above, customized as appropriate for their age and developmental level. Additionally, our adolescent program includes the following features:

- + Level system to support positive behaviors and emotional growth
- + Individualized education program
- + Credit repair coursework
- + Certified teacher on-site

We also incorporate parents and other caregivers into our adolescent programming to the greatest degree that is both possible and clinically appropriate.

To promote the most beneficial outcomes for all participants, our adolescent programming is conducted separately from our adult services.

INTENSIVE OUTPATIENT PROGRAM (IOP)

Intensive outpatient programming at The Camp is open to adults age 18 and above.

Group therapy is the primary component of treatment at the IOP level, with individual sessions also available. Groups address a wide range of recovery-related topics, such as the following:

- + Addiction education
- + Managing post-acute withdrawal syndrome (PAWS)
- + Relapse prevention
- + Anger management
- + Stress management
- + Family systems
- + Boundaries and communication
- + 12-Step education and support

IOP services are available at two convenient locations: our main campus in Scotts Valley and our outpatient center in San Jose.



PERSONALIZED TREATMENT & COMPASSIONATE CARE

Personalized treatment is a hallmark of residential and outpatient programming at The Camp Recovery Center. Each person who is entrusted to our care follows an individualized plan that is based upon a thorough assessment of their unique strengths, needs, and goals.

All services at The Camp are provided by a team of experienced professionals who are committed to providing the highest quality of care in an atmosphere of compassion and respect. Our clinical staff members are all certified and/or licensed in drug and alcohol recovery, counseling, or therapy.

