

# ALTA MIRA

RECOVERY PROGRAMS



Alta Mira welcomes men and women with a broad range of addiction, substance use, and complex co-occurring mental health disorders. Our innovative world-class addiction specialists go beyond the treatment of alcoholism and drug addiction to help clients identify and address any underlying co-occurring issues so they can truly begin to heal.

Our comprehensive neuropsychological testing and assessments, unique therapeutic experiences, and collaborative care approach provide Clients with a transformative foundation to achieve lasting recovery. Our industry leading treatment outcomes demonstrate our commitment to quality care.

Our beautiful facility overlooking the San Francisco Bay is a safe, secluded, and compassionate environment for Clients to heal and recover.

866.922.1350 | [altamirarecovery.com](http://altamirarecovery.com)

*Sausalito, CA*





# Program Highlights

- 24/7 medically-monitored detox and treatment with a physician and a psychiatrist, both Board Certified in Addiction Medicine
- Three individual sessions per week with a primary therapist
- Daily group therapy (including DBT Skills, Process Skills, Somatic Awareness, and Principles of Recovery)
- Neuropsychological and psychological assessments to better inform accurate diagnosis and individualized treatment plans
- In-depth family work and the option for loved ones to attend multiple 4-Day Family Programs
- Experiential therapy (including equine therapy, ropes courses, art therapy, psychodrama, hiking, kayaking, ziplining, and excursions focused on recovery principles)
- Integration of evidence-based treatment modalities, peer support, experiential therapy, and holistic services
- Peer support groups (12-Step, SMART Recovery®, Refuge Recovery)
- Individualized relapse prevention and continuing care planning



# Program Options

Our programs go beyond substance abuse treatment and co-occurring disorders; they help heal the wounds and life challenges that contribute to addiction struggles. Our options include:

- **90-Day Comprehensive Program**

Includes all elements of the 30-Day Program, with the opportunity for advanced work in our intensive workshop series. Most effective treatment available for lasting recovery.

- **30-Day Program**

Best for those who are new to treatment, have straightforward detox needs, and/or do not have significant co-occurring issues.

- **4-Day Family Program**

Included for all current Clients and Families, as well as Alta Mira alumni. Helps Families work on their own healing and growth, while learning how to best support their loved one's recovery.

- **Continuing Care**

Ongoing Client support post-treatment, including free weekly alumni support groups, quarterly alumni renewals, and regular check-ins with our Alumni Coordinator.



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