

Morningside Recovery

(Young Adult Program)

CONTACT	PROGRAM OUTLINE
Executive Contact: Joel Edwards Admissions Contact: Kevin Granich Email: admissions@morningsiderecovery.com Phone: (866) 942-0095 Fax: (949) 675-0007 Address: 1400 Reynolds Ave., Suite 200 Irvine, CA 92614 Website: www.morningsiderecovery.com	Gender: Coeducational Ages: 18+ Grades: N/A Enrollment: 20 Duration: 30 days to 6 months Founded: 2002
NATSAP Member Since: 2012	 Newport Beach Airport: John Wayne Airport (SNA)

Morningside Recovery is a pet-friendly alcohol rehab, drug treatment center, and mental health facility in Orange County, CA. Our CARF-accredited programs, diverse therapy options, and SMART Recovery techniques empower individuals to lead healthy lives free from addiction.

Our open, non-lockdown treatment model differs from many traditional programs by integrating care in a real-world setting and customizing programming for each individual's unique needs. Our highly credentialed clinical team is comprised of multiple Doctorate level therapists and psychologists, Masters level LMFTs and alternative therapy instructors, as well as a psychiatrist and professional nutritionist. We offer an array of programs and encourage constructive exposure to the community so clients learn the emotional and practical skills necessary to continue their lives of sustainable recovery long after treatment.

Morningside Recovery offers a variety of integral specialty programs including the Morningside Adventure Program (MAP), Launchpad, SMART Recovery, and Alumni/Aftercare Program.

The **Morningside Adventure Program (MAP)** is a therapeutically intensive program where clients living at the beach, go hiking in the mountains, white-water rafting, camping in the desert, and kayaking in the ocean. Not only is natural beauty a catalyst for serenity, MAP takes advantage of the experiential elements found in outdoor challenges to more deeply effect change in clients. This transformation is rooted in tangible and rock-solid experience. Therapeutic growth and change emerge in the individual and as part of group interaction.

The **Launchpad program** motivates clients to follow their passions and find gainful employment. A certified life coach starts by meeting with clients one-on-one to prioritize their personal interests in academics, volunteer work, and employment. Then she creates an action plan that incorporates a client's existing skills, education, career goals, and causes dear to their heart.

SMART Recovery is a science-based alternative to 12-step programs. The progressive program helps individuals make self-directed changes, stay sober, and become self-reliant in recovery. Addiction is treated as a complex maladaptive behavior that clients have the power to change. Mental health professionals at Morningside Recovery receive Self-Management and Recovery Training (SMART).

Alumni/Aftercare Program is dedicated to supporting clients who graduate from treatment. While in treatment clients develop lasting relationships as they recover and discover themselves. They share experiences and a common bond. They become one another's foundation for support and an Extended Family for one another. Morningside Recovery is committed to maintain these relationships as a client transitions from treatment to "Real Life" early in recovery. These supportive relationships help alumni maintain sobriety, continued wellness and a life free of addiction.

Morningside Recovery proudly offers these, and many other, customized services to aid client's opportunities for growth and ease their transition into healthier, improved lives in recovery.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: CARF Accredited, State of California Department of Alcohol and Drug Programs Certification - Day Treatment/ Outpatient alcohol and/or other drug services

Professional Affiliations: NATSAP-Young Adult Associate Member; NAMI, NAATP, AEE, CARF