

Morningside Recovery

(Outpatient/Non Residential & Young Adult Program)

CONTACT

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PROGRAM OUTLINE

Gender: Coeducational
Ages: 18+
Grades: N/A
Enrollment: 96
Duration: 30 days to 6 months
Founded: 2002



NATSAP Member
Since: 2012

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 LMFs 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), Academic Program, SMART Recovery, and Alumni/Aftercare Program.

The **Morningside Adventure Program (MAP)** is a therapeutically intensive program where clients 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. Therapeutic growth and change emerge in the individual and as part of group interaction.

The **Academic Program** motivates clients to follow their passions and find gainful employment. A counselor starts by meeting with clients one-on-one to prioritize their personal interests in academics, volunteer work, and employment. Then they create an action plan that incorporates a client's existing skills, education and goals.

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; DHCS Certification

Professional Affiliations: NATSAP-Associate Member; NATSAP Research Designated Program (RDP); Association of Experiential Education; Treatment Professionals in Alumni Services; National Association of Addiction Treatment Professionals; Treatment Providers of Southern California