Bridges To Recovery

(Residential Treatment Center)

CONTACT		PROGRAM OUTLINE	
Phone:	(310) 459-0613	Gender:	Coeducational
Executive Contact:	Katie Gregory (310) 699-6885	Ages:	18+
Admission Contact:	Tonda Williams (877) 727-4343	Grades:	N/A
Email:	operationsdirector@bridgestorecovery.com	Enrollment:	12
Fax:	(310) 573-7092	Duration:	4-12 Weeks/or Longer up to 6 months if clinically indicated
Address:	PO Box 1493 Pacific Palisades, CA 90272		
Website:	www.bridgestorecovery.com	Founded:	2002

NATSAP

Member Since: 2011



Airport: Los Angeles, CA - LAX

Bridges to Recovery are premier licensed residential behavioral health facilities designed for men and women suffering from psychiatric disorders who are seeking an alternative to a hospital environment for their care through a unique and effective combination of psychotherapy and integrative therapy.

In our 6 bed facilities we combine intensive, individual psychodynamic psychotherapy (4-5 sessions a week), along with milieu and group therapy (2-3 sessions per day) in order to provide in depth and holistic integrated treatment. This allows our patients to be treated for complex and persistent psychiatric disorders, by addressing their emotional, spiritual and physical needs.

At Bridges to Recovery we provide comprehensive care for those suffering from psychiatric disorders such as:

- Depression, Anxiety & OCD
- Trauma & DID
- Bipolar Disorder
- Pain Management
- Life Transitions Issues
- Sleep Issues
- Personality Disorders
- Chronic Mood Disorders
- Body Dysmorphic Disorder
- Post Traumatic Stress Disorder
- Grief and Loss Issues
- Sexual Identity Issue

Our care includes:

- Individual Psychodynamic Psychotherapy 4-5 times per week
- 2-3 groups sessions per day
- 2:1 staff-to-patient ratio
- Somatic experiencing / EMDR
- DBT / Anger Management
- Spirituality / Mindfulness
- Psychological Evaluation
- Psycho Educational and Group counseling
- Yoga, Meditation, Acupuncture, Fitness and Art therapy
- Medication management on-site

The Bridges to Recovery treatment model will insure that our patients will develop and master a carefully constructed "road map" for a healthier and more productive life.

Our goal is to relieve suffering through compassionate coordinated care in order to empower and motivate our patients to succeed in their world.

Individual Psychotherapy Available: Yes
Accreditation, Licensure: State of California, Department of Social Services
Professional Affiliations: NATSAP-Full Member; National Association of Mental Illness (NAMI); Women Association of Addition Treatment (WAAT); National Association of Treatment Providers (NAATP); Los Angeles county Psycholigical Associaiton (LAPA)