

# Sober College At-a-Glance



# Truly Innovative Addiction Treatment

At Sober College, we examine and manage addiction treatment from a brain perspective. From controlling cravings and regulating stress, to managing triggers and preventing boredom, we are focused on treating the addicted brain and its complicated and sophisticated needs.

Sober College functions under the umbrella of understanding that addiction is a primary and chronic disease of the brain. As a result of that understanding, our highly-trained team of experts has developed a comprehensive, creative, refreshingly real and fun approach for healing young adults.

As a result, Sober College isn't a resort destination. It isn't a place where time stops and groups rule. It isn't a one-size-fits-all proposition or a guarantee. And it isn't a program where "28 days" is considered a responsible timeframe for successful sobriety.

Instead, Sober College is a long-term treatment facility for young adults (ages 17-26) with gender specific programming.

Comprised of a community of specialists, Sober College is invested in our clients... their health, their individual needs, their passions and interests, their education and ultimately, their enjoyment of life.

Here, we both value and embrace the idea that life doesn't stop for sobriety; sobriety becomes a part of a new life we build for ourselves. That's why every program, every therapy and every activity we offer is focused on treating addiction from a brain perspective while also enhancing the sober lives of the young adults we both care for and admire.



## Sober College...

- Is a highly sophisticated addiction treatment program that operates from a brain perspective
- Is a year-long program with a minimum commitment of 90 days
- Offers clients the use of anti-craving medications when indicated
- Provides on-site, college level courses while in treatment. A program that allows for the completion of the equivalent of one semester of coursework
- Offers clients opportunities to complete their high school/G.E.D. and gain college credits concurrently
- Orchestrates entry into detox, if needed, through a joint partnership arrangement with a local provider



*Far beyond your typical treatment program, Sober College is rooted in reality with a twist of fun, to encourage life (in every sense of the word) after addiction.*

## Our inclusive tuition includes:

- Access to a weekly on-site, double board certified psychiatrist
- A staff neuropsychologist who administers a neuropsychological screener upon admission
- Access to a psychologist who specializes in Rapid Trauma Resolution
- A staff physician, certified in addiction medicine who is on-site weekly and available as needed
- A 5-person team of individual points-of-contact for each student including
  - Therapist
  - Counselor
  - Academic Coach
  - Life Skills Manager
  - Fitness Director
- Access to an on-site yoga instructor
- A staff nutritionist
- Individual therapy 1-2 times per week
- Groups up to 15 times per week
- High staff-to-client ratios with awake, overnight care
- 365/24/7 access to crisis care
- Random, complex drug testing 2-3 times weekly
- The breathalization of clients when returning from pass
- Experiential therapies including equine, surf, wind-tunnel and trapeze
- On-site WASC-accredited three credit college courses\*
- Full-time and on-site academic coaches that are Masters level professors
- A life skills-infusion training program
- An unparalleled creative arts program including a visual arts studio, music studio, film lab and ceramics kiln
- Access to a professional-grade recording studio and an industry level engineer
- A fitness program that includes organized, competitive team and individual sports
- Access to an auto shop that converts pre-1970 vehicles to run on 100% biodiesel
- Room and board



\*First two courses are included in 1st 90 days (courses are valued at \$3,000 per course)

*Sober College is a private pay option that understands how to work with insurance companies as an out-of-network provider. This expertise allows us to offset some treatment experience costs, making Sober College one of the most affordable addiction treatment options out there.*



Is someone you know ready for a fresh start?  
Let's talk about it. **(800) 465-0142**

**SoberCollege.com**

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