



The premier
treatment program
for young adults



Our Treatment Model: The Five Core Competencies



Our Treatment Model

The Five Core Competencies

Our proven methodology for young adult dual-diagnosis addiction treatment is structured around Five Core Competencies. We help our clients to develop these five areas and teach them the skills they need to lead happy, successful, sober lives long after they leave our care.



Sobriety

Our team of addiction specialists support **recovery first**. We help calm and heal the brain, showing our young adults that **a happy, healthy life** free from mood altering substances is possible and preferable.

Emotional Intelligence

Sober College offers **clinical excellence** by providing each client with a screening by our Neuropsychologist, a weekly meeting with our board certified Psychiatrist, and an individual therapist well-versed in evidenced based treatments for **substance abuse and co-occurring mental health issues** including CBT and DBT. We also offer experiential therapies including surfing and rock climbing, individual and group yoga therapy, and trauma-based therapies when appropriate including EMDR and Rapid Resolution Therapy.

Productivity

We help our emerging adults achieve their **academic and vocational goals** and find their sense of purpose by providing each client with an Academic and Vocational coach and offering fully **accredited college courses on-site**. Being of service is a key component of long-term sobriety. Through our **Community Outreach Program**, we help our clients understand and appreciate the emotional benefits of giving back.

Life Skills

We help prepare our clients for **independent living** by offering training in both personal life skills (e.g. money management) and relational life skills (e.g. decision making). We also teach clients the skills to develop **healthy relationships** with peers not centered around drugs and alcohol. Building these relationships is key to their happiness and overall well-being.

Fitness

Research shows that regular exercise improves brain function and balances the nervous system. Our fitness program works to **make healthy living accessible to everyone** by featuring outdoor activities and competitive individual and team sports ranging from soccer and lacrosse to Frisbee golf. We also offer **nutritional counseling** and personal training as needed.

Levels of Care: Long-Term Sobriety Starts with Long-Term Treatment



Levels of Care:

Long-Term Sobriety Starts With Long-Term Treatment.

We are fully licensed and Joint Commission accredited to offer a range of treatment services for young adult men and women ages 18 – 26. We have found that the consistency in offering all levels of care provides the most supportive environment for real, long-lasting recovery.

Detox

Our acute detox house is staffed around the clock to provide a **safe environment** in which to medically detox from drugs and alcohol.

Residential Treatment

Located in a quiet suburban neighborhood in Southern California, our residential treatment homes provide the **warmth and safety** necessary for our young adults to begin their healing process and **become accustomed to living sober.**

Mental Health Track

For clients who are struggling with more significant co-occurring mental health disorders or simply need more support, Sober College offers a **personalized** mental health track to ensure that these clients **reach their full potential.** This track provides more **intensive, individualized** attention and flexibility within a safe and supportive recovery community.

Extended Care

Our extended care program is integral to **securing long-term recovery** for our clients. Our program is **progressive**, gradually increasing our clients' involvement and connections in the outside community. Clients are supported step-by-step as they **shape their independent lives.**

Sober Living

We offer **gender-specific sober living** for both men and women who are stable in their sobriety and ready to live more independently. We continue to provide random **drug testing** as well as clinical and academic **outpatient support** as needed.

Aftercare

Our aftercare program is for clients who are **ready to live on their own** but still benefit from outpatient therapy, counseling, and academic support.

Alumni

We love our sober community, and we celebrate with our alumni often with **weekly community meetings** as well as **regular alumni outings** and events.



Age-Specific Treatment



We Specialize in Young Adult Dual-Diagnosis Treatment

Sober College only works with young adult men and women ages 18-26. Our one-of-a-kind treatment model has proven to be uniquely effective at treating young adult substance abuse and mental health disorders.



Why choose an age-specific program?

Young adults are at a unique crossroads in life. They are simultaneously bombarded with social media and popular culture which perpetuate the belief that drug and alcohol abuse is common and desirable, just as they face a new set of responsibilities and challenges as they begin to transition into independence and adulthood. **During this critical stage of self-discovery and development,** the pressures they face can feel overwhelming.

Sober College's **expert staff are uniquely qualified** to treat substance abuse and mental health disorders in this age group. Our treatment model centered around Five Core Competencies and Passion Development **makes sobriety attractive** and provides our clients with a one-of-a-kind treatment experience that **reignites their passions for the future,** aids in their recovery, and prepares them to create **fulfilling, independent lives after they leave treatment.**



Our Philosophy



Our Philosophy

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 (18-26) 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**.



College & Rehab Under One Roof



College & Rehab Under One Roof

Don't put your education on hold to get the help you need.

By offering educational and vocational training early on in the recovery process, we are helping to heal our clients' brains, reversing the damage done by extensive drug and alcohol use. Involvement in education also helps clients find a sense of purpose and passion, motivating them to work toward a successful, sober future.



Our one-of-a-kind college rehab program includes:

- ▶ **Rolling admissions** that allow you to **start on-site classes as soon as you enter treatment**. Unlike other programs, you do not have to wait until the next semester or take online classes
- ▶ Adjunct Master's and Doctoral level professors teaching accredited **college courses on-site at our treatment center**
- ▶ **Professors and academic coaches who are part of the treatment team** and treatment planning for each client
- ▶ The opportunity to earn up to **15 transferable college credits in six months**
- ▶ **Our five WSCUC accredited courses**, taught on-site at our therapeutic learning center and offered through our unique partnership with Woodbury University
- ▶ Academic coaches to help clients with **educational planning, college transition, and the college admissions process** to ensure that they stay on track after they leave treatment

Passion for Life is the Foundation
of Long-term Sobriety



Passion for Life is the Foundation of Long-term Sobriety

Our treatment is integrated and engaged in order to treat the whole person not just their problem with drugs or alcohol. Along with the five core competencies, we emphasize passion development to help our emerging adults heal and create lives worth staying sober for!

Create, perform, and express yourself through our **creative arts program**

- ▶ Full Professional Music Recording Studio
- ▶ Visual Arts Studio
- ▶ Television Studio
- ▶ Film and Acting Program
- ▶ Talent Shows



Practice sober fun by engaging with peers in our **social events program**

- ▶ Sober dances
- ▶ Amusement parks
- ▶ Deep sea fishing
- ▶ Comedy clubs
- ▶ Concerts
- ▶ Community Outreach Activities



Move, stretch, and activate those neurotransmitters in our **fitness program**

- ▶ Rock climbing
- ▶ Snowboarding
- ▶ Mountain biking
- ▶ Surfing
- ▶ Hiking
- ▶ Skydiving
- ▶ Gym membership
- ▶ Intra and extra-mural sports
- ▶ Ironman and Mud Races



Premier, Personalized
Support



Premier, Personalized Support

At Sober College each client is under the care of their own expert Treatment Team to ensure they are receiving the most comprehensive and individualized care available. Every client at Sober College receives:



- ▶ An individual **clinical therapist** or psychologist
- ▶ An individual certified **addiction counselor**
- ▶ An individual **academic and vocational coach**
- ▶ Access to our **board certified psychiatrist**
- ▶ A neuropsychological screening from our **neuropsychologist**
- ▶ Weekly **family support**, and intensive therapeutic family workshops
- ▶ **Trauma therapies** as needed
- ▶ **Experiential therapies** including equine, surf, trapeze, and rock climbing
- ▶ Individual and group **yoga therapy** in our on-site yoga and meditation studio
- ▶ Full access to our **extensive Creative Arts Program** which includes professional music studio, film studio, and visual arts studio
- ▶ Full access to daily **athletic activities**, gym membership, and intra- and extramural sports
- ▶ **On-site WSCUC accredited** three credit college courses
- ▶ **365/24/7 supervision**, including awake overnight staff and access to crisis care
- ▶ **High staff-to-client ratio**
- ▶ **Academic and career** assessments and counseling
- ▶ Psycho-educational and therapeutic **process groups**
- ▶ **Relapse prevention** and life skills training
- ▶ Access to our extensive **alumni community**

Gender-Specific Treatment



We Have Specialized Treatment for Both Men & Women

Research shows that clients who receive gender-specific treatment are more likely to achieve and maintain sobriety long-term because they are more comfortable sharing their feelings and experiences. In order to create environments most conducive to healing and growth, we provide gender-specific therapies and residences.



Treatment for Women:

Many women entering treatment cite a loss, failure or lack of solid relationships as primary influences in substance abuse. This why we emphasize the development of our community by providing **women-specific therapies and housing**. Our young women learn to bond with one another, building a community, removing women-to-women barriers, and **openly discussing issues** that they predominately face. This environment encourages interactions that **develop confidence, raise emotional intelligence, and empower** the voices of our young women.



Treatment for Men:

In addition to environmental factors, family history, and other unique age-specific influences, pressures to adhere to stereotypical gender performance can leave some young men feeling forced to engage with drugs and alcohol in order to fit in. Sober College **addresses the struggles and complexities** of what it means to be a man in today's society through individual and group therapies. We provide our young men **opportunities to discuss sensitive topics and explore areas that are relevant to their specific experiences**.



We believe in providing young adults the opportunity to rigorously pursue a path to success by achieving balance in sobriety, life skills, productivity, emotional well-being and fitness.

We understand that supporting young adults to achieve success can only happen while working within a framework of mutual trust and respect. We strive to provide a college experience while in treatment, providing an environment that fosters passion development so that young adults have the opportunity to build a life worth living.

Sober College Mission Statement

Dealing with addiction is hard. We can Help.

Call: **(888) 991-9608**

SoberCollege.com

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Sober College[™]
Rehab Redefined