

**Assessment and Evaluation**

*We begin each case with a thorough clinical and psychiatric evaluation by the CCI team.*

**Admission Process**

*Each client is assigned a primary therapist, case manager and psychiatrist by the CCI treatment team. They will manage their case and provide an individualized therapy program with structured oversight for every phase of treatment.*

**The CCI 4-Phase Wrap-Around Program**

Partial Hospitalization Program (PHP) Intensive  
Outpatient Program (IOP) Outpatient Program (OP)

**Phase 1: Acclimatization**

*We create a highly-structured, secure and compassionate environment that acclimates our clients to the program.*

**Phase 2: Gradual Stabilization**

*As clients stabilize and show more responsibility, they are given increasing levels of personal privilege such as cell phone use, off-site passes and free time.*

**Phase 3: Developing Re-integration Skills**

*A phase we call "strengthening the legs," as clients are given emotional coping tools and develop life skills that empower them to better process their decisions and balance their lives. At this phase, they are required to either attend a school or vocational training program, or have some level of employment (paid or volunteer).*

**Phase 4: Moving Towards Independence**

*In this final phase clients are managing their own medication and are able to begin the transition to a re-integrated life. This includes school or career, family relationships, and personal goals. The long-term purpose is to give the client the stability, support and skills necessary for independent living.*



**24-Hr. Client Housing**

*CCI partners with **Solutions In Recovery** to provide our clients fully-structured 24-hour housing. We have six different locations in the coastal and inland North County areas, including some in rural settings. Our residential housing is secure, professionally supervised and provides a complete daily schedule for each client. Transportation is provided to and from therapy sessions, 12-Step meetings, and other CCI program activities.*

*The team at **Solutions In Recovery** understands that each client's living environment is crucial to the success of their therapy program. **SIR** is at the forefront of both providing and managing living environments where the client feels secure, supported and understood – where the critical balance between structure and personal freedom is constantly being evaluated on a case-by-case basis.*

**Full Range of CCI Therapies**

**Intensive Psychotherapy Strategies**

- Cognitive-Behavioral Therapy (CBT)
- Dialectic Behavioral Therapy (DBT)
- Milieu Therapies
- Solution-Focused Therapies
- Experiential Therapies
- Pharmaceutical Therapies  
*(including Implant Probuphine Therapy)*
- Group Therapies

**Full Psychological Services**

- Psychological Testing
- Diagnostic Analysis
- Formal Interviewing

**Family Counseling**

- Teaching Effective Communication Skills
- Establishing Healthy Relationship Boundaries
- Unlearning Dysfunctional Habits
- Breaking the Cycle of Co-Dependency
- Creating New Patterns of Self-Reliance and Trust

**Support (Adjunct) Therapies**

- EMDR (Eye Movement and Desensitization Reprocessing)
- Biofeedback
- Nutrition Training and Coaching
- Yoga, Exercise and Gym Memberships
- Mindfulness and Meditation
- Acupuncture
- Equine (Horseback) Therapy

**Vocational and Educational Paths**

- Every patient is required to have a paid or volunteer job, or be enrolled in school*
- Employment Workshops
  - Exploring Education and Training Options
  - Preparing and Coaching for Job Interviews
  - Motivational Interviewing

**Independent or Cooperative Living**

- Housekeeping Skills
- Organizing, Planning and Time Management
- Nutrition and Diet
- Meal Planning and Preparation
- Grocery Shopping
- Household Financial Planning
- Medication Management

**Transition to Independence**

*After "graduation" from the 4-phase treatment program, clients have the option of choosing our long-term, low-cost housing in a structured but "semi-independent" status. They will continue their on-going mental health treatment as they seek re-integration into a fuller life, to the extent they are able.*