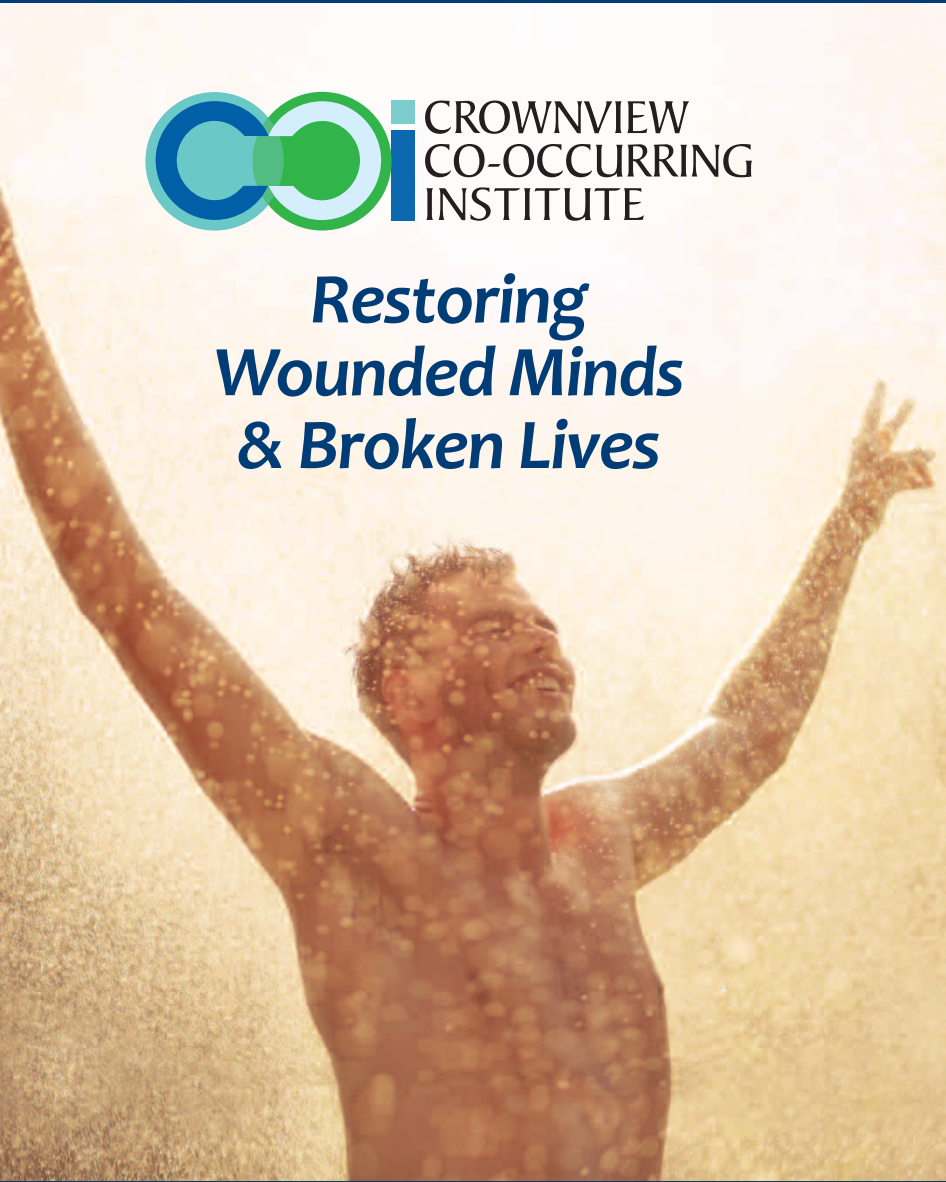


"CCI has literally given me something I never had,  
and thought was not possible..."



## Restoring Wounded Minds & Broken Lives



Integrative strategies for mental  
wellness and addiction recovery

## Finding Your Way Home... A Comprehensive Approach

Persons with co-occurring conditions, also known as dual diagnosis (serious mental illness combined with addictive substance use) often find themselves in a state of personal disintegration, unable to function adequately in any of the major areas of life. CCI has designed a **comprehensive 4-phase treatment program** that, fully implemented, can help restore lives: *Acclimatization, Stabilization, Reintegration* and finally *Independence*. Each phase builds on the one before it to establish a solid foundation of measurable, accountable achievement. This is a *goal-oriented program*, and under daily evaluation by the full therapy team.



We have licensed psychiatrists at our treatment facilities during all hours of operation, and a depth of professional experience with all current, evidence-based therapies. We work closely with families and loved ones in all phases, helping create a healthier, more resilient home environment for everyone.

CCI has designed a large menu of interrelated therapies and strategies to provide wrap-around treatment customized for each client. From in-depth therapeutic models such as Cognitive-Behavioral and Dialectic Behavioral therapies to creative and recreational programs, CCI always manages each case with consideration of the whole person. We create patterns of synergy that can more effectively treat each client.

### **There are six key components of the CCI recovery plan:**

**Component 1: 24-Hour Supported Housing** *Providing secure, structured 24-hour housing – both long and short term.*

**Component 2: Intensive Psychotherapy** *Creating an individualized treatment plan that's right for both you and your family.*

**Component 3: Teaching Vital Life Skills** *Achieving long-term success by building life skills and healthy relationships.*

**Component 4: Getting Back to Work** *Preparing for a successful return to work or school with a realistic plan.*

**Component 5: Managing Your Case** *Providing expertise on the legal, financial and social facets of your case.*

**Component 6: Healthy Recreation** *Reconnecting to life with activities that help restore both the body and mind.*



### **The CCI Family and Philosophy**

We at Crownview Co-Occurring Institute are devoted to providing high-quality comprehensive psychiatric services and excellent health care. Our team prides itself on its expertise with both the diagnosis and treatment of all forms of mental illness, and believes that the relationship between health care provider and client is often the key to long-term recovery. We take a balanced approach and go well beyond symptom relief to help our clients revitalize their lives in sustainable and fulfilling ways.

Our work with co-occurring conditions is carried out by carefully selected teams of psychiatrists, psychologists and licensed clinicians. Their skills and areas of specialty are integrated into a complete program of therapeutic resources that give us the flexibility and responsiveness to meet the uniquely demanding needs of our clients.



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**PROGRAM OVERVIEW**

**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**

Three levels of care: Day Program (PHP), Intensive Outpatient Program (IOP) and 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.

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.



**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.

**Full Range of CCI Therapies**

**Core Program Therapies**

**Intensive Psychotherapy Strategies**

- Individual and Group Therapies
- Cognitive-Behavioral Therapy (CBT)
- Dialectic Behavioral Therapy (DBT)
- Milieu Therapies
- Solution-Focused Therapies
- Experiential Therapies
- EMDR (Eye Movement and Desensitization Reprocessing)

**Full Psychological Services**

- Psychological Testing
- Diagnostic Analysis
- Formal Interviewing
- Neuro-Psych Testing

**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
- Family Support Group Weekends

**Support Therapies**

- Biofeedback
- Yoga, Exercise and Gym Memberships
- Mindfulness and Meditation
- Equine (Horseback) Therapy

**Integrative Services**

**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

**Pharmaceutical Therapies**

- Nutrition Training and Coaching**
- Nutritional Labs and Assessments
- Individual and Group Sessions

**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.

**Core Program Therapies**

This core program, together with the integrative services shown below, provide the essentials for meeting the critical challenges of co-occurring conditions. A team of specialists is built around each client, where the needs of the case are matched with the therapist's expertise. At CCI, we continually search for the right tools to give our clients the best chance for recovery.

**Intensive Psychotherapy Strategies**

- Individual and Group Therapies
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- Biofeedback
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**Integrative Services**

These services flesh out recovery plan components 3-6, and are vital to the long-term stability and resilience needed for reintegration into family life and career. Additionally, expertise is provided for managing the legal and financial burdens that often accompany these conditions. No problem area is left untended.



**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

**Pharmaceutical Therapies**

- Nutrition Training and Coaching**
- Nutritional Labs and Assessments
- Individual and Group Sessions

**Recreational Therapies include:** Hiking, Rock Climbing, Concerts, Jet Skiing, Paddle Boarding, Kayaking and more.

**Providing 24-Hour Fully Supported Housing**

We offer three levels of care: a *Day Program (PHP)*, and Intensive *Outpatient (IOP)* or *Outpatient (OP) Programs*. With these three levels of care, coupled with the fully-structured 24-hour supportive housing provided by **Solutions In Recovery**, CCI is able to offer a seamless and all-inclusive wrap-around therapeutic program.

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

All Solutions In Recovery locations have round-the-clock professional staff supervision. We have six different locations in the coastal and inland North County areas. Our housing is secure, professionally supervised and provides a complete daily schedule for each client. We provide transportation to and from the Day Program at CCI, 12-Step and mental health support group meetings, ancillary services and other CCI activities.



Although CCI has short-term, mid-term and long-term options, length of stay is determined by *achieving goals* rather than *fixed time frames*. Graduation from CCI is based on each client's ability to gain insight, utilize coping skills and successfully complete all four phases of treatment.



**Our goal for each client** is always to achieve a healthy reintegration into life, providing balance, hopefulness and a viable network of supportive relationships.

