

OCEAN HILLS RECOVERY

# The OHR Difference

Creating a Recovery Community One Client at a Time

## What's the Difference?

Ocean Hills Recovery provides a unique treatment approach called Collaborative Care. Working with the addict on an individual level, our clinical staff deals with individual emotional and psychological issues. Damage that may have been done to their bodies is healed through exercise and proper nutrition. The client's family is also included in the process of recovery to help change the social climate in which the client developed and cemented their addiction. The client begins to engage with the sober community through twelve-step treatment and meetings. A community of sober individuals also develops between the residents as they engage with one another on their journey of recovery.



## Unparalleled Success Rate!

In 2010, **73%** of Ocean Hills Recovery's clients who completed a 90-day program stayed sober into 2011. The success rate for those completing at least a 30-day treatment program was 56%. Of those who did not finish at least a 30-day course of treatment, **none** remained sober into 2011. The statistics for alcoholics and addicts are usually not quite so promising. Estimates for long-term sobriety following addiction treatment range from 3% to 20%.



(888)266-7025



Dana Point, CA

## What does OHR offer?

### Affordable Pricing Insurance Accepted

#### *Clinical Options*

- Substance Abuse Treatment
- Alcoholism Treatment
- Dual Diagnosis / Co-occurring Disorders
- Opiate / Heroin Treatment
- Medically Supervised Detox
- Innovative Collaborative Care
- In-Patient Residential
- 30-day, 60-day, 90-day Treatment Programs
- Long-term Transitional Programs
- State Licensed

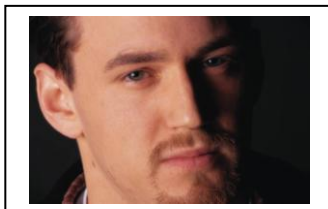
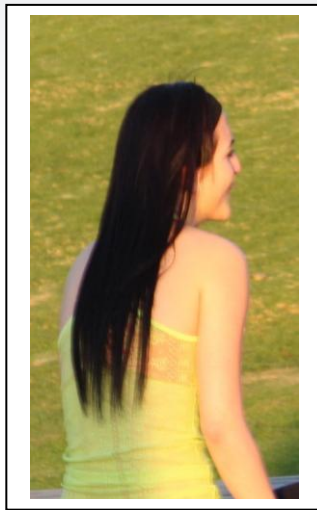
#### *Counseling Services*

- Group and Individual Counseling
- Caring Qualified Staff Including MFT, CATC Counselors and Psychiatrist
- Family Therapy
- Relapse Prevention Training
- Life Skills

#### *Additional Services*

- Fitness Center Access
- Yoga class
- Art Therapy
- Home cooked Meals
- Free Airport Pickup
- Activities-Beach and Movies
- Strong Foundation in Recovery and more

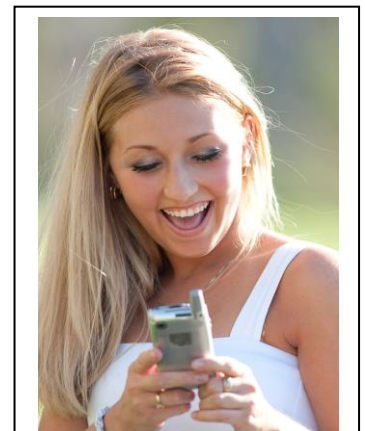
For additional details see website:  
<http://www.oceanhillsrecovery.com>



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Dana Point, CA



**Call us Today**

## Ocean Hills Recovery saved my life!

by [Mark W.](#)

**“When I arrived for treatment at Ocean Hills I was full of fear, shame, and remorse.** I did not want to be there and was skeptical about rehabs and treatment centers. When I was admitted into the program, John listened to my concerns, shared some of his experiences, and put me at ease while I started my journey towards recovery.

I don't think a hospital, or larger rehab setting would have worked for me. The personalization of care I received from the staff at Ocean Hills made my early sobriety bearable.

**I learned how to have fun and enjoy life without drugs and alcohol.** This was something that I didn't think was possible.”

The team at Ocean Hills have become part of my family, and to this day I cannot imagine my life without them!



## Testimonial

"Our 31 year old son has **struggled with** heroin and prescription pill **addictions** for more than half of his life. He participated in numerous residential and outpatient programs. These programs taught James how to abstain, but just like a crash diet the effects didn't last much beyond completion of the program. At Ocean Hills Recovery the clients learn how to live a sober life. They learn that they can go to ball games, to bonfires on the beach, to restaurants, to play softball and many other activities without using drugs and alcohol. In other words they **learn to live a sober lifestyle.** In addition, the warm supportive family environment of the rehab center provides comfort to all of the clients, especially those like our son who is working on recovery more than 3,000 miles from home. **We are very grateful for all that Ocean Hills Recovery has done for our son."**

- Betty (Mother of a successful client)



**CALL NOW!** toll free

**888-266-7025**

## Treating the Family Disease



Dear Parents, Family, and Loved Ones,

Welcome to Ocean Hills Recovery. This program is your family member's first step on a lifelong path of freedom from addiction. Addiction is not a moral issue, but a chronic, progressive, and potentially fatal disease from which there is no known cure. This disease can be brought into remission, though, and prevented from exacting the ultimate price. Our goal is to assist you and your loved one in understanding and arresting this illness.

Addiction is a family disease. All those close to the addicted person suffer. As your loved one recovers, it is important that you begin the process of recovery, too. You and your family member are now members of a team designed to support you through this difficult time and your recovery is our highest priority. As an active member of this team, your efforts will play a major role in the support of your loved one and in the recovery of the entire family unit. Remember, no program can be effective if you do not become an active participant. It is up to you to do the work!

Recovery can be a shock for both the addicted person and their family. Your addict has been numbing their body and their emotions for a long time. They may be extremely uncomfortable for their first few weeks as their feelings begin to resurface. Family members may feel the strain of this discomfort in their loved one's voice when they speak to them on the phone. They may protest against the process and the program and may put pressure on their family members to "rescue" them. This is completely normal. It is important, at this point, that the family and staff work together. By backing up each other's authority and position, we can work as a team to reassure the addict that the pain will pass.

We hope that you come to understand that addiction, like other chronic illnesses, is no respecter of social position, personal achievement, intelligence, health, strength, will power, or any other factor. It manifests in all walks of life. You will find that the problems incurred in the life of addiction are common to almost all those afflicted and their families. You are not alone!

We ask that you be open, honest, willing, and teachable and that you take direction so that you can grow along with your family member. Allow us to help you to learn a new way of living, to enrich your life and the life of your loved one. By learning to communicate thoughts and feelings, listening, asking questions, and following simple instructions, you will be able to reform your family and your life.



Our drug and [alcohol rehab](#) staff is here to help. If there is anything you do not understand or if you need our help, please do not hesitate to ask.

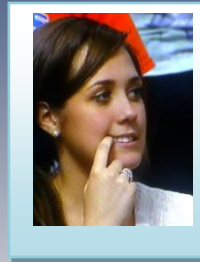
With warm regards,  
The staff of Ocean Hills Recovery



(888)266-7025

Dana Point, CA

# OCEAN HILLS RECOVERY



Do hopelessness, shame  
and anxiety permeate  
your life?

Are drugs or alcohol  
tearing your family apart?

We can help!  
(949) 388-0112  
We Care.

CONTACT INFO:  
OCEAN HILLS RECOVERY INC.  
DANA POINT, CA



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