

## Activities Available at Newport Coast Recovery

At Newport Coast Recovery we believe there is a connection between mind and body. That's why we make sure that a physical fitness program is part of every client's treatment plan. Our on-site gym is complimented by frequent trips to a local health club. Clients can also participate in many other unique activity programs that allow them to socialize in a sober environment.

- Swimming
- Surfing
- Sailing
- Running
- Fishing
- Softball
- Tennis
- Basketball
- Rollerblading
- Volleyball
- Weight Training
- Kayaking
- Biking
- Barbeques
- Beach Meetings
- Day at the Movies
- Visit to Amusement Parks
- Spiritual Retreats



## Urgent/Crisis Care

Those of you who find themselves in an urgent or crisis situation, please call our HOTLINE immediately for assistance: 1-800-990-9691. Contact us today to see how our programs can assist you to find a comprehensive solution, and a future for persons in need of a structured therapeutic environment to become well again.



## Drug and Alcohol Treatment and Recovery for Men

The Facility: "The Blue House"

State Licensed

Probation Approved

Professionally Licensed Clinical Staff

Comprehensive range of services including detoxification, primary residential treatment, outpatient services, extended care, eating disorder services, and sober living homes



CALL TODAY 1.800.990.9691

[www.newportcoastrecovery.org](http://www.newportcoastrecovery.org)

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# Welcome to Newport Coast Recovery!

## Alternatives, Assistance, Recovery

If you are currently seeking treatment alternatives for persons suffering from drug, chemical, and alcohol dependence, we can be of major assistance to you. Newport Coast Recovery has created a facility just steps from the sand in Newport Beach, California.

In the healing environment of the ocean and beach, we offer a full therapeutic range of affordable programs often at 20% to 40% below the costs of comparable programs found elsewhere. Our goal is to assist individuals who suffer from alcoholism, drug, and chemical dependency with healthy activities and an appreciation of life, and not to add to their burden financially.

For individuals in need of intensive treatment we offer primary 24/7 programs. In a highly structured, supportive and safe environment we provide residential treatment programs, outpatient treatment services and programs of comprehensive extended care.

### Why Choose Newport Coast Recovery?

The Staff Members at Newport Coast Recovery are dedicated to each client's personal recovery. We believe that every client is entitled to an individualized treatment program. Personal interaction between staff and client facilitates the best chance of recovery. At large facilities, it's common that only the case manager and perhaps a few others get to really know a client. This is not the case at Newport Coast Recovery. It is our policy that all Staff Members know every client personally and interact with all of them daily. Having our clients in one location promotes staff interaction and insures all client needs are addressed. In addition, all of our clients get the personal attention, education, and counseling they deserve. We have an open door policy. A staff member is available to assist our residents 24-hours a day.

At Newport Coast Recovery, we teach our clients by example what we mean by developing a "sober lifestyle". Our residents attend 12-step meetings at the Newport Alano Club that are

heavily represented by staff members. We introduce our residents to successful sober members of our community that are willing to sponsor them in recovery. We get them involved in sober social activities with groups that have long-term sobriety.

### Gender Specific Holistic Programs

Newport Coast Recovery (NCR) offers Gender Specific and comprehensive holistic therapeutic programs for individuals with drug, alcohol and chemical dependency and programs for eating disorders, panic attacks and other psychological disorders.

We are aware that each client has a unique background and set of needs. The program begins with an extensive assessment based on the needs of the client. All programs are 12-step based and will assist the client with an understanding of a healthy life plan and living skills.

The foremost program is a structured 90-day intensive residential treatment program for men suffering from drug alcohol and chemical dependency. This program takes place at our Newport Beach facility located across from one of the states finest beaches, and is staffed 24 hours per day, 7 days per week for close supervision of all clients.

### Mission Statement

To assist our clients in achieving a higher quality of life that is healthy and holistic in nature. A life of promise, vigor and a zest for a health and well being, that is drug, chemical and alcohol free.

### Extended Care Program

The Extended Care Program is an individualized, supportive, residential program that addresses the issues that are vital to maintaining new found sobriety. Extended Care is for the clients who often "get stuck" six or nine months into their clean and sober life. Issues such as shame, grief, loss, isolation, depression, or just basic life skills are addressed.

Recent research has shown that drug, alcohol and chemical dependency recovery success rate increases dramatically for persons that spend at least

three (3) months in a comprehensive treatment environment. Newport Coast Recovery's "The Blue House" program is designed to improve recovery success rates. NCR's treatment facility is located steps from the sand on the Balboa Peninsula in beautiful Newport Beach, California. The ocean and beach atmosphere in a treatment setting has proven to be very beneficial to teaching problem solving techniques and sober coping skills to each and every client.

At the "The Blue House" our residents live in fully furnished apartments, that contain all the comforts of home, and regular meals are served. NCR provides 24-hour supervision and there is a staff policy to walk through every unit on an hourly basis, to insure a healthy lifestyle for all clients. Also clients are subject to random alcohol and drug testing to alert the staff to a break in sobriety, and the staff takes immediate measures to help the clients resolve their problems. It has been our experience that some individuals return to their previous addictions due to structural deprivation, i.e. not knowing how to add meaningful and productive structure to their new and sober life. At Newport Coast Recovery we help our clients implement healthy structure into their daily living thus creating the "Sober Lifestyle", that is vital for long-term recovery to be attained.

### Primary Care Program

The primary treatment program is designed to educate clients about the disease of alcoholism and other addictions. Chemical dependency, as a self-diagnosed disorder, demands that we provide accurate information regarding the progressive, chronic, and fatal nature of this disease. Through an extensive range of lectures, videos, individual counseling, group therapy, writing and reading assignments, the client gains the information, insight and solutions needed to accept their disease. Additionally, we have incorporated principles of a holistic life style into our program including our endeavor to provide each client the added benefit of a healthy daily diet, generally following the recommendations and guidelines offered in the books by Dr. Andrew Weil : "8 Weeks to Optimal Health" and "Spontaneous Healing".

To further support your HOLISTIC RECOVERY we strongly encourage each client to maintain medical care under the supervision of their present personal physician. If this is not practical or possible, then we can assist you to establish a new relationship with a local physician of your choice. We will then strive to find you competent medical care to assist in our endeavor to help you prevent further illness, facilitate recovery, and to optimize your health in the future.

### The following are services provided by Newport Coast Recovery:

Gender Specific Programs  
Detoxification Services  
Psychological Testing  
Initial Bio-Psych-Social Evaluation for Every Client  
Dual Diagnosis Individual Counseling & Therapy  
Individual Treatment Planning  
Eating Disorder Evaluation and Therapy  
Drug, alcohol and chemical dependency Evaluation and Therapy  
Individual Counseling  
Group Counseling  
Aftercare Planning & Referral

Medication Management  
12-Step Meetings on the Beach!  
Close Proximity to Outside 12-Step Meetings  
Court Letters of Acceptance, Progress, and Completion  
Legal System Advocacy as Needed  
Random Drug & Alcohol Testing  
Anger Management Workshops  
Marriage & Family Counseling  
Life Skills Workshops  
Relapse Prevention Groups  
Relationship & Communication Skills Workshops

Vocational Counseling  
Job Placement Assistance  
Scheduled Activities  
24-Hour Supervision  
On-Site 12-Step Meetings  
Highly Structured Sober Environment  
Transportation to and from the Airport, Meetings, Court, and Professional Appointments  
Newly Remodeled, Fully Furnished Apartments on the Beach  
Full Gym

**The Blue House for Men** is located just steps from the sand on the Balboa Peninsula in Newport Beach, California. Here the peaceful and serene environment we've created facilitates and promotes a **healthy recovery**.

