



BRIDGES TO RECOVERY  
PACIFIC PALISADES, CA

RECOVERY



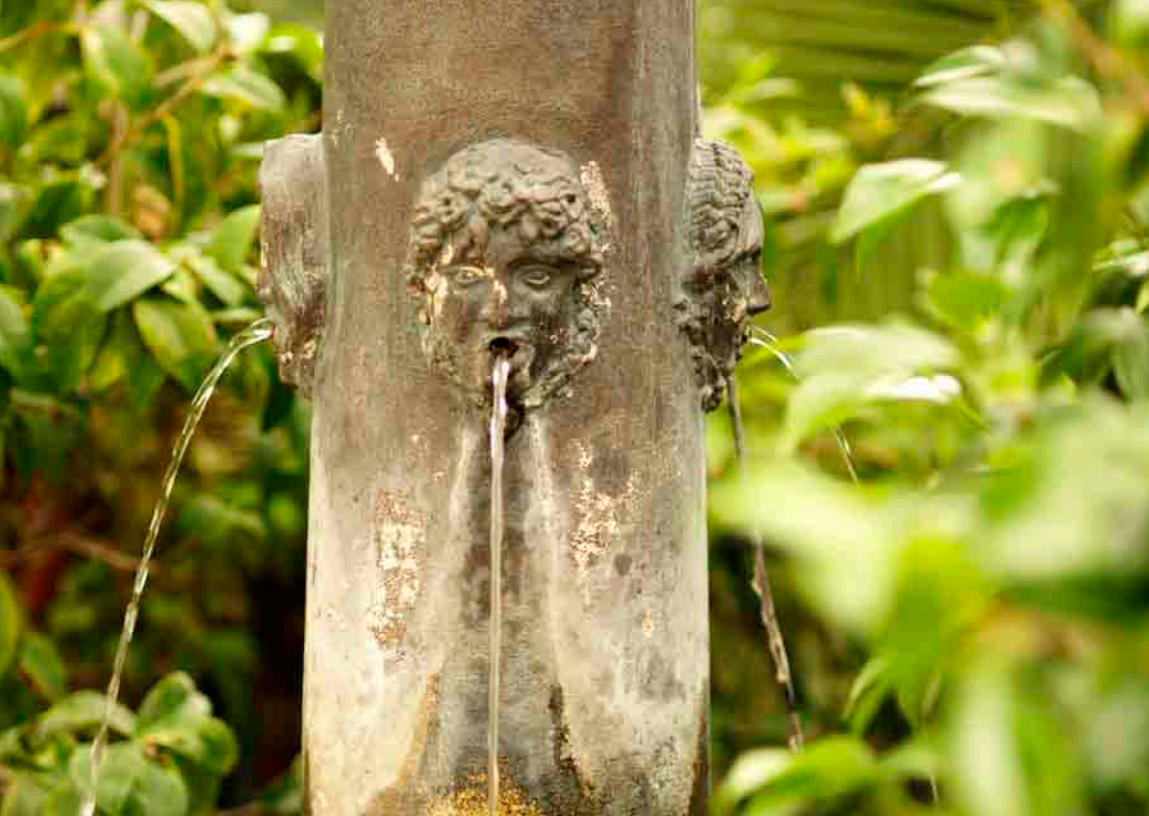
## RECOVERY

# WHAT IS BRIDGES TO RECOVERY?

Bridges to *recovery* is a premier residential behavioral health facility designed for men and women suffering from psychiatric disorders who are seeking an alternative to a hospital environment for their care through a unique and effective combination of psychotherapy and integrative therapy.

Located in Pacific Palisades, California, Bridges to Recovery has been providing outstanding care since 2003. As a BOUTIQUE facility we are able to provide more individual care and residential programming.

PO BOX 1493, PACIFIC PALISADES, CA 90272 • (877) 770 2190



BRIDGES TO RECOVERY  
PACIFIC PALISADES, CA

CARE



CARE

## WHO WE HELP AT BRIDGES

We provide comprehensive *CARE* for those suffering from primary psychiatric disorders such as:

- Depression
- Anxiety
- Bipolar Disorder
- Trauma
- Life Adjustment
- OCD
- Personality Disorders
- Mood Regulation
- Body Dysmorphic Disorder
- Post Traumatic Stress
- Grief and Loss
- Sexual Identity Issues

Our boutique premier program is all private pay.

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TREATMENT



## TREATMENT

# YOUR PERSONAL CLINICAL TEAM

The personal attention paid to every patient sets Bridges to Recovery apart. As a patient, you will have an entire *treatment* team devoted to your care, including;

**The Executive Medical Director and Clinical Director:** Oversee all aspects of care

**Licensed Psychotherapists and Psychiatrist:** Reviews overall plan and provides medical recommendations

**Primary therapist:** Provides daily, individual psychodynamic therapy

**Psychologists:** Conducts groups, meetings with families and couples therapy

**Program Director:** Supervises day to day operations and continuing care planning

**Specialized, ancillary services:** Supports healing through nutritional counseling, health and fitness, creative writing, yoga, meditation, music and art therapy

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STAFF



## STAFF

# ONE STAFF. A SINGLE MISSION.

Besides being highly qualified in the field of psychiatry, what sets our *staff* apart is their professionalism, expertise and strong commitment to help you improve your life.

**John Sharp, M.D., Executive Medical Director** – M.D. Columbia University College of Physicians and Surgeons. Faculty, Harvard Medical School, and David Geffen School of Medicine, UCLA. Expertise in Integrated Treatment - including Depression and Bipolar Disorder, Anxiety Disorders, Attention Deficit Disorder. Author of *The Emotional Calendar*, published in 2011 by Times Books, Henry Holt & Company, New York.

**Trevor Small, Psy.D.**, Clinical Director – Pepperdine University with expertise in the treatment of Bipolar disorder, personality/character disorders, substance abuse, addictive behaviors, and trauma.

**Katie Gregory**, Executive Director

**Sally Beaven**, Program Director

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MODEL



## MODEL

# THE BRIDGES TO RECOVERY *model*

Bridges to Recovery takes a multi-disciplinary team approach to treatment - utilizing a wide range of proven, progressive tools to clarify your problems, sustain progress and stabilize your life.

Our adjunct therapies are a combination of both holistic and clinical approaches that includes individual psychotherapy, EMDR, SE, DBT, music, art, yoga, nutritional and educational counseling.

Our extensive EXPERIENCE enables us to determine the therapeutic modality that you respond best to and build the bridge to your recovery.

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ROAD MAP



## ROAD MAP

# WHAT TO EXPECT FROM YOUR STAY

At Bridges to Recovery we are dedicated helping you improve your life.

The Bridges to Recovery treatment model will insure that you develop and master a carefully constructed “*road map*” for a healthier and more productive life.

Our goal is to relieve suffering through compassionate coordinated care in order to empower and motivate you to succeed in your world.

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STABILITY



## STABILITY

# A DAY AT BRIDGES TO RECOVERY

Your stay at Bridges will be comfortable and challenging. Most days will be busy learning new skills and developing tools to create more *stability* in your life.

The morning begins with personal journal time followed by individual PSYCHOTHERAPY session.

During the day you will participate in a variation of GROUP SESSIONS specifically designed and selected to meet your needs. A typical day may include groups like Dialectical Behavior Therapy, Conflict Resolution, Relationship Dynamics and Art and Music Therapy.

The remainder of your day will be broken up with less intensive sessions such as Nutritional Counseling, health and fitness activities and cultural outings.

After dinner you can take part in a variety of relaxing activities like Massage, Acupuncture, Yoga and Meditation, beach walks and if applicable 12 step meetings.



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ATMOSPHERE



## ATMOSPHERE

# OUR SURROUNDINGS

Located in the beautiful residential neighborhoods of The Pacific Palisades and Santa Monica our facilities have a very unique, warm and welcoming *atmosphere*.

Because of our remarkable location we can offer a wide array of outdoor and cultural activities that are unique to the Los Angeles area and conducive to treatment, including

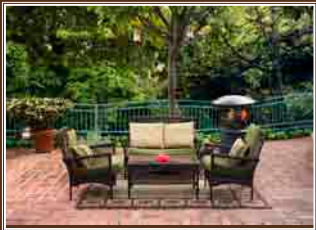
- Energizing open-air fitness and yoga programs
- Stimulating local cultural activities and museum visits
- Breathtaking mountain hikes
- Mindful beach walks

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AFTERCARE



## AFTERCARE

# CONTINUUM OF CARE

Because we understand that healing is a long-term process that extends beyond your treatment at Bridges to Recovery, we have partnered with local and national programs that help maintain your momentum following primary treatment.

Before you leave, you will have your own customized PLAN of action to continue all the gains you achieved during your stay.

Our staff works closely with you to develop an *aftercare* plan that works best for you and your family!



BRIDGES TO RECOVERY  
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FACTS



## FACTS

# SHORT *facts* ABOUT OUR PROGRAM

- We specialize in depression, bipolar and trauma based disorders
- The program lasts between four and six weeks
- Our program is all private pay
- We run two separate facilities with six beds in each
- Licensed by the Department of Social Services  
(#198600073 and #198601269)
- We dispense and prescribe your medication on site.
- We maintain a ratio of two patients per staff member
- Staff members are on site 24 hours a day.



# State of California

## Department of Social Services

Facility Number: **198600073**  
Effective Date: **01/21/03** Total Ca

In accordance with applicable provisions of the Health and Safety Code, and its rules and regulations, the Department of Social Services, hereby

**this License is**

granted to

BRIDGES TO RECOVERY  
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CHOOSE



CHOOSE

## WHY *choose* BRIDGES TO RECOVERY?

In addition to our extensive experience within PSYCHIATRIC care, there are many other reasons why we offer the best residential behavioral health care treatment.

- Small 6 bed milieu with intimate individual care in residential home setting
- Primary therapists are all doctoral level
- 2:1 staff-to-patient ratio during treatment
- Licensed by The Department of Social Services
- Site visits from family and friends available and encouraged
- Access to personal computer and cell phone
- Individual psychodynamic psychotherapy 4-5 times a week



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CHANGE



CHANGE

## GETTING STARTED NOW!

Are you ready to *change* your life and build a bridge to a new future?

Call us TODAY and our experienced staff will answer your questions and get you help as soon as possible.

Because we only want what is best for you, if Bridges to Recovery is NOT the right place for you, then we will help you find a place that is more suited to your needs.

We are a private pay facility but our staff will work with you and, upon personal request, contact your insurance company to determine if there is any reimbursement available.

A more stable future awaits you. And it all starts with a simple phone call to Bridges of Recovery.

**Call 877 770 2190 or visit our website [www.bridgestorecovery.com](http://www.bridgestorecovery.com)**