Compassionate care and the hope you’ve been seeking.

Our goal is to identify the causes of your suffering, help you find relief through compassionate and effective care, and support you in leading an authentic and meaningful life.
The Treatment You Need, the Environment You Prefer

Bridges to Recovery’s premier licensed residential psychiatric facilities in Los Angeles and San Diego are designed for men and women struggling with mental health disorders who are seeking a safe alternative to a hospital environment for their care. Our clinical expertise and nurturing home-like environment provide a safe and supportive environment for you to:

- Get to the root of the problem
- Identify the obstacles to growth and remove them
- Gain the skills and insight needed for continued growth

Our clinical team are experts in the treatment of even the most complex psychiatric disorders, employing a unique and effective combination of psychiatry, psychotherapy, and integrative therapy.

- Intensive individual therapy three to five days per week with highly experienced therapists
- Our doctoral and masters level specialists allow us to match clients’ needs to an ideal primary therapist
- Extensive psychiatric and clinical assessments, and neuropsychological testing as needed
- Multiple daily therapy groups and rejuvenating holistic experiences
- Maximum milieu of six clients with up to a 2:1 staff-to-client ratio with on-site psychiatric care and medication management
- Compassionate, comprehensive healing that addresses emotional, spiritual, social and physical needs

What We Treat

At Bridges to Recovery, we specialize in diagnosing and treating complex psychiatric and emotional issues. Our intensive, integrated treatment program helps you reclaim your life and remove the obstacles created by many mental health disorders.

Our treatment specialties include:

- **Mood Disorders**: Major Depression, Bipolar Disorders, and Complicated Bereavement
- **Trauma**: Post Traumatic Stress Disorder (PTSD), Dissociative Disorders, Victims of Sexual Assault, and Childhood Trauma
- **Personality Disorders**: Borderline, Narcissistic, and Dependent
- **Anxiety Disorders**: Generalized Anxiety, Obsessive Compulsive Disorder (OCD), Panic Disorders, and Social Anxiety Disorders
- **Psychotic Disorders**: Schizoaffective Disorders, and Schizophrenia
- **Co-Occurring Impulse Control Issues**: Substance Use, Gambling, Shopping, and other Process Addictions
- **Co-Occurring Eating Disorders**: Body Image and Eating Disorders
- **Other Treatment Specialties**: Failure to Launch, Insomnia, ADHD, Phase of Life Issues, and Sexual Identity Issues

I arrived at Bridges frustrated and demoralized, ready to give up on any hope of getting better. I left six weeks later hopeful, thankful, and ready to get back to living.

~ Bridges to Recovery Alumnus
Getting to the Root of the Problem

In order to offer you the most targeted and effective treatment, we need a thorough and holistic picture of who you are: your history, diagnosis, family dynamics, social structure, goals and aspirations. We gather this information through close collaboration with your current treatment team and family members (with your permission), and through our extensive psychiatric, psychological and clinical assessments and evaluations.

Your entire treatment team collaborates with you during the assessment phase of treatment. Here’s what you can expect at Bridges to Recovery:

• An initial 60-90 minute assessment interview with your psychiatrist within 24-hours of your arrival
• Comprehensive, individualized psychological testing may include a battery of neuropsychological, cognitive, vocational and personality tests. Genetic testing also available
• Psychotherapy assessments with your Primary Therapist to gain a deep understanding of your history and reasons for seeking residential treatment
• Somatic Experiencing assessment where indicated to identify triggers and coping strategies currently used for intense emotional issues, and an evaluation to determine whether EMDR is an appropriate intervention strategy
• Family and treatment history (with your permission) through interviews with your outpatient therapists, psychiatrists, family members and other important people in your life

This rich and holistic understanding of your full story guides us in creating a truly individualized treatment plan that offers you profound healing, strategies for overcoming your toughest obstacles, and a clear path toward the life you want.

“"The feeling of hopelessness began to fade, replaced by a sense of clarity, opportunity, happiness, and hope.""

– Bridges to Recovery Alumna
Identifying and Removing the Obstacles to Your Growth

Many clients choose residential care at Bridges to Recovery because, despite their best efforts and dedication to treatment, they still are not living a stable and satisfying life. This changes after a stay with us. The quality and comprehensiveness of our integrated, intensive treatment program allow for rapid relief from suffering and tremendous growth, all in a few short weeks.

- Highly-credentialed team of mental health experts provide exceptional treatment
- Three to five individual therapy sessions per week with masters, doctoral and highly experienced therapists
- Weekly sessions with your psychiatrist
- Expert psychological and neuropsychological testing
- Clinically-proven, evidence-based therapies
- High staff-to-client ratio
- Flexible lengths of stay from 30 to 90 days or more, depending on your needs
- Licensed by the CA Department of Social Services and certified by the CA Department of Health Care Services, Mental Health Services Division

We developed our program based on our belief that truly exceptional psychiatric, clinical and holistic care can transform lives. With the utmost dignity and respect, we meet you where you are, helping you develop a vision for the life you wish to have, and offering you the care you need to achieve it.

Gaining the Skills and Insight for Continued Growth

Thanks to years of clinical research, we now know what treatment modalities are most effective for particular psychiatric illnesses. Called “evidence-based,” these modalities have proven their effectiveness in offering the skills and insight necessary to achieve lasting relief and grow toward your personal, social and professional goals. At Bridges to Recovery, we use information gathered during your assessment phase to create a customized treatment plan combining highly effective treatment modalities, group therapy, and holistic experiences. The result is life-changing treatment.

Individual Therapy Modalities:
- Psychodynamic psychotherapy
- Relational therapy
- Family & couples therapy
- Dialectical Behavior Therapy (DBT)
- Somatic Experiencing (SE)
- Cognitive Behavioral Therapy (CBT)
- Eye Movement Desensitization Reprocessing (EMDR)

Therapy Groups:
- Process group
- Conflict resolution
- Grief & loss
- Family dynamics
- Relationship dynamics
- Impulse control
- Art therapy
- Relapse prevention
- Brain and behavior
- Trauma resiliency
- Anger management
- Sleep disorders
- Adaptive living
- Journaling & timeline

We also offer yoga, meditation, acupuncture, massage, drumming and physical fitness classes to accelerate your healing and help you reconnect with your body. Individual clients may experience different modalities and groups depending on their clinical needs. Program elements are subject to change. For the most current program information, please visit our website.

“After spinning my wheels in therapy for years, I finally found some traction at Bridges to Recovery. I can now see a clear path to a better life.”

~ Bridges to Recovery Alumna
Exceptional Treatment Experiences

From the moment you first contact us at Bridges to Recovery, you will be treated with compassion, respect and kindness. Our three private pay residential facilities in Los Angeles and San Diego offer a treatment experience that not only provides you with the most advanced psychiatric care available, but also nurtures your spirit, rejuvenates your body, and reignites your hope.

• Beautiful, comfortable, safe, and secure residential homes
• Locations in some of Southern California’s most desirable neighborhoods
• Options for double or private rooms
• Weekly massage or acupuncture available
• Yoga, meditation, drumming, fitness and personal training available
• Healthy meals created by a gourmet chef using local ingredients
• Weekly experiential outings to enjoy the best Southern California has to offer
• Use of mobile phones, laptops, and tablets permitted during designated hours
• Pet friendly

The staff was so kind and the house was beautiful. It was a much better experience than the hospital.

~ Bridges to Recovery Alumnus