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American Addiction Centers





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I absolutely love what we do at American Addiction Centers and take personal pride in the progress of those we help to break free from the heavy chains of addiction. As a national leader in addiction treatment and rehabilitation, AAC, with facilities located across the country, offers exceptional clinical programs to those in need.

In this brochure, we'll introduce you to our unique treatment philosophy rooted in the 5 Essential Elements I developed during my almost 20 years in the behavioral and mental health profession, an approach that has helped tens of thousands of people find their way to recovery. By applying these 5 elements, we believe everyone can beat their addiction.

Our clinical staff, medical specialists, and executive teams are caring, seasoned experts who understand the importance of integrated treatment programs customized to an individual's mind, body, and spirit. From initial assessment to aftercare, all of our facilities offer nurturing environments that foster successful recovery.

Sincerely,

*Michael T. Cartwright*

Michael Cartwright  
Chairman





## AAC Mission

Our mission is to provide quality, comprehensive, compassionate, and innovative care to adults and adolescents struggling with alcohol and/or drug conditions and mental/behavioral health issues. Through research-based and empathetic care we instill hope that long-term recovery is possible. Our purpose and passion is to empower the individual, his/her family, and the community through the promotion of optimal wellness of the mind, body, and spirit.

## The Disease of Addiction

Integral to our mission is the fact that addiction is a treatable disease, as are its associated medical, psychological, and social issues. Addiction signifies a physical dependency on drugs and/or alcohol. Depending on the drug of choice, the disease can take control quickly or gradually over time. Regardless of the drug of choice, the disease wreaks havoc on the user's life and the lives of his or her loved ones.

It is truly possible to become addiction-free and enjoy a healthy, satisfying life. In order to establish a foundation for ongoing recovery, one must not only recognize and accept the need for chemical abstinence but also undergo changes in attitude, behavior, lifestyle, and values.



## Admission Process

01

Your Treatment Consultant will work with you over the phone to complete a pre-admission assessment. This is a 15- to 30-minute clinical evaluation of your or your loved one's addiction history and behavioral health issues.

02

Once we collect your insurance and financial information, we will verify your insurance benefits (if you choose to use insurance). Next we walk you through your payment options, matching you to the facility that best fits your needs.

03

We help you coordinate and book travel arrangements to the facility. We typically admit clients to facilities within 24 hours of the initial call. Your Treatment Consultant will stay in contact with you and/or your family to ensure the admission process runs as smoothly as possible.

04

Your Treatment Consultant will stay in contact with the facility and its transportation staff, all of whom receive flight schedules and travel information. We arrange for you to be picked up from the airport and driven to the facility, where staff will greet you.

## Levels of Care

AAC offers a full spectrum of treatment services to each client, based upon his or her individual needs as assessed through comprehensive evaluations at admission and throughout his or her participation in the program.

The range of a facility's treatment options, in terms of structured support, can be determined by looking at the Levels of Care offered in its programs. The four Levels of Care (listed below in order of intensity) are found among the American Addiction Centers network, so you can be sure to choose the facility most likely to bring you success.

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**Medical Detox** Detox is the highest level of care because it involves medical monitoring of the withdrawal process so the body can safely heal from chemical dependency.

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**Residential Treatment (RT)** RT is the inpatient treatment of clients who have been medically cleared and whose withdrawal symptoms have stabilized. Residential clients reside at our facilities and are monitored 24/7.

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**Partial Hospitalization Program (PHP)** PHP is a structured program providing care at least five days a week for no less than six hours per day. The purpose of PHP is to move clients away from around-the-clock supervision and allow them more "real-life" experience in the community.

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**Intensive Outpatient Program (IOP)** IOP is the least restrictive program. Providing care for three days a week, three hours per day, at minimum, this program allows clients greater access to the community.





Recovery is an  
all-encompassing  
commitment  
to wellness.

# Desert Hope



Located in Las Vegas, Desert Hope provides all levels of care (Detox, RT, PHP, and IOP) to adult men and women struggling with substance abuse and behavioral health issues. Desert Hope offers traditional therapies including group, family, and individual, as well as recovery-oriented challenge and expressive therapies, personal training, and EMDR.

Desert Hope maximizes the probability of sustained recovery with tailored treatment plans and by providing services such as meals prepared by our professional chef and various spa amenities for the complete restoration and balance of mind, body, and spirit.





A former luxury spa retreat in Dallas, Texas, the Greenhouse provides all levels of care (Detox, RT, PHP, and IOP) to adult men and women struggling with co-occurring disorders. Each client is assigned a primary therapist and works closely with a supportive multidisciplinary treatment team.

Our program includes daily research-based education, recovery-oriented challenge and therapeutic groups, and weekly one-on-one counseling sessions – plus personal training, yoga, meals prepared by our professional chef, recreational activities, indoor and outdoor pools, wet and dry saunas, and more, all within a serene environment of luxury and healing.



River Oaks is a premier addiction treatment facility located in beautiful Tampa, Florida. Our treatment facility provides all levels of care (Detox, RT, PHP, and IOP) to adult men and women struggling with substance abuse and co-occurring mental health disorders.

Each client follows an individualized treatment plan, and receives encouragement from our multidisciplinary treatment team, including a primary therapist. Special amenities such as yoga, massage, and personal training sessions are also available.



Forterus operates several residential homes in Southern California: 14 homes are located in Murrieta, California, with a program for men and women; one home in San Diego, California, features a program for men only. Both locations provide all levels of care (Detox, RT, PHP, and IOP), along with nurturing atmospheres, caring staff members, and individualized treatment plans.

Our clinical model features a strong component of community integration. Clients participate in community-based activities, such as attending a local gym away from facility grounds, as well as community-based 12-Step meetings, as a means of additional support for all levels of care. This is a staff-supervised way to experience real-life triggers and celebrate personal accountability.



Located in Palm Beach, Florida, Singer Island provides adult men and women struggling with substance abuse and behavioral health issues with PHP and IOP treatment programs.

Additional services include psychological testing and ongoing holistic healing services. Clients also enjoy frequent outings to local attractions including the beach, local parks, and museums.





Located in Palm Beach, Florida, the Academy provides PHP and IOP levels of care to adolescent (ages 13-17) males and females struggling with substance abuse and behavioral health issues. Additional services include equine therapy and a specialized curriculum focusing on peer relationships, family work, and academics.

Our academic program's goal is to make the client's transition back to school as smooth as possible. We work with various academic settings, including K-12 and GED courses. We offer online teaching staff, which includes middle and high school teachers, and our on-site program coordinator works with clients, retrieves transcripts, and turns current classes over to K-12 teachers who review and upload equally credited classes.

Located in the beautiful South Florida area of greater Fort Lauderdale, Recovery First provides all levels of care (Detox, RT, PHP, IOP, and OP) for adult men and women struggling with alcohol and drug addiction.

The client works with a primary therapist to collaborate on an individualized treatment plan, which includes: individual therapy, group therapy, family therapy, peer support groups, 12-Step involvement, relapse prevention training, and other innovative therapies. Recovery First offers a comprehensive residential program that allows the client to both live and receive therapy in one professional facility.





Clinical Services of Rhode Island (CSRI) operates facilities in Greenville, Portsmouth, and South Kingstown, Rhode Island. CSRI provides treatment services for adult men and men struggling with addiction and behavioral health issues. Our levels of care include Outpatient Detox, IOP, and OP programs.

CSRI offers a full spectrum of treatment services, based upon the client's individual needs as assessed through comprehensive evaluations at admission and throughout participation in the program.



Oxford Treatment Center operates a residential center near Oxford, Mississippi, and outpatient centers in Oxford, Tupelo, and Olive Branch, MS. Oxford Treatment Center provides all levels of care (Detox, RT, PHP, IOP, and OP) to adult men and women struggling with substance abuse issues and co-occurring disorders.

Our main property is a 110-acre residential treatment center situated in a peaceful, wooded setting. The campus includes a main lodge, medical services facility, client cabins, fitness center, equestrian center, and outdoor pavilion, all encircling a large private lake.

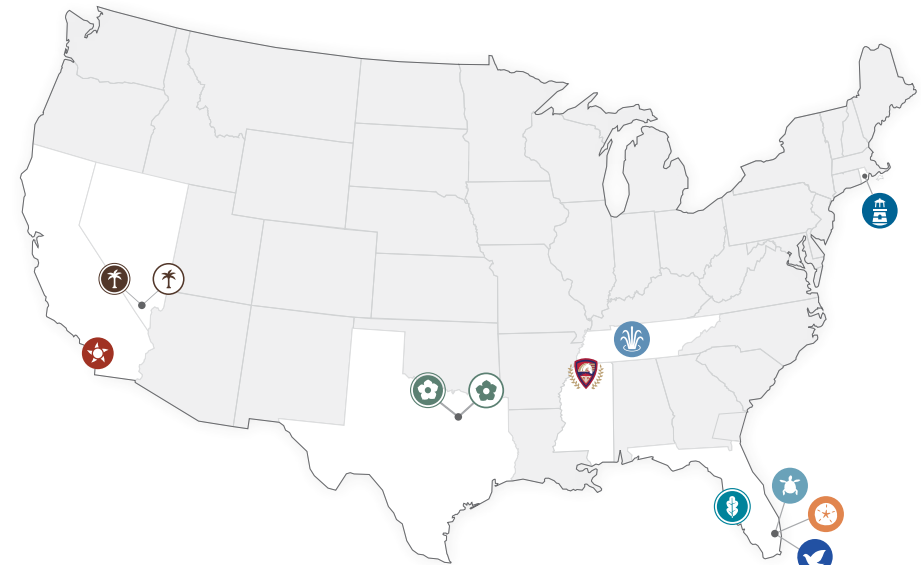




# When Someone Needs Help, We're Near

*We have facilities located across the United States.*

Each facility offers its own unique environment and services.  
All offer believable hope to people in need.



## *The Prescription for Finding Inner Transformation*

Located in Brentwood, Tennessee, FitRx provides PHP and IOP treatment programs for adult men and women with binge eating, emotional eating, night eating syndrome, and compulsive overeating disorder.

To provide the most comprehensive care that honors the unique challenges posed by binge eating disorders, four main components are woven into the clinical program: behavioral, medical, nutritional, and physical wellness.







“It’s not about dwelling on the negative... why you have an addiction or what you did while you were addicted, but it’s about moving forward.”

– Todd, Desert Hope

“This place saved my life and I am forever grateful for that...I can’t ever thank them enough.”

– Andrew, Greenhouse

“With the hope that they’ve given me, I feel I can live a great, quality life, free of drugs and alcohol.”

– Scott, Greenhouse



*For more information about our facility accreditation please visit [AmericanAddictionCenters.com](http://AmericanAddictionCenters.com).*

## Private Consultation

Free. Easy. Confidential.

Call Toll Free **1.800.237.2419**



American  
Addiction Centers

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