American Addiction Centers

beyond treatment

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Addiction is a treatable disease.

...And we believe recovery is possible for everyone.

It’s a fact: just like diabetes, heart disease, and other chronic conditions, addiction is a medical illness that requires professional, research-based treatment and ongoing management.

If a person has high blood sugar levels, for example, they reach out to a trained professional for help to get their disease under control. Addiction is in the same category: if you are experiencing the symptoms of addiction, you need clinical assistance, compassionate support, and access to the tools and skills you’ll need to manage your disease long term.

We’re here to help people recover from a real, treatable medical illness so they can reclaim their lives and achieve their full potential.
How does addiction work?

Inside your body, addiction impacts the way different parts of your brain function and communicate with one another. Those changes can have a dramatic effect on the brain’s reward system, which helps you identify what activities and sensations are pleasurable and prompts you to seek them out. These changes can also affect impulse control, judgment, and behavior.

Common symptoms of addiction include distorted thinking, impaired decision-making, physical dependence, and craving. Like any chronic illness, addiction can change your life dramatically and impact the people you love.

When the brain’s circuitry isn’t working properly, it can impact you physically, emotionally, socially, and spiritually. People struggling with substance use disorders may suffer a variety of negative consequences, such as developing health problems, becoming depressed, experiencing a crisis of faith, losing a job, failing a class, getting evicted, spending time in jail, or experiencing other personal setbacks that are due, at least in part, to this disease.

According to the American Society of Addiction Medicine (ASAM), addiction is considered a progressive disease that, left untreated, can result in disability or premature death.

Recovery is possible for everyone.

American Addiction Centers’ clinical approach and research-based treatment programs educate clients about the symptoms and causes of the disease, both physiological and psychosocial. We help people not only stop using but also develop strategies for managing the addictive mechanisms at work in their lives for long-term recovery.
For decades, addiction treatment has advanced very slowly, even as the epidemic continues to gain momentum and destroy tens of thousands of lives each year. It’s time to do things differently.

At American Addiction Centers, we’re dedicated to treating the disease of addiction. Our outcome-based, scientific approach differs from many addiction treatment centers and programs available today, not only in our treatment strategies and clinical expertise but also in the measurable results we’ve gathered from some of our clients.

Beyond treatment.

COMMITMENT TO PATIENT SAFETY
We intentionally structure our programs around safety and invest in the latest technology to ensure that your experience is as safe and comfortable as possible.

SPECIALIZED DIAGNOSTICS
We put clinical diagnostics to work beyond traditional drug testing, evaluating for medical issues and analyzing DNA to help find the best medications for our clients. We even opened our own specialized diagnostics lab to better serve you.

INTEGRATED TREATMENT
We’ve built our treatment model around established best practices and guidelines and take a whole-person, evidence-based, outcomes-driven approach for a better chance at lasting recovery.

CLINICAL ADDICTION EXPERTS
We hire and retain only highly respected clinicians, experienced staff, and dedicated professionals to serve you with the latest knowledge and most effective techniques available.

PIONEERING RESEARCH
We are committed to advancing the field of addiction treatment through clinical research, measurable outcomes, and the highest-quality treatment available.

We’re here to help people recover from a real, treatable medical illness that threatens to destroy their lives and rob them of their true potential. With 25+ locations across the United States, American Addiction Centers is the world’s largest publicly held healthcare company specializing in treating the disease of addiction.
When you trust an American Addiction Centers facility to help you begin your recovery journey, we take that responsibility very seriously. AAC is committed to patient safety throughout the treatment process, from implementing new and cutting-edge clinical technology to high staff-to-patient ratios, national licensure, and more.

**EARLYSENSE TECHNOLOGY**
In addition to typical medical monitoring and care, some AAC centers use a cutting-edge, FDA-cleared technology called EarlySense during medical detox. This revolutionary device tracks and analyzes your heart rate, breathing rate, and movement while you are in bed, all without ever coming in contact with your body. EarlySense can alert nurses to concerning changes in those vital signs, so they can quickly address complications for a safer detox experience.

**STAFF-TO-PATIENT RATIOS**
When we say our staff is always there for you, we mean it. AAC facilities maintain a staff-to-patient ratio that meets or exceeds the accepted clinical requirements and standards. That means you get more personalized attention and monitoring from our clinical team and easy access to compassionate, professional help right when you need it.

**TOP NATIONAL ACCREDITATIONS AND LICENSURE**
All AAC facilities maintain the most relevant and up-to-date licenses and accreditations for substance use disorder treatment. These special, selective seals of approval mean that we follow the latest protocols and standards when it comes to safety and treatment, so you can start your recovery journey in the best hands possible.

**PSYCHIATRIC CARE**
Many individuals with substance use disorders also suffer from mental illness, which can have serious consequences if left untreated; that’s why every client gets a psychiatric evaluation when they’re admitted to an AAC facility. Understanding any co-occurring mental illnesses or safety concerns helps us make sure you’re receiving the safest, most appropriate care from day one.
Not just any lab. Ours.

American Addiction Centers is one of the only organizations of its kind to invest in specialized diagnostics for addiction treatment. Our high-tech, cutting-edge laboratory delivers quick turn-around time, dependable accuracy, and customized service to our facilities for the most effective, clinically based addiction treatment available.

LATEST TOXICOLOGY TESTS (URINALYSIS)
Offering up-to-date testing based on the DEA drug seizure list.

Fast, accurate urinalysis helps us understand exactly what’s in your system when you arrive, make sure you get the most appropriate care, keep you safe, and minimize the discomfort of withdrawal. Urine testing also provides accountability during early recovery, especially in our outpatient programs.

American Addiction Centers is one of the only addiction treatment centers in the U.S. that conducts genetic testing in its own lab to use as a tool for clinical addiction treatment.

GENERAL CLINICAL TESTING (BLOOD WORK)
Detecting, monitoring, or ruling out medical concerns as a part of treatment.

Our dedicated lab makes it possible to evaluate every client for a wide range of health concerns. Often, these issues have simple fixes that can help people feel better faster, reduce the risk of future complications, and set them up for a more successful recovery journey.

PHARMACOGENETIC TESTING (DNA)
Analyzing DNA to help find the right medication match.

Pharmacogenetics is the study of how your DNA can influence your body’s response to a drug or medication. Whether it’s medication-assisted treatment for substance use disorders, psychiatric medication, or treatment for physical ailments, finding the right medication for you as soon as possible is an extremely important part of successful addiction treatment.
A research-based approach to addiction treatment.

At AAC facilities, we layer individualized treatment plans with treatment methods that are supported by research and recognized by national organizations as effective for substance use disorders and/or co-occurring disorders.

**Specialized Diagnostics**

MEDICATION-ASSISTED TREATMENT (MAT)  
MOTIVATIONAL INTERVIEWING (MI)  
COGNITIVE BEHAVIORAL THERAPY (CBT)  
DIALECTICAL BEHAVIOR THERAPY (DBT)  
RATIONAL EMOTIVE BEHAVIOR THERAPY (REBT)  
MOTIVATIONAL ENHANCEMENT THERAPY (MET)  
SEEKING SAFETY (SS)

At AAC facilities, we layer individualized treatment plans with proven treatment methods recognized by renowned addiction clinicians in the recovery field.
A proven path to lasting recovery.

We provide a full spectrum of programs, services, and support and help you choose the treatment program that is best for your unique needs. We’re also here to help you make a smooth transition to your next step in your recovery journey through our seamless continuum of care.

**Integrated Treatment**

**MEDICAL DETOX**
Medical detox clients are monitored 24/7 by our medical team to reduce the risk of complications and help minimize discomfort during detox.

**INTENSIVE REHABILITATION (IR)**
If you or your loved ones are dealing with significant ongoing physical or mental health issues, this intensive post-detox option might be the best choice for you.

**RESIDENTIAL TREATMENT (RT)**
In residential treatment (also known as “inpatient treatment” or “rehab”), you’ll stay at one of our comfortable live-in treatment centers as you work on your recovery full time. A 90-day stay in a residential treatment program is recommended for a successful, lasting recovery.

**PARTIAL HOSPITALIZATION PROGRAM (PHP)**
A partial hospitalization program (PHP) provides a structured, outpatient opportunity to receive treatment and practice your sobriety in the real world. It is often offered as a step-down option after residential treatment. At least 6 hours a day, at least 5 days a week.

**INTENSIVE OUTPATIENT PROGRAM (IOP)**
An IOP lets you work toward recovery while keeping up with home, work and family obligations; it can also serve as a vital step-down period from residential treatment or a PHP. At least 3 hours per day, at least 3 days per week.

**TRADITIONAL OUTPATIENT TREATMENT**
In traditional outpatient treatment, you and your provider(s) determine how often you’ll meet, typically on a long-term basis.
Treatment from the experts.

Every AAC facility is led and operated by a hand-picked staff of compassionate, seasoned professionals who are known experts in their fields. Their credentials, experience, and training help make our programs successful; their personal commitment to your health and wellbeing is a vital piece of the recovery journey.

When you get help for your addiction at an AAC center, your professional care team may include:

- American Board of Addiction Medicine (ABAM) certified physicians
- Board-certified psychiatrists
- Registered nurses
- Registered dietitians
- Licensed clinical alcohol and drug counselors
- Therapists and social workers
- Certified personal trainers
- Professional chefs
- Other specially trained experts

Clinical care.

Our experienced team of doctors, counselors, and other clinicians will help you get the most out of your experience through a combination of proven therapies and recognized treatment methods.*

PSYCHIATRIC SERVICES

Every AAC client undergoes a full psychiatric evaluation soon after admission, with follow-up treatment as needed.

HOLISTIC TREATMENT

Recovery involves more than just quitting drugs and/or alcohol. We’ll help you transform your life from the inside out through exercise, wellness education, recreational therapies, and nutrition programs that will help you properly nourish your body and mind.

SPECIALTY PROGRAMS AND GROUPS

In addition to traditional group therapy, many American Addiction Centers facilities provide specific groups for first responders, veterans, LGBTQ clients, and/or other populations with unique needs.

*Every American Addiction Centers facility follows ASAM guidelines and best practices for substance use disorder treatment and provides its own combination of additional proven therapies and other treatment methods to meet your needs.
Real people, real results.

It’s one thing to say your approach to treatment works, but we wanted to see the proof. That’s why AAC invested in a long-term outcomes study to get a sense of our patients’ health and wellbeing up to one year after they leave our care. We’re one of the few addiction treatment organizations to put time, resources, and energy into evaluating our treatment success and creating benchmarks to constantly improve our clinical care.

63% OF CLIENTS were abstinent from all substances at 12 months.

- 44% reduction in days experiencing physical health problems.
- 56% reduction in days experiencing mental health problems.
- 94% reduction in total days with significant family conflict.

For a more comprehensive look at American Addiction Centers’ Outcomes Study, please visit americanaddictioncenters.org/outcomes-study.
## Coast-to-Coast Care

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### LEVEL OF CARE KEY

- **DTX** — Medical Detox
- **IR** — Intensive Rehabilitation
- **RT** — Residential Treatment
- **IOP** — Intensive Outpatient Program
- **PHP** — Partial Hospitalization Program
- **OP** — Outpatient Program
- **RR** — Recovery Residence

With 25+ locations across the United States, American Addiction Centers is the world’s largest publicly held healthcare company specializing in treating the disease of addiction.
As Orange County’s first chemical dependency recovery hospital (CDRH), Laguna Treatment Hospital provides outcome-based treatment for adults struggling with drug addiction and co-occurring mental health disorders in a relaxing treatment setting. This 93-bed hospital-based facility offers a comprehensive continuum of care suited for clients who require higher levels of monitoring, medical supervision, and the schedule of a more structured program.

**KEY FEATURES**

- Hospital-based continuum of care
- EarlySense patient monitoring and 24/7 medical supervision during detox
- Experts in polysubstance detox and medication-assisted treatment (MAT)
- Whole health and wellness programming
- Upscale setting with proximity to beach and ideal climate
- Executive chef-prepared meals

Region: CALIFORNIA

Laguna Treatment Hospital

FACILITY OVERVIEW

Department of Public Health CDRH licensure
To help patients find lasting recovery, River Oaks offers a wide range of individual and group therapies, including dialectical behavioral therapy, cognitive behavioral therapy, motivational interviewing, equine therapy, expressive therapy, and more. The treatment team includes physicians, nurse practitioners, registered nurses, licensed practical nurses, licensed therapists, case managers, and behavioral health technicians.

**KEY FEATURES**

- EarlySense patient monitoring and 24/7 medical supervision during detox
- EAGALA equine therapy
- Biofeedback therapy chair
- Two-day intensive family therapy program
- Medication-assisted treatment
- Distinct inpatient and outpatient group therapy curriculum
- On- and off-site 12-step recovery meetings
At Recovery First, we pride ourselves in providing evidence-based clinical programming with qualified professionals. Our treatment team includes board-certified psychiatrists, addictionologists, internal medicine physicians, psychiatric and medical nurse practitioners, master’s-level therapists, nurses, behavioral health technicians, and case managers. Recovery First spans 3 locations in beautiful South Florida, each specializing in a unique level of care that meets our patients where they are, both clinically and emotionally.

KEY FEATURES

- EarlySense patient monitoring and 24/7 medical supervision during detox
- Wellness-focused treatment, which includes pain management groups, yoga/meditation, and nutrition support
- Impaired medical professionals program
- First responders program
- EMDR-trained therapists
With an expert staff equipped to handle various medical challenges, AdCare is proud to offer patients a first step on the road to recovery. AdCare’s staff includes highly qualified physicians, nurses, nurse practitioners, counselors, and case managers. Through its facilities in Massachusetts and Rhode Island, AdCare offers medical detox, intensive rehabilitation, residential treatment, intensive outpatient treatment, and traditional outpatient services.

**KEY FEATURES**

- EarlySense patient monitoring and 24/7 medical supervision during detox
- Acute crisis stabilization
- Equipped to care for medically compromised patients, pending approval
- Chronic pain group
- MAT programming
Oxford offers a unique blend of treatment approaches, including our renowned equine therapy program. Our treatment team includes primary therapists, experiential therapists, a medical director, nursing director, clinical director, program director, and family program director. Through its family of facilities, Oxford offers medical detox, residential treatment, partial hospitalization, intensive outpatient treatment, and traditional outpatient treatment.

**KEY FEATURES**

- EarlySense patient monitoring and 24/7 medical supervision during detox
- Two-day intensive family therapy program
- Young adult program, designed for patients aged 18 to 25
- Trauma care
- Marijuana treatment track
As recognized experts in addiction treatment, Desert Hope serves as a teaching facility, providing clinical education to individuals from several programs, including the University of Nevada, Las Vegas and Touro University Nevada. Desert Hope’s treatment team includes psychiatrists, physicians, master’s-level clinicians, registered nurses, social workers, and certified case managers. Desert Hope offers all levels of care from medical detox to traditional outpatient treatment, as well as a recovery residence at Resolutions Las Vegas.

**KEY FEATURES**

- EarlySense patient monitoring and 24/7 medical supervision during detox
- Biofeedback therapy chair
- Equipped to care for medically compromised patients, pending approval
- Two-day intensive family therapy program
Addiction affects not only the individual with the disease but their loved ones as well, which is why Sunrise House offers family programming that provides education, support, and time to visit. Sunrise’s expert team includes psychiatrists, other medical doctors, nurses, psychologists, social workers, and therapists. Sunrise House offers medical detox, residential treatment, an intensive outpatient program, and traditional outpatient services.

**KEY FEATURES**

- EarlySense patient monitoring and 24/7 medical supervision during detox
- Holistic treatment, which incorporates technology and music as tools in patient recovery
- Mature and young people groups
Greenhouse’s highly trained and knowledgeable multidisciplinary team includes psychiatrists, psychiatric nurse practitioners, master’s-level therapists, nurses, behavioral health technicians, and case managers. Greenhouse offers a continuum of care including medically supervised detox, residential treatment, partial hospitalization, and intensive outpatient treatment, as well as a recovery residence at Resolutions Arlington.

**KEY FEATURES**

- EarlySense patient monitoring and 24/7 medical supervision during detox
- Equipped to care for medically compromised patients, pending approval
- Biofeedback therapy chair
American Addiction Centers’ continuum of care includes a supportive housing program through our Resolutions residences. With locations in California, Mississippi, Nevada, and Texas, our recovery residences offer a completely drug- and alcohol-free living environment with other people in various stages of recovery. With the help of experienced, compassionate staff and a family of peers, residents learn to ease back into community life while maintaining their sobriety. Patients from all AAC locations are given the option to step down to a Resolutions residence.

**KEY FEATURES**

Features are dependent on location but may include:

- Daily transportation
- On-site staff
- Cooking lessons
- On-site gym
- Laundry facilities
- Cable TV and phones
- Free WiFi
- Pool
- Recreation room
- Meditation room
- Business center
- Recreational outings
Paying for Treatment

We’ve helped thousands of people afford treatment, and we can help you too.

When you call AAC, a trained Admissions Navigator will ask you questions to determine the type and level of care you need and verify your insurance benefits on the spot, with no obligation. From there, we’ll help you estimate the cost of treatment and work to help you find coverage and payment options that fit. Most major insurance policies cover the bulk of treatment costs; we also work with several financing organizations that can make treatment a reality for you.

Don’t put off lifesaving addiction treatment because of cost concerns. We’re here to help.

90 Days to Guaranteed Sobriety

We’re committed to your recovery. If you successfully complete our 90-day program, we guarantee you’ll stay sober, or you can return for a complimentary 30 days of treatment. It’s our promise.*

Speak with an admissions navigator today!
Call 1-866-53-SOBER or 1-866-537-6237.

*For more information about our 90-day promise, visit americanaddictioncenters.org/90-day-promise. Terms and conditions may apply, and results may vary.