



The Nation's Leading Center for
**DUAL DIAGNOSIS
ADDICTION TREATMENT**
ORANGE COUNTY, CALIF.



FEATURED ON

**Dr.
Phil**

**NATIONAL
GEOGRAPHIC**

Men'sHealth

**FOX
NEWS**

A&E

yahoo!life

Medium

healthline

USNews
& WORLD REPORT

Parents

**BUSINESS
INSIDER**

PureWow

SHAPE

BESTLIFE

BUSTLE

REALSIMPLE



SPECIALIZING IN DUAL DIAGNOSIS DISORDERS

Our recovery programs emphasize individualized treatment plans for dual diagnosis clients, providing not only a freedom from addiction and alcoholism but also a freedom from the tight constraints of mood disorders that often propel addiction.

Our therapy methods include the extremely effective Cognitive Behavioral Therapy and Dialectical Behavioral Therapy methods, which are scientifically proven to aid recovery of dual diagnosis patients.

We believe in the holistic treatment of the mind, body, and spirit, implementing wolf-assisted therapy, equine therapy, surf therapy, nutritional counseling, yoga, massage therapy and more to aid in the dual diagnosis recovery process. Our highly experienced and educated dual diagnosis treatment team has successfully treated over 1,000 clients. Our integrated approach to addiction treatment allows for an effective cohesion between substance abuse treatment and lifelong recovery.

Committed to enhancing the safety of our treatment services by providing **IMS - Incidental Medical Services**



Accredited by **The Joint Commission** and **The Commission on Accreditation of Rehabilitation Facilities**.



We are proud members of the **National Association of Addiction Treatment Providers**.



***Our Vision** – "To inspire trust and confidence as a dual diagnosis treatment provider of choice."*

Individualized
TREATMENT PROGRAMS



MENTAL HEALTH TREATMENT

We utilize evidenced-based practice (EBP) and empiracally supported treatments (EST's) to create a tailored plan for each client's mental health needs.



RESIDENTIAL TREATMENT

Upon admission each client is assigned to a private treatment team consisting of two clinicians, a psychiatrist and dietician to ensure positive growth and sustainable healing.



PARTIAL HOSPITALIZATION PROGRAM

Clients receive support transitioning from residential level of care to a customized program that focuses on preventing relapse and promoting continued mental health improvements.



SUBSTANCE ABUSE TREATMENT

We pay close attention to scientific findings. By fusing holistic, clinical, and psychiatric methods we treat more than just the symptoms of substance use disorders.



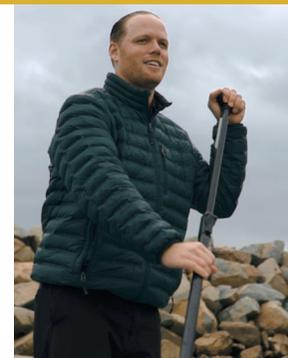
DETOX

Detox refers to the process of metabolizing drugs and alcohol in a person's system to neutralize their toxic effects. We help our patients maintain pyshical comfort as they safely withdrawal from the effects of drugs and alcohol.



INTENSIVE OUTPATIENT PROGRAM

Clients receive assistance in their transitional phase with continued accountability, such as group sessions, continued one on one therapy and sobriety maintenance.



What Sets Us Apart
TREATMENT METHODS



COGNITIVE BEHAVIORAL
THERAPY (CBT)

Trained clinicians aim to eliminate harmful behavioral patterns by helping clients to identify faulty beliefs and motivations.



DIALECTICAL BEHAVIORAL
THERAPY (DBT)

Striking a balance between two oppositions, namely, a desire to eliminate pain and a concerted effort to accept inevitable pain.



COGNITIVE PROCESSING
THERAPY (CPT)

Practiced clinicians lovingly help individuals adjust their beliefs about the consequences of traumatic events they've had to endure.



TRAUMA INFORMED CARE

This is a specialized approach which takes into account the client's history of exposure to a variety of recent and remote traumatic events.



LGBTQ+ AFFIRMING

We transcend cultural barriers with successful interventions and dual diagnosis treatments specific to the needs of the LGBTQ+ community.



ADDICTION PSYCHIATRY

Techniques such as pharmacotherapies and behavioral therapies are used to treat addiction and mental health.



WOLF & EQUINE THERAPY

The positive therapeutic alliance between animals and humans improve the outcome of treatment goals.



HOLISTIC APPROACH

Yoga, Meditation, Acupuncture, Massage, Surf, Music, Meditation, and Art Therapy are all a part of our holistic program of excellence.



Strength, Courage, and Resiliency
FAMILY PROGRAM

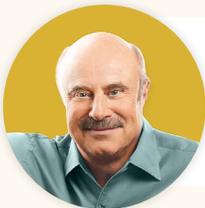


BENEFITS OF NEW METHOD WELLNESS FAMILY PROGRAM

Family counseling accomplishes the following:

- ✓ Alters family's behavioral responses to a person with a substance use disorder (i.e., saving him from the consequences of his addiction)
- ✓ Educates the family regarding expectations during various stages of a loved one's recovery
- ✓ Mobilizes the family unit to assist the recovering loved one in navigating through obstacles
- ✓ Restructures roles and reestablishes boundaries between the client and family members
- ✓ Restores unity among nuclear and extended family members

The purpose of the New Method Wellness Family Program is to shed light for those who don't understand substance abuse recovery and to provide a safe context in which family members and significant others can receive emotional support.



“ Talk about a top-shelf program, I mean these guys are good!

★★★★★ *—Dr. Phil*

Well-Appointed Accommodations
OUR BEAUTIFUL LOCATIONS

WELLNESS CENTER



FLORES HOUSE | *Licensed Detox & Residential*



CAPO HOUSE | *Licensed Detox & Residential*



RIO HOUSE | *Licensed Detox & Residential*



View more photos at NewMethodWellness.com/gallery

A Serene & Warm Environment

OUR PROMISE



New Method Wellness is committed to delivering the highest quality treatment experience available. Utilizing evidence-based practices as the core feature of our program, New Method Wellness is dedicated to transforming the lives of our clients and their families.

Upon admission to New Method Wellness, each client is assigned a Treatment Team that helps develop a personalized program tailored to the unique needs of the individual.

The Treatment Team consists of:

- ✓ Psychiatrist
- ✓ Individual Therapist
- ✓ Medical Doctor
- ✓ Physician Assistant (Medical and Psych)
- ✓ Registered Nurse/ Licensed Vocational Nurse
- ✓ Registered Dietician/ Nutritionist
- ✓ Case Manager
- ✓ Acupuncturist
- ✓ Massage Therapist



The New Method Wellness Treatment Teams collaborates daily to best meet the unique needs of every individual.

7 Facets of Our Evidence-Based Approach to Dual Diagnosis Treatment

1. Clinical excellence with a proven history
2. Medical experts to ensure health and safety
3. Integrated mental health therapy and care
4. 12-Step meetings that open the door to greater fellowship
5. Holistic approaches that overcome limitations
6. Tailored treatment plans based on the individuals needs
7. Family participation to promote sustainable healing



T A K E T H E
F I R S T S T E P



31473 Rancho Viejo Road, Ste. 101
San Juan Capistrano, CA 92675

📞 866-951-1824 📠 949-472-4352

admissions@newmethodwellness.com
newmethodwellness.com

