

# CREATING EXTRAORDINARY LIVES



**PROMISES**  
TREATMENT CENTERS

“When I founded Promises, over 20 years ago, my vision was to provide the best treatment and environment for healing from alcoholism and other addictions. I am happy to say this has become a reality. As we continue to help those of you who come to us to create a new life, my gratitude deepens.”

- Richard Rogg, Founder

# Welcome to Promises

CREATING EXTRAORDINARY LIVES

At Promises, our mission is to provide a gateway to recovery for our clients and to aid in the achievement of lifetime dreams. It's a mission we take very seriously.

We are proud of the pioneering, restorative, and compassionate care we have provided our clients for over 20 years. One of the keys to our success is our size. We limit the number of residential treatment clients to small, intimate numbers at each of our two facilities, in order to give each person the personal care and attention they need to succeed.

At Promises, we are proud of the world-class team of addiction treatment and behavioral health professionals we have gathered over the past two decades of service to the community. Our clinical staff features the best professionals in the field of addiction treatment. Our experienced, licensed, credentialed staff, and independent specialists include clinical psychologists, marriage and family therapists, licensed clinical social workers, mental health workers, and detox experts.

We invite you to read through the following pages to familiarize yourself with our treatment programs, staff, and facilities.

Sincerely,  
David Sack, MD  
CEO, Promises Treatment Centers

**PROMISES**  
TREATMENT CENTERS

[www.promises.com](http://www.promises.com)  
866.390.2340

# TREATMENT SERVICES

Promises specializes in treating a wide variety of addictions and co-occurring disorders, including:

- Alcohol
- Cocaine
- Prescription medications
- Codeine
- Heroin
- Marijuana
- Methamphetamine
- Oxycodone
- Benzodiazepines
- ADD/ADHD
- Grief/Loss issues
- Trauma
- Depression and anxiety
- Co-dependency
- Sexual compulsivity
- Sleep disorders
- And other addictions and disorders

By treating the whole person and total condition, not just the symptoms, our clients are given the opportunity to achieve lasting recovery.

Addressing all aspects of a person's life is critical in creating a sustainable recovery.

While remaining firmly rooted in the 12-Steps, Promises Treatment Centers use a variety of evidence-based treatment modalities, including:

- Medically-monitored detox
- Psychiatry
- Counseling
- Individual psychotherapy
- Family therapy
- Psycho-educational groups
- Group therapy
- Relapse prevention
- Stress management strategies
- Cognitive-behavioral techniques
- Psychodrama
- Equine-assisted therapy
- Art therapy
- Spiritual development
- Yoga/meditation
- Acupuncture
- Fitness and nutritional counseling
- Eye Movement Desensitization and Reprocessing (EMDR)
- Dialectical Behavioral Therapy (DBT)
- Somatic therapy



Our team of highly skilled and licensed psychiatrists, medical doctors, psychologists, therapists, and specialists, provide individual and group psychotherapy delivering a clinically comprehensive treatment program. Many of our staff are in recovery and have experienced many of the same issues as have our clients. This allows clients to feel safe about opening up about their problems, issues, and secrets. Therapy is supported by a commitment to embrace the recovery process through education, 12-step work, and meetings.

**"I was given the foundation and the tools to begin my recovery."**

**- Promises Alumni**

By removing the client from their unhealthy environment and placing them in a safe, supportive environment, with an individual program of recovery, Promises Treatment Centers offer clients an opportunity to stabilize medically and psychologically. This gives clients the ability to learn about the disease of addiction, learn about themselves, understand underlying causes driving these behaviors, and gain the tools necessary for ongoing recovery.

Consulting psychiatrists and medical doctors are on-site to provide psychiatric evaluation and medical treatment as well as ongoing counseling, medication monitoring, and follow-up.

## CONTINUUM OF CARE

Promises offers a comprehensive continuum of treatment services to ensure that clients receive the appropriate level of care based on their specific needs -- when they need it.

Promises supports clients safely through the many stages of recovery, for 30 to 90 plus days.

1. Residential treatment (detox services available if needed)
2. Extended care treatment
3. Day treatment
4. Outpatient treatment
5. Sober Living

**Clinical research indicates that the longer a client stays engaged in treatment, the better the outcome.**

With all levels of care at Promises, a comprehensive discharge plan is created for the individual. We recognize that all of our clients are individuals with unique needs, so our discharge plan is personalized to benefit each person's unique situation.

Whether a client is returning home, down the street, or across the world, we are able to arrange excellent care to support their return. Additionally, with alumni located worldwide, we are often able to contact an alumnus in the client's home community to assist with support for their transition home.



## Residential Treatment

Promises residential program is licensed by the State of California Department of Alcohol and Drug Programs. Clients are expected to make a minimum commitment of 30 days, where they live on-site in one of our beautiful houses with others who are in various stages of the recovery process.

We offer residential treatment at both of our facilities in Malibu, CA and West Los Angeles, CA. Our programs range from 30 to 90 days (or more) and are personalized to fit the specific needs of each individual.

Promises residential treatment centers are more comfortable than hospital settings and are more of a home-like environment. Our residential facilities offer a medically monitored detoxification process where our physicians make daily visits during a client's detox, and are available for any emergencies and to prescribe medication to ease symptoms. Our on-site nurses are available seven days a week to support client needs.

**"Promises opened the door to a way of living that I couldn't have ever imagined."**

**- Promises Alumni**

## Extended Care Treatment

In addition to a minimum stay of 30 days in residential treatment, Promises Malibu offers a structured extended care program for eligible clients who have completed residential treatment. The Promises Extended Care program provides a supportive and safe setting for men and women in the early stages of recovery to make the transition from residential treatment back into the community. The structured program is designed to build on the gains made in residential treatment and address issues that arise as clients re-enter the workplace and re-join their families.

During Extended Care, clients are able to customize their schedule from a range of clinical options, while allowing them more time to integrate back into the community.

Clients continue to receive many of the same services from residential treatment. In addition, our Extended Care Program offers ancillary treatment options, which can include:

- Relapse prevention
- Educational and career coaching
- Equine and/or art therapy
- Life coaching
- Anger management
- And more, depending on the specific needs of the individual
- Family therapy
- Ongoing follow up from psychiatrist
- Neuro feedback
- Individual and group therapy
- Trauma resolution therapy

In the Extended Care Program, our staff will continue to work with clients to help select the options that provide the best chance for long-term success.

## Sober Living

For those clients who cannot or should not return to their former residence upon completion of their initial 30-day stay, Promises offers gender-specific Sober Living homes. These are comfortable and safe environments designed to cultivate a sober, balanced lifestyle through structured guidelines and accountability.

In a "sober living" environment, clients live in a house with other sober clients and are supervised by a resident house manager. Typically, Sober Living homes require a person to have 30 days of abstinence as a pre-requisite for admission. The residents provide a support structure for one another; gain new friendships in sobriety; and return to a safe, sober home at night. The residents participate in 12-Step meetings, the Intensive Outpatient Program, work with a life coach, undergo random drug and alcohol tests, and observe a curfew. Sober Living participants return to school, work, or participate in volunteer work Monday through Friday.

## Day Treatment

Day Treatment provides critical therapeutic services and support for individuals transitioning from their residential, or Sober Living treatment experience. Individuals also admit directly into the day treatment program. The program is also helpful for people who need more structure than Outpatient Treatment can provide.

Day Treatment clients benefit from an intensive, structured, and supportive environment during the day, while spending the night at their own home or sober living.

Day Treatment groups are run by a counselor or therapist and consist of:

- Group process
- Psycho-educational groups
- Single gender groups
- Creative therapy (art, writing, etc.)
- Individual sessions with a counselor
- Random drug and alcohol testing

Day Treatment usually runs for five hours per day, five days per week.

## Outpatient Treatment

Promises offers Outpatient Treatment programs for men and women who need a structured treatment program, but who may not require or desire the clinical intensity of Residential/Inpatient, Extended Care, or Day Treatment.

Designed for those who live in the area, or can arrange nearby accommodations, the Outpatient program allows participants to continue their professional careers while receiving the necessary treatment to live a productive life, free from drug and alcohol dependence. Structured over an extended period, with flexible schedules to accommodate work and school, the program is designed to identify and address emotional and behavioral obstacles to long-term recovery.



# LOCATIONS

## Malibu

Nestled in the picturesque Santa Monica Mountains with a gorgeous panoramic view of the Pacific Ocean, Promises Malibu offers an unparalleled recovery experience, in a luxury environment, and is the treatment facility of choice for anyone wanting the finest quality surroundings while experiencing the highest quality clinical program.

Located on three adjoining family estates in the hills of Malibu, this facility is designed for clients who are seeking exceptional service where the highest privacy standards are required.

**“What occurred is nothing short of a miracle. It was so profound, it’s hard to put into words.”**

- Promises Alumni

Promises Malibu is located within a private, gated community to help remove the distractions of everyday life, prevent unexpected visitors, and allow individuals to concentrate on overcoming the issues they must deal with relating to addiction, and behavioral health issues in a relaxed, luxurious atmosphere.

Private rooms are available for an additional charge.

## West Los Angeles

The Promises West Los Angeles facility is designed for clients who would like the highest quality residential treatment in a more affordable setting.

Located in West Los Angeles, halfway between Beverly Hills and the Pacific Ocean, Promises West L.A. is a tranquil oasis in a home-like setting, where clients stay in one of three houses providing a safe, friendly environment.

The stately Craftsman-style home offers an ideal place for hope and healing to begin; the cottages next door are an intimate, restful setting for recovery. Warmly decorated rooms and expansive common areas provide a family-like environment designed to help foster a sense of security.

Recovery in an urban setting affords clients numerous opportunities to integrate “real world” experiences into treatment, such as outings to the gym, movies, and other daily activities. Promises West Los Angeles offers various treatment lengths of stay with a variety of Continuing Care programs for ongoing support after inpatient treatment.



# WHAT TO EXPECT

The disease of addiction and other behavioral health issues is complex and each person's treatment needs are unique. While the Promises experience will be different for each client, all treatment at Promises includes:

- Individualized care and personalized treatment plans
- A comprehensive and balanced approach
- A talented, compassionate, and dedicated team of licensed, credentialed professionals
- High staff-to-client ratios, providing a range of resources in an intimate, residential setting
- Multiple, weekly, individual therapy sessions
- A nurturing, healing environment that solidifies your recovery while preparing you to return to the "real world"
- A confidential environment with the highest privacy standards
- A community of committed people succeeding in their own recovery
- A family program that not only helps rebuild the client's life but also those of family members
- Alumni services and follow-up

"I felt understood by the staff and supported by my fellow clients."

- Promises Alumni



## Core Treatment Team

The Promises staff is completely invested in positive outcomes for our clients. The Treatment team works with clients and their families to develop an individualized treatment plan specifically designed for their needs.

Following the initial assessment, clients are assigned a core treatment team. Each team includes a primary therapist, family therapist, psychiatrist, medical doctor, nurse, and, if necessary, drug and alcohol detox specialist(s), all of whom are either Promises staff, or well-qualified, licensed independent affiliates, and other specialists based on client needs.

## Individual Therapy

To enhance even deeper individual work, we offer multiple, weekly, individual therapy sessions by masters and Ph.D. level therapists. This ensures that each client's unique problems are addressed through one-on-one sessions, and also enables their primary therapist to continue to counsel and coach them through our Extended Care Program if they choose to stay with us beyond primary Residential Treatment.

## Alumni and Family Support Groups

Completing treatment at Promises is only the start of our commitment to lasting recovery.

We stay actively involved in helping clients transition back to everyday life and encourage them to remain connected to the recovery community. The Promises Alumni Association makes available to clients and their families a variety of resources, including meetings, workshops, special events, and follow-up. Promises Alumni have weekly 12-Step meetings in West Los Angeles, Malibu, and New York.

Our staff members have access to a network of support groups and alumni to help clients find the support they need after they graduate, no matter where they live.

## Family Counseling

Addiction and other behavioral health issues are commonly referred to as a “family disease” because of their significant effect on the entire family. Family members struggle to help, while watching their loved one continue the cycle of self-destruction, which devastates the entire family.

Underlying these efforts are often feelings of helplessness, despair, anxiety, and anger about the damage the addiction has caused, and will continue to cause, on their life and the integrity of the family.

Our Family Program is designed to help family members gain awareness and understanding, so that they can learn how to best support their loved one – and themselves.

**“Here I have found a life in balance: MIND, BODY AND SOUL.”**

- Promises Alumni

Promises can help clients – and their family – create a lasting end to their suffering through:

- Individualized therapy for couples and families
- Education and support for loved ones
- Multiple family groups
- Wednesday night off-campus support meetings

## Off Campus Activities

Promises does not keep our clients isolated from the outside world during their residential stay. Clients are taken to community-based 12-Step meetings daily as well as a neighborhood gym five days a week. In doing so, our clients can experience the real world with the safety and supervision of staff members. Clients are able to build new, clean and sober experiences, and associations in the world outside of treatment, making the transition easier.

## Private Time

Promises Treatment Centers allow clients to have access to newspapers and magazines, listen to the radio, call loved ones, and watch TV at appropriate times, with supervision.

## Day-to-Day Living

By utilizing a real-world perspective, Promises prepares its clients for day-to-day life, such as driving past a liquor store or reading an advertisement for an alcoholic beverage. The key is that Promises teaches clients how to process their feelings that may arise while exposed to these situations.

## Dining

The professional chefs at Promises will prepare home-style or individually prepared meals to accommodate food preferences such as vegetarian, kosher, vegan, or other specialized dietary needs.

**“All my shame, self-pity and self-destructive attitudes have slowly disappeared.”**

- Promises Alumni

# ALUMNI PROGRAM

At Promises, treatment is just the beginning of a journey of lifelong recovery.

For many, going home can be the hardest part. The disease of addiction or behavioral disorders have left our lives in disarray, which can make it difficult to know what the next step should be. Often, an experienced guide can provide invaluable support and direction along the way.

The Promises Alumni Program has been going strong for over 20 years and is committed to providing that critical support for every member of the extended Promises family. Our Alumni members are dedicated to supporting those who have begun the journey of recovery at Promises and their families. Alumni meetings, events, and personal follow-up support help ease the transition back home.

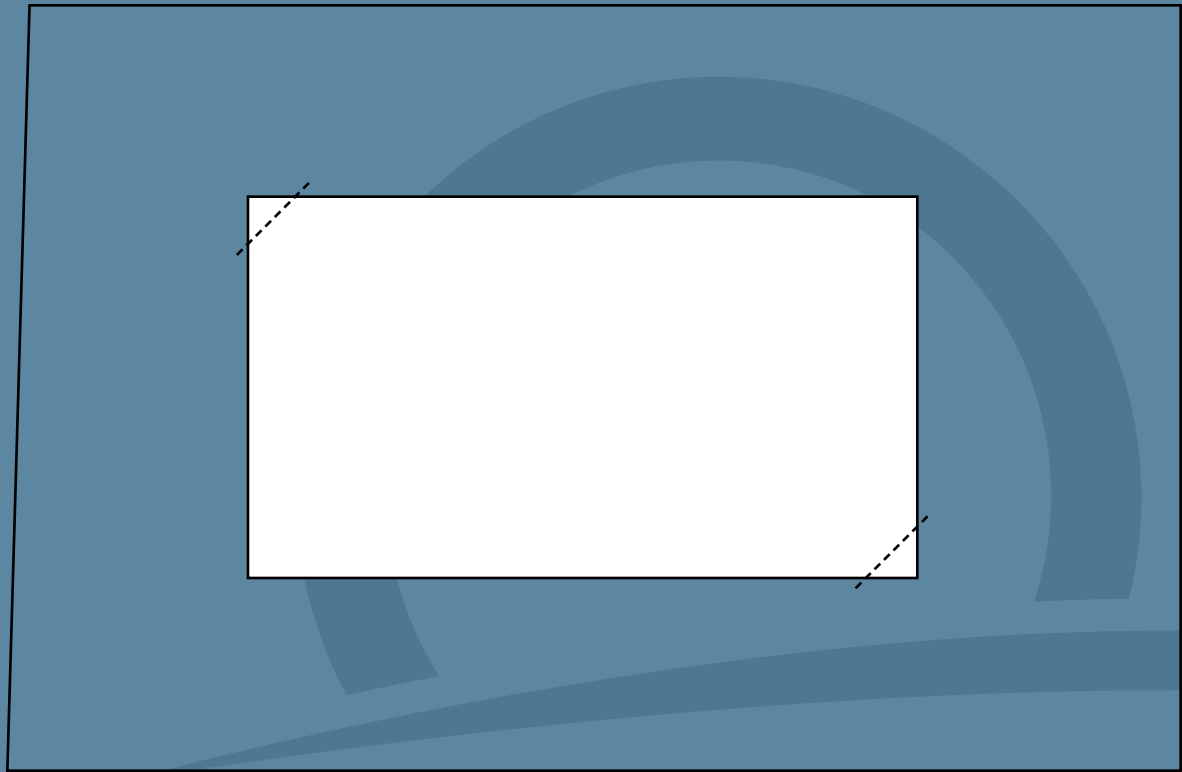
Alumni meetings and events are held regularly in Malibu, Los Angeles, New York, and around the world to help ease the transition back home.

# WHO COMES TO PROMISES

Our clients come from all walks of life. They are people whose lives have been ruled or disrupted by drugs, alcohol, and other behavioral health issues. Grandparents, heads of state, college students, mothers, fathers, sons, daughters, and many others have been successfully treated at Promises.

From the business executive who needs to change their lifestyle, not leave it, to a son or daughter who needs to re-focus their lives for a while, to the friend or family member who just “needs some help,” Promises Treatment Centers can tailor their programs to fit individual needs.

Whether coming to the treatment decision on their own or through intervention, Promises’ clients are individuals who want to make lifelong changes and realize that the recovery process is not going to be an easy fix.



# THE PROMISES PROMISE

We understand, value, and respect the importance and trust you have placed in Promises. Caring for your loved one or client is our highest priority, and we will do everything we can to make this the most powerful, fulfilling experience for all involved. To this end, we commit to you:

1. Comprehensive, individualized clinical care.
2. Expert Medical and Psychiatric evaluation and support.
3. A safe, nurturing, confidential, healing environment.
4. Timely, consistent (minimum, weekly) collaboration and feedback on your client, or loved one's progress.
5. A supportive, transformative family program.
6. Real-world, thorough, continuing care plans, with alumni and professional support.
7. A commitment to ongoing recovery, in collaboration with the alumni, family, and referring professional.

*"Now, I am truly a good and caring father who always shows up. I am a dedicated son, and most importantly I am grateful for this opportunity at a new life: one day at a time. I will never have to go back to that dark and lonely place. Never."*

*- Promises Alumni*

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