Las Encinas
Behavioral Healthcare - Treatment - Rehabilitation - Recovery

The Joint Commission Top Performer on Key Quality Measures 2012 and 2013

Compassion
Community
Collaboration
Las Encinas is accredited by the Joint Commission and offers affordable treatment and payment options.
Assessments and Referral

Our goal is to provide an assessment process for you to feel comfortable and well informed, and at no cost to you.

Each assessment is a one-on-one period with a licensed Assessment and Referral Clinician that will ask you about your immediate concerns, along with past medical and psychiatric history. If substance abuse is what you’re struggling with, those concerns will be addressed with equal attention. This process will allow the Clinician to effectively and efficiently evaluate, which program would best meet your unique needs. We welcome family members and friends that will assist you with support, and to assist in the assessment process.

“A continuum of care.”

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- Medical Model Treatment
- Individualized/Client Centered Approach
- Life Skills Training
- Recreation and Art Therapy
- Emotional Regulation Training
- Group Psychotherapy
- Discharge Planning
Inpatient treatment at Las Encinas is designed to provide rapid stabilization in a carefully structured, safe, medically appropriate environment. Inpatient treatment offers close supervision for patients who are in need of hospitalization due to their medical or emotional status. A individualized treatment plan is provided for each patient, which includes an interdisciplinary team approach. The treatment team is led by a psychiatrist and may include:

- Licensed therapist
- Psychiatric nurse
- Activity/recreational therapist
- Clinical social worker
- Mental health workers

Group therapies and activities are provided for patients receiving treatment for psychiatric disorders as well as co-occurring disorders.
Detoxing patients are placed in a calm, comfortable, therapeutic environment in Chemical Dependency Wing. Medical oversight and our specially trained staff with personal recovery experience and credentials are our cornerstones.

Chemical Dependency counselors provide daily one-on-one consultation and group therapy.

The Treatment Team focuses on and individualized treatment plan that includes the detoxification process and the transition to the next appropriate level of care.

Inpatient Substance Abuse Treatment and Detox

The goal of the substance abuse program is to provide patients and their families, struggling with addiction, individualized treatment and recovery services.

We provide a safe, comfortable, low stress environment and an experienced treatment team, including a medical doctor, psychiatrist, chemical dependency counselor and case manager. Our specialized team will work together to ensure a smooth transition through the continuum of care.

“Compassion Take Back Your Life”
Briar Unit Rehabilitation and Recovery Program

The Briar Program is designed for people who have significant disruptions in their lives, including loss of job or school, destruction of intimate relationships, estrangement or difficulties with family members and/or isolation due to alcohol and/or other drug use.

- Physician-led treatment team
- Free, confidential assessments available 24/7
- In-Network provider for most insurance plans
- Self pay and payment plans accepted
- Affordable treatment

The Briar Program takes a holistic view of addiction, incorporating interventions to promote healing in one’s core aspects of physical, mental, emotional and spiritual health.

- Safe comfortable, healing environment
- Physician-led treatment team
- Free, confidential assessments available 24/7
- In-Network provider for most insurance plans
- Self pay and payment plans accepted
- Affordable treatment

- Focus groups with Chemical Dependency Services Director/Addictionologist
- Variety of psychotherapy, psychosocial and chemical dependency education groups
- One-on-One consultations with addictionologist
- Customized treatment plan designed to help you meet your goals
- Therapeutic exercise activities such as yoga, tai chi, tennis, volleyball, swimming and basketball
- Variety of evidence-based therapies including cognitive-behavioral therapy (CBT), mindfulness practice, art therapy, music therapy and horticultural therapy
- Education for the client's support network
- Spiritual exploration with community guests
- Peer-led Recovery Book Club
- Aftercare/Recovery lecture groups

“Community of Support and Treatment”
Outpatient Programs

Las Encinas offers a full range of behavioral healthcare.

Outpatient programs are designed to support individuals as well as their families with psychiatric diagnoses and co-occurring disorders. We accept most insurance plans, including Medicare. Our programs are designed to accommodate daytime schedules. We have separate programs and tracks available, to ensure that clients are placed in the most appropriate program, based on their individual clinical needs.

- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Lesbian, Gay, Bisexual and Transgender Program (LGBT)
- Perspectives Program for Older Adults
- Restore To Wellness for College Students

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• Partial Hospitalization Program (PHP) is a structured, five day a week, 9:00 am to 3:00 pm treatment program. Transportation is available and lunch is provided.

• Intensive Outpatient Program (IOP). The flexible schedule of our IOP allows attenders to participate three to four days and up to 12 hours per week. Transportation is available and lunch is provided.

• Lesbian, Gay, Bisexual and Transgender (LGBT) is a program for individuals who identify as Lesbian, Gay, Bisexual or Transgender and could benefit from sensitive and caring treatment in an affirming and caring environment.

• Perspectives Program for Older Adults provides day treatment for individuals with depression, anxiety, substance abuse and other behavioral health conditions. Transportation may be available and lunch is provided.

“Collaboration - Helping you to take the next step…”
Collaboration -
When you are ready to take the next step….

Las Encinas provides a supportive, therapeutic environment where students can prepare to return to school feeling confident and empowered to manage their identified stressors. Students must be currently enrolled in a community college or university.

**For College Students**

**Restore To Wellness**

The Restore To Wellness Program is designed specifically for college students ages 18 to 25. We teach them coping skills to help manage their symptoms associated with depression, anxiety and substance abuse.

- A psychiatrist will follow students while they are in the program
- A family group is offered once a week to provide families with ongoing support and education
- Staff will coordinate with Student Counseling Centers to ensure a smooth transition back to school
- Free transportation may be available for residents from local campuses and lunch is provided

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“Collaboration - When you are ready to take the next step….”