







## TREE HOUSE RECOVERY

Our unique approach to chemical dependency treatment focuses on the mind/body connection to build sustainable, healthy lives. Because we believe that simply removing substances is not enough, we equip you with the skills and knowledge needed to live lasting, healthy, happy and fulfilling lives. You will face, process and conquer your challenges under the care and guidance of our carefully chosen staff with beautiful Orange County as a backdrop. The empowered, joyous man who graduates after successful completion of our program has very little in common with the man who arrived here on day one.





## PROGRAM OVERVIEW

Tree House provides a long-term solution. We put you on a healthy path, help you identify how you've fallen off course, and give you the essential skills to stay on track. We are with you every step of the way, ensuring that you have the map to a healthy future.





#### **8 ELEMENTS OF TREATMENT**

**OUR 8 EVIDENCE-BASED ELEMENTS** 

We provide the knowledge and skill set needed to address the co-occurring disorders that typically manifest in substance abuse. Our 8 evidence-based methods are used together to create a cohesive treatment experience focused on treating the mind and body as one. To learn more about our program, please call us at (855) 202-6085.



- Literary Therapy
- Process Group
- Addiction Education
- One on One Therapy
  Recovery in Action
- Fitness Therapy
- Experiential Therapy
- Yoga Therapy

"Tree House was more than a treatment center for me. My experience was mostly about learning life skills and building a foundation of friends and family. " Erik M., Chicago, IL



#### **HEALING THE MIND**

POWER THROUGH UNDERSTANDING

The better we understand our addiction, the stronger we become. Our counselors will teach you to identify, process and resolve unhealthy thought processes in order to empower you to overcome addiction and actualize the life you deserve.



"Tree House Recovery gave me so much more than sobriety. I now have everything I need to maintain a successful, joyous life."

Brad B., New York, NY

### **HEALING THE BODY**

**GET HEALTHY, STAY HAPPY** 

Our program of physical empowerment will enable you to experience a renewed sense of both individual and team accomplishment, a heightened level of wellness and an overall rebirth of self-esteem. Our methods balance your body's chemicals and speed the return to your natural and healthy state, an essential step towards psychological wellbeing.



"The lessons I learned in Experiential have been essential tools in bringing me closer to my peers and showing me that I'm always capable of achieving more."

Will B, West Linn, OR



# THE HEALTHY YOU

At Tree House Recovery, we understand that addiction distances you from the person you were meant to be. While in active addiction, it can be hard to picture yourself at your full potential. Under the guidance of our counselors, you will be shown a clear path towards a healthy, fulfilling and empowered life.

To see [our son] excited about the things going on in his life is truly a wonderful thing!

Dave and Mary L., Irvine, CA





We understand that the hardest steps toward a healthy life are often the first ones. Our intake coordinators work closely with potential clients and their families to answer any questions and to assure that we are the right fit. Tree House is covered by most insurance plans. For more information, please call us at (855) 202-6085.



"Tree House is a family. All current, past and future alumni are my brothers, who I know I can call on whenever I need them."

Dave T., Camarillo, CA





Highest Level of Accreditation in the Field 234 E. 17th St #209 Costa Mesa, CA 92627

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