



Wellness Retreat Recovery Center E-Book

A useful guide to addiction and
substance abuse treatment.

Wellness Retreat Recovery Center

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“Everyday is a second chance.”



Chapter 1: What is Addiction?

Addiction is a disease that can impact people of all ages and ethnicities. It is when a person continuously takes a drug until they become dependent on it in their daily lives. For many, addiction doesn't start right away. Drug use may begin as a means to socialize, but eventually, lives began to fall apart piece by piece. If not treated, addiction can affect relationships with family, friends, and even coworkers. Many end up abandoning responsibilities to appease their addictions. Addiction can be powerful, but they can also be overturned. With the right care, treatment, and support from family and friends - sobriety can be achieved.

Drug Addiction Therapy through Wellness

At Wellness Retreat Recovery, we understand that no two patients are the same. We also emphasize the importance of treating clients holistically, addressing every aspect of their physical, mental, emotional, and spiritual health. For this reason, we offer a variety of evidence-based, innovative therapy methods throughout our clients' stay at our facility in California. These therapies include:



Addiction Therapy

- Individual Therapy
- Group Therapy
- Family Therapy
- Biofeedback



“My recovery must come first, so that everything that I love in life doesn’t come last.”

Individual Therapy

Upon enrollment, patients will have ample one-on-one time with their primary and auxiliary therapists. We maintain a small caseload of patients at all times in order to guarantee that every patient has access to individual attention and treatment from our clinical staff. During individual therapy, our licensed therapists and counselors may employ a variety of methods to work with patients on their core issues. This may include cognitive behavioral therapy (CBT) in order to work with patients on developing new, healthy patterns of thinking, or dialectical behavioral therapy (DBT) to help clients form new behavioral patterns that replace self-destructive coping mechanisms to aid in their recovery. Individual therapy may also involve trauma processing for patients who need it, self-esteem work, experiential processing, and work on emotional expression. Clients are guaranteed individual therapy sessions regularly throughout their inpatient stay at Wellness Retreat Recovery.

Group Therapy

When many clients enter treatment, they have suffered isolation and loneliness as the result of their addiction or alcoholism. Active addiction strains and even breaks social relationships with romantic partners, family members, and friends, and many patients enter treatment lacking in social support and social functioning skills. The group therapy process allows patients to form connections with peers and build relationships in a safe, supportive, therapist-facilitated environment. Clients who engage in the group process will have



the opportunity to build social skills, form accountability, set boundaries, relate to the emotional experiences of others, and offer and receive constructive feedback from peers. This helps to build self-esteem, communication skills, empathy, and commitment to recovery. During clients' stay at Wellness Retreat Recovery, dynamic group therapy sessions will aid in building a foundation of long-term sobriety.

Family Therapy

Family therapy offers a chance for addicts, alcoholics and their family members to communicate honestly and openly in a safe environment, with a therapist available to mediate and guide the session. Through family therapy, clients and their loved ones have an opportunity to express their emotions, learn to communicate effectively, set healthy boundaries, and support each other in recovery. Family therapy is a key aspect to supporting long-term recovery for our clients and ensuring that the family is able to adjust in a healthy way to a new relationship dynamic.

Biofeedback

Biofeedback is a form of therapy that measures a client's biological responses to external stimuli in order to help them to regulate anxiety responses and emotions and learn effective coping skills. During a biofeedback session, a client's heart rate, pulse, brain waves, breathing, or other biological functions will be monitored by a practitioner as the client processes emotions and experiences and practices the use of coping mechanisms such as deep breathing. The biological information gathered during these sessions will help the doctor or therapist to gain information about how the client responds to stressors and help them to develop an effective treatment plan. This therapeutic approach also allows



clients to learn to regulate their responses in real time in order to reduce anxiety and fear and promote relaxation and peace. Biofeedback has been proven to be extremely successful in helping clients to overcome substance use disorders, anxiety, and depression, and we offer it as a part of our holistic program of recovery at Wellness in order to give our patients every resource in their pursuit of sobriety.

In addition to therapy, we offer various classes and holistic programs to give our clients a well-rounded approach to recovery. With the right tools in place, anyone can overcome addiction or alcoholism. At Wellness Retreat Recovery, we recognize that each client has a personal story and their own set of life circumstances to overcome. Intensive therapy helps to address all of those issues and come up with resolutions to eliminate the threat of relapse and promote long-term, fulfilling recovery for each of our clients. When a client enters treatment at Wellness Retreat Recovery, they are guaranteed access to the most effective, comprehensive program of addiction therapy with our experienced, compassionate staff.

“It doesn’t really matter who you used to be, what matters is who you become.”



Chapter 2: What is Detox?

Drug and Alcohol Detoxification Treatment, often referred to as “detox” for short, is typically a finite period of inpatient monitoring and symptomatic treatment meant to lessen the severity of withdrawals, protect the health and well-being of the client, and facilitate the transition into an addiction therapy program and recovery in general. Upon entering detox, a client’s overall health is assessed and then monitored throughout their stay. Based upon the findings of the medical staff and treatment team, a regimen of medication is prescribed to help flush the body of toxins and manage withdrawal symptoms. These can include medications like buprenorphine (Suboxone, Subutex) for opioid addiction, comfort medications like chlordiazepoxide or lorazepam, and clonidine to help with spiking blood pressure, among other medications. The specific length of stay and course of treatment is different for every client, and depends upon factors like length of use, personal history, and other health issues. Clients typically taper off of their medication regimen during their stay in detox, although some clients may stay on medications longer if it is deemed necessary to their long-term recovery goals.

Types of Drug Detox offered at Wellness

- Opiate Detox
- Amphetamine Detox
- Marijuana Detox
- Alcohol Detox
- Prescription Drug Detox
- MDMA Detox
- Benzodiazapine Detox
- GHB Detox
- Methamphetamine Detox
- Cocaine Detox
- Ketamine Detox
- PCP Detox
- Amphetamine Detox
- Bath Salts Detox



Detox at Wellness

Upon arriving at Wellness Retreat Recovery Center, you will be given a full assessment by our addiction medicine team, and from that assessment a personalized detox plan will be created that best suits your specific needs. While you relax at our discreet detox accommodations, our treatment team will monitor your vital signs every few hours to ensure your well-being. Our physician partners are also available 24/7 to respond to any needs that may arise during detox. Many treatment programs often push clients into full program participation before the acute detox phase is complete, which can be extremely overwhelming. At Wellness Retreat Recovery Center, we are very sensitive to the fact that everyone's detox is different and we will only encourage you to participate in program activities when you're ready.

Do I need Detox?

If you have been using a particular mood or mind-altering substance for an extended period of time, chances are you have become physiologically dependent on that particular substance. Abruptly stopping consumption can cause withdrawal symptoms, which can be uncomfortable or even severely painful. In the case of serious benzodiazepine or alcohol abuse, stopping without medical assistance can also be life-threatening. While there are a few addictive substances that don't lead to acute withdrawal symptoms, even these drugs can have serious psychological effects, such as insomnia, anxiety, depression, panic attacks, and intense cravings. In most cases, safely and successfully ending drug or alcohol misuse requires professional, medical intervention in the form of an inpatient detox program, as is offered here at Wellness Retreat Recovery Center.



What happens after Detox?

Making the decision to change your life is already a stressful situation; coordinating the steps to make that change shouldn't have to be. Part of our mission at Wellness Retreat is to make the process from when you first contact us until your completion of treatment as seamless as possible. Most clients at Wellness Retreat move into our residential inpatient program where they receive cutting edge therapies in order to continue the healing process they began in detox.

Wellness Retreat is unique in that our detox and inpatient treatment tracks are centralized in one location. Therefore, clients can begin to transition into the inpatient program from detox as soon as they feel ready. Clients can start partaking in the therapies and activities at Wellness while they are still undergoing a course of medication, at a pace they feel comfortable with. We offer this inclusive detox / inpatient treatment because we find it beneficial to the overall serenity of our clients. At WRRRC, there is no need for a re-location and re-adjustment in order to receive both detox and residential addiction treatment.

Whether you opt to only complete the detox track, or both the detox and residential inpatient treatment, you will leave Wellness Retreat armed with a comprehensive aftercare plan. Your personalized discharge plan may include referrals to outpatient programs, medical specialists, and support groups. If you complete the full course of treatment at WRRRC, we are confident that you will have the tools to live a new life removed from addiction.



Chapter 3: What is Drug Rehab?

Enrolling in an inpatient residential rehab program is the best decision a person who is struggling with an addiction or alcoholism can make. Residential treatment allows you to take time away from the craziness of everyday life to focus on yourself and to become sober while building a healthy foundation for long-term recovery. Wellness Retreat Recovery has created a comfortable, beautiful, and serene drug rehab in California for you to come to heal from addiction and alcoholism.

“The first step towards getting somewhere is to decide that you’re not going to stay where you are.”

What to expect at our drug rehab in California

During inpatient residential rehab, you’ll meet with doctors and therapists one on one and in a group setting. We only have room for a few people to live at our facility at one time, which allows for plenty of individualized treatment and care. We know that every client that comes through our doors is unique, so we treat them as such. We are committed to capping enrollment in our program so that every patient at Wellness Retreat Recovery gets the individual care they need to recover.

Treatment at Wellness Retreat Recovery starts with a medically supervised detox to guarantee our clients a comfortable and safe experience when clearing their minds and bodies



of substances. Detox can cause significant physical and emotional symptoms for a patient. Treatment at Wellness Retreat Recovery starts with a medically supervised detox to guarantee our clients a comfortable and safe experience when clearing their minds and bodies of substances. Detox can cause significant physical and emotional symptoms for a patient so we do everything we can to minimize these unpleasant side effects of detoxification. Before beginning the detox process, each patient will undergo a thorough physical and mental assessment. This allows our doctors and clinical team to rule out any underlying medical causes that can contribute to the effects of detox. If our team does identify any underlying medical conditions, they are treated as part of the detox. It is vital that physical and emotional conditions separate from drug or alcohol addiction be treated alongside substance dependence in order for patients to achieve optimum well-being in every aspect of their lives. Some underlying medical conditions can complicate the detox process, so we make sure to identify them if they exist, and treat them effectively. At Wellness Retreat Recovery, we treat patients for dependence on:



- Prescription Drugs
- Cocaine
- Alcohol
- Heroin
- Amphetamines



*“Don’t be ashamed of your story.
It will inspire others”*

Once a patient has gone through acute detox, which usually lasts up to a week, they will begin to go to group sessions with the other clients, and to meet with their own personal doctor and therapists. Therapeutic activities will be introduced as appropriate, such as gentle yoga and art classes. In addition to individual therapy and group process therapy, patients will participate in holistic therapies as well as evidence-based programs such as SMART Recovery. Our staff understands that every client is different and responds differently to therapies and programs, which is why 12 step recovery programs are offered but not mandatory for patients at Wellness Retreat Recovery. Throughout the treatment process, clients will have access to their therapists and clinical team. We are one of very few treatment centers to guarantee sobriety for our patients who comply with all treatment recommendations and aftercare planning, and we offer **free treatment for up to 30 days** (within a year of completing the program) for patients who are unable to stay sober after implementing every aspect of their treatment and post-treatment plan.

Prior to finishing the program, an extensive continuing treatment plan will be created for each patient based on their individual needs. Follow-up care is an essential part of recovery, and should be always be implemented once someone leaves residential treatment. Our staff is experienced in created individualized, comprehensive aftercare programs for patients that aid and support their pursuit of long-term recovery once they exit residential treatment at our facility.



Types of Drug Rehab offered at Wellness

Wellness Retreat Recovery offers Drug Rehab programs for all demographics of substance abusers and addicts. We understand that all of our patients need specific care to fit their goals in recovery. Our current Drug Rehab programs offered at Wellness are:

- Drug Rehab for Young Adults
- Drug Rehab for Adults
- Drug Rehab for Seniors
- Long Term Treatment
- Pain Management
- Dual Diagnosis

The benefits of Inpatient Treatment at Wellness Retreat Recovery

Inpatient residential treatment has a number of proven benefits that help addicts and alcoholics to achieve long-term sobriety. If you are looking for a drug rehab in California, inpatient residential treatment has the most benefits. These benefits include:

- Time away from the “real” world to focus on oneself
- Distance from triggers – people, places, and things that may cause someone to use or drink
- Intensive therapy to identify out the root cause of any mental, emotional, or physical issues and follow up care to treat any identified core issues
- Safety and comfort in an environment specifically created to deal with addiction or alcoholism
- Around the clock assistance for any needs that arise for any patient
- A safe environment to learn how to cope with issues without the use of drugs and alcohol
- A supportive peer group of other addicts and alcoholics- being immersed in a recovering community creates accountability and helps patients to develop social support networks that will benefit them once they leave treatment



There is no better way to tackle addiction than by attending inpatient residential treatment. It is the best way to put an addict or alcoholic on a strong path towards health and recovery. Entering inpatient treatment helps the patient to build a foundation of recovery, through immersive therapy and time dedicated to addressing core underlying issues and developing positive, healthy coping mechanisms to replace addictive behaviors. At Wellness Retreat Recovery, our patients are guaranteed the highest quality treatment from world-class doctors, therapists, and clinicians, in a beautiful location with luxury amenities. Our small treatment caseload ensures that every patient at Wellness Retreat Recovery receives the attention and time they deserve from staff members in order to effectively treat their addiction and meet all of their physical, emotional, mental, and spiritual needs while in treatment.



“Life is too short to spend another day at war with yourself.”



Chapter 4: What is Aftercare?

One of the most important aspects of treatment is continuity of care. Once patients graduate from inpatient treatment, if they don't have an aftercare plan, they tend to return to old patterns of behavior and environments that can erode their foundation of recovery and eventually lead to a relapse. At Wellness Retreat Recovery, we emphasize continuity of care for every one of our clients, and we provide each one of them with a comprehensive, effective aftercare plan to be implemented immediately upon their graduation from our inpatient program. Recovery is a lifelong process, and the more time and effort one puts into it, the better chance one has of maintaining long-term, fulfilling sobriety.

Aftercare Means Planning For Long-Term Sobriety

At Wellness, we start to consider your aftercare plan the minute you become a client, and we spend the entire time you are with us working on formulating the most effective, individualized aftercare plan possible. In the creation of each individual client's aftercare plan, we take into consideration every aspect of their home life, work, family, mental and physical health, and any specialized needs they may have. Our exclusive client community allows us to focus on each person as an individual for the duration of their treatment in our program. Throughout their stay, we get to know our clients holistically so that we can create the best approach for successful treatment following the inpatient portion of the process. At Wellness Retreat Recovery, we make treatment all about the individual, and treat each case separately with time and attention to ensure quality of care.



Wellness Retreat Recovery is proud to offer a treatment guarantee; our promise that patients who follow all treatment and aftercare recommendations will achieve sobriety. Inpatient rehab is a great way to start the recovery process, but proper aftercare is a must in order to achieve successful and maintained sobriety. Depending upon the individual needs of the patient, aftercare can be comprised of many different components. We assess each client individually and make our recommendations based upon their needs. Aftercare recommendations for clients who complete inpatient treatment may include:

Therapist or Doctor Referrals

When clients leave inpatient treatment, they may need additional support to help them address ongoing emotional, mental, or physical needs. Prior to entering treatment, many patients do not have a psychiatrist or regular doctor treating any mental or physical conditions they may have. Since recovery is holistic, continuing to treat these conditions is vital to patient recovery. Staff at Wellness can refer patients to reputable, recovery-educated practitioners that can treat clients once they exit inpatient. Therapy is also vital to recovery for many patients, and when clients leave Wellness, they may still have emotional experiences to address or ongoing therapeutic goals. At Wellness we work with a wide network of quality addiction counselors and therapists as well as specialized mental health professionals who accept referrals of clients. Before a client leaves Wellness, if they wish to continue treatment on an individual basis, we ensure that they are properly set up to do so with a high quality, experienced clinician.



Sober Living

Following treatment, some clients may wish to live in a sober living facility rather than returning home. For some patients, staff recommends this decision in order to support their continued sobriety. Sober living recommendations are based upon a client's individual needs, home life circumstances, and specific goals. Sober living homes are generally gender-specific, single family-home or apartment-style living accommodations where residents are able to work, attend school, or go about their daily routines while living in a sober environment. Typically, sober living facilities have rules regarding curfew or attendance at recovery support groups, and require residents to submit to urinalysis to ensure their continued abstinence from drugs. Sober living may be a great option for some clients and not for others, and recommendations regarding sober living depend entirely upon the individual client's needs. For some clients who may be at risk of relapse by returning home, sober living may be recommended for a period of time, while for other clients, the most supportive environment for them is the family home. When clients would benefit from sober living, we always refer to our trusted network of residences that provide beautiful, comfortable homes and high quality programs for their residents.

Recovery Support Group

Some patients may benefit from implementing a recovery support group, such as SMART Recovery or a 12 step program, into their daily lives after treatment. These recommendations are based upon what most benefits the client and the style of recovery with which they are most comfortable.



Relapse Prevention

Relapse prevention is a key part of staying sober. Relapse can happen at any point, due to a variety of factors and influences. At Wellness Retreat Recovery, we work with our clients from day one to create a relapse prevention plan based on their own personal needs. Our relapse prevention begins during treatment in identifying the largest causes of addiction. We do medical and psychological analysis on each client to address any underlying issues because medical and mood disorders can have a huge impact on addiction. When those are treated correctly, it greatly reduced the chance of relapse. Relapse happens in multiple stages and begins far before the addict actually ingests their drug of choice.

Stage One: The addict becomes vulnerable for relapse because of an emotional event or something else that causes them to let their guard down. This phase is where the relapse needs to be identified and stopped in it's tracks. At Wellness Retreat Recovery, it's our job to give clients the tools to do so.

Stage Two: The addict is thinking about their drug of choice. This can last a day, or a couple of months. Either way, they have an internal battle going on where they keep going back and forth between using and not.

Stage Three: When the addict actually ingests the substance. This is the phase we want to avoid, and our goal is to give each client the resources to stop things before they progress so far.

Through the entire treatment cycle, we work to identify possible causes of relapse and healthy alternative ways to cope.



Chapter 5: What to expect in Treatment

Anything new can be scary. We want to provide you with an understanding of what to expect at Wellness Retreat Recovery Center in order to help reduce your fears. This chapter will inform you on what to expect before, during, and after treatment at Wellness Retreat Recovery Center.

Admissions

Once you reach out to us, an Admissions Expert will ask you questions designed to determine if Wellness Retreat Recovery Center is the best fit to meet your needs (even if we're not a good treatment fit, we'll probably be able to recommend a program that is!). This initial conversation will take anywhere from 10-20 minutes. If you have not already submitted your insurance information online via our Insurance Inquiry Form, we'll collect it from you at this time (if applicable). All calls are completely confidential, and we take your privacy very seriously.

Once your insurance is verified, we'll call you back to discuss coverage and answer your insurance and payment questions. When you're ready to proceed, we'll schedule your Pre-Admission Assessment. This can usually be completed right over the phone within 25-35 minutes, and is a more extensive questionnaire designed to fully prepare our staff to meet your unique needs upon your arrival. After you complete your Pre-Admission Assessment, we'll collect your treatment deposit, if applicable.

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Arrival for Admissions

Once you arrive on our estate campus, you'll be met by a staff member who'll escort you to our business office to sign your admission paperwork. At this time, you'll be asked for your final balance payment. Once admission paperwork has been completed, you'll meet with a client care staff member to complete your health history questionnaire. Within a few hours of your arrival, you'll meet with your detoxification physician who will initiate your personal detoxification plan.

The next step is your client evaluation. This evaluation is designed to inform our treatment team of the extent of your addiction, and allows us to identify any mental or physical health issues that may require specialized services. Once the evaluation has been completed, our treatment team will begin to construct your personal treatment plan, tailored to fit your unique needs.

Detox

When you arrive at Wellness Retreat Recovery Center, you will begin your personal detox plan under the medical supervision of our expert addiction medicine partners. You'll work



with your assigned detox expert to create a detoxification plan designed specifically for you and your needs. Your personal detox plan will make your detox as comfortable as possible, and our stunning, luxurious amenities and private detox accommodations will ensure your environment is comforting and appealing.

Therapy and Recovery Counseling

Wellness Retreat Recovery Center host our family therapy/family education groups every Saturday, and most families choose to schedule their private family therapy sessions either before or after family group. However, if families are unable to attend family session on Saturday, we are more than happy to schedule private family therapy sessions at a more convenient day/time. We even offer these family activities through electronic means (such as Skype, Face-Time, Conference call, etc.) for families that cannot attend in person.

Pain Management and Chronic Conditions

Wellness Retreat Recovery Center specializes in treating clients with chronic conditions. We work with a variety of hand-picked physician specialists who understand that your chronic condition is a huge concern, and also that your condition must be managed in order for you to remain sober. Our program was designed to integrate the medical services provided by our physician partners with our holistic, multi-dimensional addiction treatment services. This inclusive structure ensures that our clients achieve a quality of life most never thought possible. With the help of our physician partners, we'll work tirelessly to craft your personal wellness solution.



Our staff will arrange any specialist appointments you may need as well as provide transportation to your off-campus appointments. With your permission, we'll then work cooperatively with your specialist in order to provide comprehensive care targeted at your personal needs and physical circumstances.

How Long Will My Treatment Stay Be?

Every client enters treatment with a different set of circumstances. Some clients require longer treatment stays than others, depending on their individual needs. Your specific progress will be evaluated on a daily basis so that your treatment team can make the best ongoing recommendations for you. However, how long you stay in treatment is ultimately your decision.

What is Wellness Retreat Recovery Center's Role in My Ongoing Care After I Complete the Program?

Every client enters treatment with a different set of circumstances. Some clients require longer treatment stays than others, depending on their individual needs. Your specific progress will be evaluated on a daily basis so that your treatment team can make the best ongoing recommendations for you. However, how long you stay in treatment is ultimately your decision.

*“Rock bottom because the solid foundation
on which I rebuilt my life.”*



Chapter 6: Signs to look out for

Unfortunately, addiction impacts people of all demographics. It's important to understand the root cause of addiction when in treatment. Getting help is the very first step. If you or someone you know may be falling victim to addiction, pay attention to these signs:

Physical signs:

- Unusual smells on clothing, body, hair or breath
- Sudden weight gain or loss
- Changes in sleep patterns or appetite
- Physical appearance deterioration, bad grooming habits
- 'Shakes', slurred speech, lack of coordination

Behavioral signs:

- Sudden negative changes in school, work life
- Financial issues, always asking for money
- Acting secretive or suspicious
- Getting in trouble with the law

Psychological signs:

- Changes in personality
- Mood swings, emotional outbursts, irritable
- Lethargic, lack of motivation or spacing out
- Paranoia and anxiety for no apparent reason



What to do after observing the signs of addiction

Noticing that a loved one may be facing substance abuse or addiction can be overwhelming and make you feel hopeless. Every bit of effort is necessary for a successful recovery throughout rehabilitation. The first suggestion we make is to confront the individual struggling with addiction. During this discussion, offer treatment solutions in a way that expresses compassion and empathy. The sooner treatment is utilized, the better. The longer they face addiction on their own, the harder it may be to get them the help they need. Of course, there are things to stay away from when confronting a loved one about their issue. Don't try to punish or threaten them, make excuses for their behavior, hide or throw away their drugs, argue with them when they are high, use drugs with them, and lastly; do not feel guilty for their habits. It's best to remain as positive as you can but also to be stern. Discuss how they can change their issue whether it's through inpatient or outpatient treatment. Sometimes, it's best to do an intervention if the initial discussion did not lead your loved one to get help through treatment. An intervention can aid in expressing the desires of family and loved ones to an individual to get the help they need through providing ultimatums and treatment options. Wherever your loved one stand on their road to recovery, Wellness Retreat Recovery can help. Reaching out to someone is the first step. And remember, help is always available.

“I understood myself after I destroyed myself. And only in the process of fixing myself, did I know who I really was.”



Chapter 7: How does family tie into addiction?

Addiction is a disease; one with a unique set of symptoms and effects. Unlike other illnesses, addiction causes the sufferer to act and behave in ways that may alienate or otherwise profoundly impact the immediate family or loved ones of the substance user. When one refers to addiction as a “family disease” it is because drug abuse hurts everyone in the family network, not just the person who is addicted. Oftentimes direct family members experience some degree of trauma due to either the direct actions of the addict or alcoholic (e.g. violent outbursts, stealing, etc.) or due to the constant feelings of fear and apprehension that the person could die, be injured, or be arrested.

At Wellness Retreat Recovery Center, we believe that addiction truly is a family disease, and therefore we treat it as such. That means working with the family as well as the substance use disorder sufferer, and integrating a program of family recovery into that person’s treatment and individual recovery

Our staff at Wellness Retreat Recovery Center likes to stress the importance of families being involved in their loved one’s recovery, as well as family members receiving the professional help they may need too. We offer many different family recovery programs including:

Intervention

In an ideal world, every person afflicted with a substance use disorder would just recognize



the unmanageable nature of their lives and surrender to professional treatment. Unfortunately, many in addiction are unable to see or care about the damage they are causing themselves and others due to the nature of addiction itself. Other times, the addict or alcoholic may have expressed the desire to stop using drugs and alcohol, but may also be conflicted and ambivalent about doing so, or about attending an inpatient treatment center. Our admissions specialists at Wellness Retreat have a keen understanding of the substance abuse mindset, because of our years of experience working in the addiction treatment field. We are ready to assist your family in preparing your loved one for entering detox or residential treatment. Sometimes this requires a formal intervention or the help of a highly skilled professional interventionist. WRRRC can refer you to an accredited interventionist who can coordinate with our team and your family to help facilitate your loved one getting the help they need

Family Education

At Wellness Retreat Recovery Center, we firmly believe that the family cannot be left in the dark during a monumentally transformational process like starting recovery from chronic substance misuse. As a result, our job is to educate the family about our therapeutic process, with the client's permission, so they can better understand what their loved one is going through. Just as the addict or alcoholic is learning healthy communication and coping skills during treatment, for when they ultimately re-integrate with the family, so too does the family need to learn how to encourage recovery and also to heal themselves. Family members are often unaware of what expectations to have, what are warning signs or relapse, if they are enabling, and if they are setting healthy boundaries for the newly -



returned addicted member of the family. Our treatment team can also refer your family to an appropriate outside resource such as Al-Anon or a family therapist.

Educational resources offered by Wellness Retreat Recovery

- Educational materials and literature available upon request
- Online resources on signs and types of drug addictions
- Access to Wellness Retreat Recovery's doctors and therapists
- Information about outside groups that provide support

Support vs. Enabling

“Enabling” is a term commonly used in psychotherapy and mental health, and refers to dysfunctional behaviors in a relationship (like a family unit) that are meant to resolve problems, but in fact perpetuate or even worsen the problem. Enabling can be a major factor in the addiction of a family member. An example of enabling: you consistently rescue a loved one from situations that are a result of their drinking and using. Many families are at least somewhat aware of the concept of enabling, but have difficulty distinguishing enabling from actual support. At Wellness Retreat, part of our Family Recovery service is family education on drug addiction, including how to separate recovery support from enabling. Clients and their family members benefit from our weekly family therapy sessions, which will teach family members how to be supportive without enabling, and also our weekend family educational groups.



Family Therapy

If you have a loved one attending Wellness Retreat Recovery Center and you are an involved family member, we want to make the process as open to you as possible. This entails make sure your voice is heard, and that you can express yourself in a health and controlled environment. One of the ways we do that is by providing weekly family therapy sessions. These therapy sessions are run by the client's primary therapist, and include the client at Wellness and immediate family members such as a spouse, significant other, parents, or adult children. Topics covered include enhancing communication, aftercare plans, and exploring unhealthy family dynamics. For our clients with family out of the area, we offer weekly conference call or Skype family therapy sessions as well. We also offer educational groups on weekends for family members, so that they can learn more about the disease of addiction.

Types of Family Therapy offered:

- Individual Therapy
- Group Therapy
- Sessions with addict and family



Please contact our Admissions department at 1-855-SOBER-WR to learn more about our family recovery program and educational group schedule.



Chapter 8: Reaching out for help through Wellness

Our Mission

When we created Wellness Retreat Recovery Center's luxury drug rehab program we brought over 100 years of combined experience working in the field of drug and alcohol addiction recovery. We know what works – treatment focused on the individual, robust enough to address the core mental and emotional issues underlying addiction. Our Mission is to ensure the treatment we provide is effective at meeting our clients' goal of lasting sobriety. Not only are we dedicated to this outcome, we take this responsibility very seriously. We're so sure our program works, we guarantee our long-term results; Wellness Retreat Recovery Center offers our clients and their families a TREATMENT GUARANTEE so that they'll have peace of mind knowing we are truly committed to their sobriety. It's VERY rare for treatment centers to guarantee sobriety with a commitment to providing free treatment if a relapse does occur. With the time and money you or your loved one will be devoting to treatment, our guarantee provides total peace of mind.

Our Guarantee

If you authentically devote yourself to Wellness Retreat Recovery Center's personalized plan for your recovery, comply with all program requirements, participate in all suggested plans, actions, and activities established in your transition plan, and otherwise implement the behavioral and lifestyle changes deemed necessary to your sobriety by program staff, but are unable to remain sober, we invite you to re-attend Wellness Retreat Recovery Center for up to 30 days at no charge. This guarantee extends for a period of one year from the date of your program graduation.



Wellness Retreat Recovery Center's luxury drug rehab is one of the only rehabs worldwide that offers a treatment guarantee. Our luxury drug rehab and alcohol rehab program provides intensive one-on-one therapy, cutting-edge clinical and holistic treatments, and first-class amenities. Nestled in the rolling hills of San Jose, our stunning, 8,000 square foot estate sits on 8-acres and offers panoramic views of Silicon Valley. Our exclusive program serves just six clients at a time. With our small size and high staff-to-client ratio, we are able to implement intensive, effective treatment by customizing treatment to meet each client's personal needs. If you or someone you know is suffering from drug or alcohol addiction, call us now at 1-888-SOBER-WR and one of our dedicated staff members can help start your journey into recovery today.

Wellness Retreat Recovery Center

495 Piercy Rd
San Jose, CA 95138

1-855-SOBER-WR

wellnessretreatrecovery.com

