The Nation’s Leading Center for
DUAL DIAGNOSIS
ADDITION TREATMENT
ORANGE COUNTY, CALIF.

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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."
MENTAL HEALTH TREATMENT
We utilize evidenced-based practice (EBP) and empirically 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.

INDIVIDUALIZED TREATMENT PROGRAMS

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 physical comfort as they safely withdraw 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.

**COGNITIVE PROCESSING THERAPY (CPT)**
Practiced clinicians lovingly help individuals adjust their beliefs about the consequences of traumatic events they’ve had to endure.

**DIALECTICAL BEHAVIORAL THERAPY (DBT)**
Striking a balance between two oppositions, namely, a desire to eliminate pain and a concerted effort to accept inevitable pain.

**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.
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
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
- Physician Assistant (Medical and Psych)
- Case Manager
- Individual Therapist
- Registered Nurse/Licensed Vocational Nurse
- Acupuncturist
- Medical Doctor
- Registered Dietician/Nutritionist
- 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
TAKE THE FIRST STEP

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