

Design for Change focuses on spirituality, wellness, nutrition and active lifestyle choices to replace old, unhealthy habits. We recover with you and follow you from the initial days of intervention, through rehabilitation and into a solid aftercare program.

- Intervention
- Detox
- Individual Counseling
- Group Sessions
- Family Counseling
- 12-Step Process Workshop
- Relapse Prevention
- Life Skills Coaching

Holistic Approaches

- Psychodrama Therapy
- Biosound Therapy
- Personal Fitness Training
- Nutrition Class
- Music Therapy
- Art Therapy
- Spiritual Counseling



**HMO & TRICARE
Provider**

I felt overwhelmingly safe the moment I walked in the front door. I spent years searching for that feeling through drugs, alcohol, and any other means possible and finally, I found it.

I have restored hope for the future, I have maintained three-year of sobriety, and believe in life again.

Before DFC, I was just an empty person who found comfort through addiction.

- K.S.



- **DETOX**
- **RESIDENTIAL**
- **OUTPATIENT / AFTERCARE**
- **GENDER SPECIFIC FACILITIES**



Call Today 877-937-9706
DesignForChangeRecovery.com

DESIGNFORCHANGE
CHANGING LIVES ONE STEP AT A TIME

CALL TODAY!
877-937-9706
Recover for Life... Now!



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DESIGNFORCHANGE

CHANGING LIVES ONE STEP AT A TIME

Treatment That Works

We know how important it is to feel safe in a rehabilitation program and we provide that safe, compassionate treatment environment for you. Safety is of the utmost importance. We put great emphasis on forming close relationships with our clients. Many of our professional addiction specialist staff members have gone through some form of the recovery process themselves. Design for Change encompasses all of the phases of recovery starting from even before a client is admitted through our doors. We do not endorse the "cookie cutter" type treatment approach offered by many low cost rehab centers because we know through experience that each individual is different and cannot be given the same type of treatment as the next person..

Creating Life Long Solutions

The core element of our program is that we emphasize that a "Design-for-Change" can

be achieved through the recovery process and strong support. We are continuously trained in the latest advances of treatment models to assist our clients in creating long-term solutions.

Long-term recovery and personal growth are only produced when self-awareness of our thinking feeling and behavior becomes a daily habit. We specialize in education and therapy that enable our clients to build their lives in way they would have never believe possible for them. The promise of Design for Change is that we offer our clients a chance to create a new life style that really works for them.

A Safe Therapeutic Environment

Each individual is different and cannot be given the same type of treatment as the next person. Through consistent work, ongoing self-reflection, and the strong support of our dedicated staff and clinical team, our clients gain the true ways to change their lives. By combining cognitive behavior style counseling, inspirational counseling, one-on-

one counseling, group counseling, and new lifestyle coaching, we have found a solution that works and continues to work even after our graduates leave. Incorporating recovery into daily life and having it become habit is the cornerstone of our program.

Affordable Care

Design for Change is affordable and effective. We understand the difficulty of finding a drug rehabilitation program in California that is affordable, effective and yet delivers a program that send its back out into the world to be successful, sober and aware. These days there are many drug and alcohol treatment centers in California that cannot provide the type of one-on-one care that we do at Design for Change. Our focus is on the actual emotional, psychological and lifestyle problems of addiction rather than just its symptoms of it. Our Staff-client ratio is 4-6 to 1 providing the individualized care that is necessary for the recovery process to begin.

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