

28 days
is not
enough...

theeffect
counseling center

...when you're
SERIOUS about
real recovery.

Rehab is just the beginning.

Sometimes it's not obvious that our deepest problems won't be entirely solved out of a book or clinical program. We can't just think our way through or even let someone pull us through a crisis as intense as alcohol and chemical addiction. We need to *live our way through*. theeffect understands and provides the direction and physical tools needed for people to break through destructive patterns while embracing the spiritual and human relationships that when neglected, make real recovery a forever-receding horizon.

When do you need theeffect?

- If you've been through a residential rehab treatment program and still need more help.
- If you're not sure you need a full residential program, but know you need something.
- If you can't afford a full residential program.
- If you're having trouble trying to transition back into mainstream life.
- If you can't take time off work or family or your insurance won't pay for inpatient treatment.
- If you're in recovery but know there's still something missing, still not right.

a recovery community

We've learned that real recovery, true transformation, is not possible without immersion in an authentic community. theeffect offers specific day treatment and intensive outpatient recovery programs, but more than program, also creates an ongoing and seamless community presence through daily gatherings and activities such as studies, discussion groups, social and youth-centered events, classes, and workshops. Counseling and mentoring services are available, as well as access to AA, NA, OA, and Al-Anon meetings on site--everything people need to repair their relationships, families, jobs, and baseline ability to live in community.



counseling center
27122A Paseo Espada #924
San Juan Capistrano, CA 92675



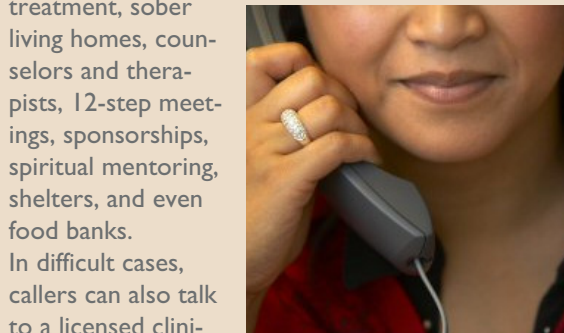
Capistrano Business Center
27122A Paseo Espada #924
San Juan Capistrano



While offering day treatment and intensive outpatient programs along with many other services, our overriding purpose is to connect people to the help they need, whether we provide it directly or through one of our partners. From initial assessment and referrals to interventions, detox, treatment, counseling, and aftercare, theeffect can help.

RecoveryLine

RecoveryLine is a free recovery assistance helpline that connects people in need with someone who knows the right questions to ask and can begin to assess their situation and create a list of proven and relevant service referrals, including interventions, detox facilities, residential or outpatient treatment, sober living homes, counselors and therapists, 12-step meetings, sponsorships, spiritual mentoring, shelters, and even food banks.



In difficult cases, callers can also talk to a licensed clinician who can perform a more detailed evaluation and make further recommendations.

day treatment programs

With day treatment and intensive outpatient (IOP) programs covering both traditional and Christian tracks, theeffect's programs are highly structured and include dual diagnosis treatment for those who experience depression, anxiety, and other mental health issues in addition to drug and alcohol dependencies. Our team can also provide psychological assessments and psychiatric evaluations. These services complement core programming of 12 step groups, individual counseling, psychothera-

py, pastoral counseling, marriage counseling, family therapy, group therapy, relapse prevention, employment assistance, temporary sponsorships, exercise (gym memberships), and a variety of recreational outings. Clients can choose day treatment programs running 25 hours a week or IOP programs running 15 or 9 hours a week to meet individual needs and budgets.

personalized care

Any treatment program is only as good as the people presenting it, and we ensure quality of care by maintaining a small client to staff ratio. The licensed clinicians, board certified counselors and drug and alcohol specialists working with theeffect have all spent years in the field of recovery and truly believe in their work and care about the people they serve--about really being in relationship with them.



clinical/spiritual balance

We believe that chemical dependency is a physical, mental, and spiritual disease, making treatment in each of these areas necessary in order for individuals to thrive, transform, and attain lasting sobriety. With a firm footing in the 12 Step traditions of AA and a solid, clinical base, theeffect works with each client to instill or renew a strong spiritual foundation from a non-religious, Christian perspective. Without proselytizing or coercing, we offer a view of life full of the meaning and purpose that we believe only a true spiritual awakening can bring.



sober living

For those who need sober living in addition to day treatment, theeffect can arrange concurrent stays with one of our partnering facilities in the area.

costs

Our day treatment and intensive outpatient programs represent less than a quarter of the average cost of traditional residential programs. Even factoring in the cost of sober living, if needed, overall costs are very affordable. We can also work with clients to create modified programs with specific areas of concentration, fewer hours, and lower costs while looking for insurance benefits and scholarships (if available) that can make treatment more affordable. Call for specific quotes.



location

We're located in South Orange County, CA, near the beautiful beaches of San Clemente, Dana Point, and Laguna Beach. Please see the map on reverse for directions and see our website for more information.



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