

## DUAL DIAGNOSIS

The challenges for people suffering from dual diagnosis are many and outcomes can be quite severe. Too often only one of the illnesses gets diagnosed or an individual is faced with fragmented treatment in separate facilities. An appropriate treatment plan must treat the whole person.

At Balance Treatment Center, we offer an effective treatment plan for an individual with dual diagnosis by providing care for mental health and substance abuse in a single setting in a coordinated manner. At Balance, our diverse clinical team has years of experience treating those struggling with dual diagnosis at all levels of care. The Balance Treatment team will work with clients to help them understand their addiction and will create a treatment plan that will address the underlying psychological issues that have contributed to their substance abuse.

Our medical director Ronald D. Sager, M.D. is board certified in addiction psychiatry and understands the importance in providing integrated and seamless treatment for those with co-occurring disorder.

## EDUCATIONAL SERVICES

As we continue to educate ourselves, we can continue to produce positive changes for ourselves and those around us. The team at Balance will help clients tackle the obstacles they face so they can move forward to become positive and productive members in their communities. Our team will strive to empower our clients to reach their goals and be successful in their own educational and professional ventures.



## BALANCE TREATMENT CENTER STAFF

### *High Level of Training and Experience.*

Our multidisciplinary team is fully licensed/certified and offers a very high level of experience: An in-house Psychiatrist, Psychologists, Marriage and Family Therapists, Addiction Counselors, Registered Dietician/Nutritionist, Registered Nurses, an Internist and many specialty referrals, all available on site or as needed for consultation.

### *In-house Board Certified Psychiatrist*

Medical director Ronald D. Sager, M.D. studied at UCLA in General Psychiatry and Child and Adolescent Psychiatry. At the LA Psychoanalytic Institute, he received training in psychoanalysis. He obtained certification in addiction psychiatry and was recertified in 2007.

He has a private practice in General, Child and Adolescent, and Addiction Psychiatry and Adult psychoanalysis. His practice also includes inpatient work with adults and adolescents at Aurora Vista del Mar Hospital.

**Board Certifications:** Adult Psychiatry, Child Psychiatry, and Addiction Psychiatry.

**Other Certifications:** Psychoanalysis.

**Specialties:** Adult, Child and Adolescent, and Addiction Psychiatry; Adult Psychoanalysis; Adult, Child and Adolescent Psychopharmacology.

[www.BalanceTreatmentCenter.com](http://www.BalanceTreatmentCenter.com) • (855) 414-8100

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Toll Free (855) 414-8100

24 hours a day, 7 days a week



Accredited by The Joint Commission

## WELCOME TO BALANCE TREATMENT CENTER

A luxurious place for healing, Balance Treatment Center is a licensed private Mental Health Rehabilitation Center hidden away in the majestic Santa Monica Mountains, miles from Los Angeles and minutes from the beaches of Malibu. As one of the only private six bed MHRCs in the state of California, we are able to provide the best in personalized and attentive care. Our facility offers an extremely intimate treatment environment that allows our clients to heal and gain stability and structure in a personal and serene setting. At Balance, clients will reside in a beautiful and secluded private home where they will receive our one-to-one focused care.

At Balance Treatment Center, we treat clients struggling with a variety of emotional and psychological issues including depression, anxiety, bipolar disorder, psychosis, PTSD, dual diagnosis and substance abuse issues. Upon arrival each client will be given an individual assessment to identify their unique needs, and treatment is crafted by our expert team of doctors and therapists to match those needs.



## PHILOSOPHY

Balance is a treatment philosophy unique, innovative and vastly comprehensive in its approach. We believe that stability can only be achieved by healing and rebuilding the whole of one's life. At the core of our treatment philosophy are four key areas in everyone's life that play a critical role in the development of positive, productive and stable experiences. When these four areas are in balance, true and long-term recovery and stability can be achieved.

**Emotional:** Emotional stability helps create clear, rational thinking and productive behavior. Emotional health issues will be addressed with intensive insight oriented psychotherapy along with CBT, EMDR, DBT, neurofeedback, medication education and management when indicated as well as a full psychiatric evaluation.

**Social:** Socialization is a fundamental part of being human. To be social is to live in community, rather than in isolation. Social stabilization involves daily groups, social drug free outings, multi-family group therapy, and the ability to process daily struggles and discontent with the assistance of highly trained professionals.

**Educational:** The more *opportunities* one is given to learn, the more *capacity* one has to learn and acquire knowledge. Our educational services program will provide tutoring, educational tools, guidance assessing motivation to return to school/career, identification of needs to reach educational/career goals, and identification of learning issues.

**Physical:** Regular activity and well-balanced diets not only contribute to one's physical health but also offer significant improvement to one's mental health. Physical health services will utilize the gym, Pilates, Zumba, equine therapy, martial arts, group games, hiking in the Santa Monica Mountains and walks on Malibu beaches. Activities will be led by a professional in that field and a therapist to facilitate therapeutic gain. The nutritional program follows a farm to table approach. Foods are sourced locally and used seasonally at their peak nutritional value to provide a whole body approach to healing.

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## TREATMENT MODALITIES

Balance Treatment Center is a program designed to meet the needs of clients struggling with mental health issues, dual diagnosis and substance abuse problems. At Balance, we use an evidence based treatment approach that employs the most effective methods available. The evidence based treatment modalities that will be provided at Balance Treatment Center will include (but are not limited to):

- Full Psychological Evaluation
- Medication Evaluation and ongoing management
  - Full History and Physical
  - Full Nursing Assessment
  - Psychosocial Assessment
  - Daily Individual Therapy
  - Daily Group Therapy
- Psychodynamic Psychotherapy
- Motivational Interviewing (M.I.)
  - Stress/Health Management
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
  - Expressive Arts Therapy
- Equine Therapy and Pet Therapy
  - Recreation Therapy
  - Multi-family Group
- Neurofeedback (also known as EEG biofeedback)
- EMDR (Eye Movement Desensitization and Reprocessing).

