

OPTIONS AND FINANCE

Inspire Malibu offers many desirable options and financial considerations for our outpatient programs including maximizing your insurance benefits. These considerations can only be determined after an in-depth and confidential interview.

The PHP or Day Treatment Option consists of programming 5 days per week from 11am to 6pm Monday through Friday, (7 hours) with a nutritious noon meal served at the Clinic. For out of town patients, we offer accommodations at a beautiful and safe 'Malibu Valley' Sober Living Home that is less than 1 mile from the Outpatient Clinic in Agoura Hills. Transportation is provided to and from the Clinic. Individual therapy is offered 3 to 4 times per week by a licensed therapist. In addition, process groups are run daily along with weekly education groups, and research based therapeutic interventions such as CBT (Cognitive Behavioral Therapy), DBT (Dialectical Behavioral Therapy), (MET) Motivational Enhancement Therapy, Neurofeedback, Meditation, Life Skills Training, Exercise, Spirituality, Mens and Women's Group, Yoga, Therapeutic Massage, and Medication Management. We also offer a multi-family group and couples therapy in addition to face to face family sessions. Weekends at the Inspire Malibu Sober Living Home will consist of EAP (equine assisted psychotherapy), meaningful outings, outside sober recovery meetings like 12 step meetings, Rational Recovery, SMART and other community based self-help groups, family and significant other gatherings in addition to relaxation, movies, life skills and community meetings. The Sober House will be staffed 24/7 and a full time chef will be available for weekday dinners and week end lunch and dinner.



Inspire Malibu
Breakthrough Science and Unsurpassed Patient Care

DRUG & ALCOHOL TREATMENT

30101 Agoura Court, Ste 103

Agoura Hills, CA 91301

www.inspiremalibu.com

800.444.1838



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CALL 800.444.1838 FREE CONSULT

Comprehensive Drug Treatment Programs

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Agoura Hills, CA 91301

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California Certified
Alcohol and Drug Program



*Specializing in the
Medical Model for
Drug Addiction, Alcoholism,
and Co-Occurring Psychiatric Disorders*

At Inspire Malibu, we agree with leading Doctors, Scientists and Research specialists at the National Institute on Drug Abuse (NIDA), World Health Organization (WHO), American Psychiatric Association (APA), and The American Society of Addiction Medicine. We concur that drug and alcohol addiction is a completely treatable chronic illness that parallels other chronic medical illnesses such as diabetes, hypertension, and cancer.

Our philosophy at Inspire Malibu is to address this chronic illness, not just at the individual psychodynamic level of behavior modification, but in a systemic manner addressing the bio-psycho-social approach. We provide a coordinated, intense, comprehensive multidisciplinary treatment for our patients with appropriate treatment modalities. Addiction is a medical problem with behavioral symptoms. It is a disorder that involves assessing the neurobiology of the brain while systemically looking at the family system and social networks. Addiction treatment must consider comorbidity and treating the addiction and co-occurring psychological problems simultaneously. It is about treating the whole person and meeting that person where he or she is at, rather than where we think they should be. It is about a caring and nurturing environment where people can come to heal, to be understood and to move toward recovery. It is a place where patients are not judged or shamed, where past traumatic experiences are respected, honored and embraced.

At Inspire Malibu, we continuously incorporate breakthrough scientific advances and utilize research based therapies in addiction medicine assuring the finest in patient care with long term positive results.

"Inspire Malibu is light years ahead of other drug rehabs and alcohol treatment centers. Inspire Malibu sets the 'standard of excellence' in comprehensive individual care for all substance abuse and related disorders."



Akikur Reza Mohammad, MD

Founder/Medical Director, Inspire Malibu

Board Certified in Psychiatry and Addiction Medicine

Clinical Assistant Professor of Psychiatry and Behavioral Sciences at USC Medical School and University

Services By Inspire Malibu

- ▶ Alcohol Treatment
- ▶ Non-12 Step Treatment
- ▶ Eating Disorders Treatment
- ▶ Anxiety Treatment
- ▶ Drug Addiction Treatment
- ▶ Depression Treatment
- ▶ Residential Treatment
- ▶ Trauma Treatment
- ▶ Dual Diagnosis Treatment
- ▶ Bipolar Treatment
- ▶ Out Patient Treatment

Research indicates that a ninety day , three month program is the "most effective in maintaining abstinence from alcohol and drugs." At Inspire Malibu our comprehensive and individualized Outpatient Programs emphasize an integrated approach to addiction treatment utilizing a team of treatment professionals from attending Medical Doctors, Psychiatrists, Addictionologist, Licensed Therapists, Nurses, Adjunctive Specialists and Certified Mental Health Professionals. All of our programs are designed to assess the situation and initiate a treatment plan with specific goals and objectives and interventions to achieve those goals both in the short and long run. We initiate a discharge plan the first day of admission. Those common goals are :

1. *Emphasis on an individualized treatment plan serving to interrupt the destructive pattern of alcohol and substance abuse while searching for the meaning of the symptom.*
2. *Assist the patient in recognizing signs and symptoms of addiction & relapse.*
3. *Learn new coping strategies to change dysfunctional behavior patterns.*
4. *Educate about the disease model of addiction looking at abstinence and harm reduction as a new way of life.*
5. *Help families and significant others with improved relationships, psychosocial issues, & communication skills without blaming.*
6. *Identify the underlying issues and bring about a therapeutic alliance.*
7. *Develop a social support system and aftercare plan with emphasis on community based self-help groups for long term sobriety.*