



# NEW FOUND LIFE



## *Mission*

*Our mission is to provide effective drug and alcohol treatment services for men and women. To demonstrate an alternative way of living where one can embrace life without dependency on alcohol or drugs.*

Providing quality treatment since 1993, New Found Life is a nationally accredited, state licensed, state certified, and court approved treatment center with facilities for men and women located in Long Beach, California. At New Found Life addiction to mood altering substances is recognized as a disease and not as a moral failure. Our programs address the psychological, physical, social and spiritual needs of the individual. Through the principles of Alcoholics Anonymous, motivational and cognitive counseling, New Found Life has structured a comprehensive, no nonsense recovery program which offers residential care, outpatient care, family program and transitional sober living.



## Residential & Extended Care

### *Psychiatric care-*

At New Found Life we recognize balance in all areas is crucial to recovery. Although chemical dependence is the primary diagnosis for each resident, our psychiatrist is available to evaluate depression, bipolar disease, anxiety disorders and other commonly occurring disorders on an as needed basis.

### *Individual and group counseling-*

Sessions and groups with our trained counselors help you to explore behaviors, issues, and personal triggers that have in the past lead to substance abuse. Through this healing process you can come to terms with these issues and learn how to address them through the 12-steps without the use of alcohol and drugs.



### *Introduction to 12-step groups-*

As the cornerstone of our program, you will attend outside 12-Step meetings, meditation, book-studies and in-house meetings as part of your treatment plan. You will also have the opportunity to get a sponsor and take the steps. Learning how to incorporate a 12-step program into your life is necessary for long-term sobriety. The outside meetings acquaint you with the fellowship available to you beyond treatment. This is an important element in assisting your transition to life outside the safety and structure of a treatment facility.

### *A positive and supportive environment-*

Our homes, located in a beautiful area overlooking the ocean, provide a serene setting that is conducive to recovery. Our staff, most of whom have personal recovery experience, welcome you to a safe and supportive environment. You can focus on the healing process, knowing that you are not alone and that there are other survivors. Moreover, Long Beach has an outstanding network of meetings and fellowship, providing additional recovery support.

## Residential Care • Extended Care • Family Program • Transitional Living • Outpatient Services

### *Education and study sessions-*

These groups cover many areas of education including: drug and alcohol awareness, health awareness and education, yoga, life skills, assertiveness training, job-search skills, and relationship skills. The return of your physical well-being is only the first step to recovery, and our educational groups round out our treatment services so you can build a foundation for spiritual, psychological and social wellness.

### *Individual attention -*

Our facility offers a small and intimate setting to start the process of changing your life. You will be assigned your own counselor who develops a treatment plan with you and works with you throughout your stay to achieve the goals outlined in your plan.

### *Progressive personal and group responsibility-*

As part of New Found Life's motivational therapy, residents are given opportunities to assume certain responsibilities for their recovery. This method helps you to develop a new sense of respect for yourself and others, builds self-esteem and teaches the importance of working together to accomplish goals.

### *Continuing care-*

We offer continuing care to provide support for you after treatment at New Found Life. This includes weekly process groups, step studies, speaker meetings, and social activities for residents who have completed the program at New Found Life. Additional counseling is also available.



## Outpatient Program

Our outpatient program is designed to provide treatment for those suffering from substance abuse disorders. Individuals live at home and travel to New Found Life, where they participate in treatment 3-6 hours per week based on their clinical needs. Call us for a confidential assessment today if you or a loved one needs a structured program that offers: individual and group therapy, education classes, family support, drug screening and participation in 12-step meetings. This level of care provides guidance, support and accountability to individuals as they continue to learn and implement lifestyle changes necessary for sobriety.



## Family Program

Alcoholism and other drug dependency is an illness that has a profound effect on both the individual and his/her family. At New Found Life we offer family members an opportunity to learn about the disease and begin their own process of healing through our Family Forum, multi-family groups, meetings and an introduction to Al-anon.

## Footsteps Transitional Living

Our transitional living facilities provide an opportunity for residents of New Found Life who need a more extended, but less intensive level of active treatment. This program is intended to fill a gap between intensive residential treatment and returning home. Services are provided in a supervised homelike atmosphere promoting stabilization and reintegration into the community while also continuing New Found Life's strong focus on a twelve step program. Residents are invited to live in our sober living apartments, which are located close to the main facility. Residents return to work or attend school and participate in our Outpatient Program. The goal for our residents at Footsteps is to continue to utilize the tools and skills learned at New Found Life that will allow them to develop a healthy, sober lifestyle.

## In summary we offer:

### *Residential Services*

- Primary & Extended Care
- Separate gender specific programs for men and women
- Dual diagnosis
- Custom treatment plans
- Open ended program
- Individual & group counseling
- Individual therapy
- Psychiatric care
- Specialty groups that include planned recreation, yoga, meditation, and spirituality groups
- Education and study sessions on recovery, substance abuse and relapse prevention
- Strong introduction to self-help groups, including mandatory attendance at daily 12-step meetings, book studies and in-house meetings
- A positive and supportive environment
- Progressive personal and group responsibilities

### *Family Program*

- Multi-family groups
- Group & individual counseling
- Equine therapy
- Education sessions
- Introduction to 12-step programs

Our beautiful facility and comprehensive program is the right choice for anyone wanting to start a new life; a choice that offers hope and a future for you and your family. By applying what you learn at New Found Life, you can build a strong foundation that will help you to continue the lifelong process of recovery. For more information, visit our website at [newfoundlife.com](http://newfoundlife.com).



### *Outpatient Services*

- Custom treatment plans
- Open ended program
- Individual & group therapy
- Education and study sessions on recovery, substance abuse and relapse prevention
- Strong introduction to self-help groups, including 12-step education
- Random drug testing
- Family support

### *Transitional Living Services*

- Clean, safe and sober housing
- Supervised & structured living
- 12-Step participation
- Random drug testing
- Peer support

## Quotes

"The house is spacious, warm and full of love and care. I felt at ease the very first night here and it gets better with each passing day. I would recommend New Found Life to any man or woman serious about recovery."- *Rich L., WY*

"Thank you to everyone for the warmth, hospitality, and compassion during my stay at New Found Life. I am grateful for the opportunity this house and this program has offered me to rebuild my life. I found hope for my future and sobriety."- *Sam S., FL*

"I often consider how blessed I was to come to a safe and sober place. I want to tell all of you how much I love you, and to thank you for loving me until I could love myself."- *Rick K., CA*

"My decision to enter New Found Life was one of the best moves I ever made. Their structured environment has helped a great deal by teaching me responsibility and the rewards of achievement."- *Mary H., CT*

"Because I use the tools for living I learned at NFL, I am able to enjoy a level of serenity and happiness that I have never known before."- *Alice E., Alaska*

"You [New Found Life] balance a highly structured treatment environment with care and compassion. Your individual attention, drug testing and ample documentation exceed the requirements imposed by the courts and gave the Judge confidence in your program and in my client."- *The Law Offices of Keith S. Ross, Torrance*