



BAYSIDEMARIN



**PREMIER SUBSTANCE USE DISORDER
AND BEHAVIORAL HEALTH TREATMENT**

THE PREMIER RECOVERY CENTER

Established in 2004, and located on serene and secluded properties in the hills overlooking the San Francisco Bay in northern California, Bayside Marin has become a renowned residential and outpatient treatment program that provides exceptional care for adults dealing with severe substance misuse and co-occurring disorders.

It has done so by constantly striving to meet the needs of complex and diverse client populations, by recruiting and supporting sophisticated, top-tier staff, and by focusing on programming, facility safety and maintenance, communication and customer service.

In addition, Bayside Marin has developed an art of combining time-tested techniques with emerging methodologies to create treatment plans that address the biological, developmental, cultural, situational, and personality components involved in addiction and mental illness.



A WORLD-CLASS TREATMENT TEAM

At Bayside Marin, we take pride in the expertise and dedication of the staff. From the medical director, psychiatrist and nurses to the masters and doctoral level therapists, each has been carefully selected because of their skill level, passion for recovery services, and their commitment to ethical and clinical excellence.

In addition, our staff operates from a place of cultural and developmental humility, which allows us to treat clients from varied and diverse racial and ethnic backgrounds, as well as honoring other important identity markers, as defined by each individual client.

Some of our specialties include:

- Survivors of interpersonal violence or those who have experienced trauma in the line of duty (military personnel, police officers, first responders)
- Affirmative care for LGBTQ+ populations

Besides significant experience with and capacity to treat clients that severely misuse nearly all types of medications, drugs and alcohol, our staff are capable of working with a variety of commonly co-occurring disorders. Below is a list we may be able to help manage (depending on history and severity):

- Anxiety
- Trauma
- Adverse Childhood Experiences
- Body Image Distortions
- Anger
- Disordered Eating
- Sexual Identity Issues
- Process Addictions
- Bipolar and Depression
- Personality Disorders
- Persistent Pain

Bayside Marin also works with recognized experts in: Yoga, Qi Gong, therapeutic massage, Ecotherapy, acupuncture, mindfulness, expressive art therapies, fitness training, nutrition, Pilates, movement therapy and Somatic Experiencing.

**EXCEPTIONAL TREATMENT • EXCEPTIONAL SERVICE • EXCEPTIONAL COMFORT
THAT'S THE BAYSIDE DIFFERENCE**

OVERVIEW OF TREATMENT

During the admissions and treatment process, staff thoroughly assess and re-assess for the nature and severity of the substance use disorder, any need for detoxification and the presence of co-occurring conditions. They will use this information to make recommendations regarding the appropriate treatment approach and to uniquely tailoring the information to the individual's needs.

TYPES OF CARE

ASSESSMENTS AND EVALUATIONS: Each client will receive a history and physical, provided by one of our qualified physicians or nurse practitioners and a psychiatric evaluation with a psychiatrist. A therapist will then work with the client to formulate a psychosocial assessment and treatment plan. Follow-up with medical, psychiatric and clinical staff will be provided weekly, or as needed.

DETOXIFICATION: As a result of continued use of certain substances, some clients will need to be detoxed. Based upon each client's medical and substance use history, the medical director will utilize a symptom based, compassionate detox protocol.

MEDICATION ASSISTED TREATMENTS: Because severe substance use disorders are chronic, relapsing conditions, the medical staff may explore use of medications designed to help reduce cravings and limit the impact of a relapse.

INDIVIDUAL THERAPY: While misuse of substances is the overt issue, most clients have little ability to alter psychological and social patterns that fuel the use. These sessions begin to explore these topics and take place twice per week or more.

COUPLES AND FAMILY THERAPY: Available on an as-needed basis, Bayside Marin offers couples and family therapy sessions.

GROUP WORK: A core component of care and a preferred modality of treatment is group therapy. Each client will partake in group sessions at least three times per day, which feature, in addition to a process component, coping skills and psychoeducation.

FAMILY PROGRAM: Taking place on a Friday and Saturday twice a month, loved ones and family are strongly encouraged to attend this intensive workshop featuring education, group activities and peer support. It is designed to help them to establish boundaries and support themselves during the challenging path of recovery.

BEYOND TRADITIONAL APPROACHES

HOLISTIC THERAPY: Bayside Marin's care includes therapies that help clients realize the connection between their mind, body and spirit. The following therapies are offered:

- Acupuncture
- Ecotherapy (therapeutic gardening)
- Karaoke
- Meditation/Mindfulness
- Music, Art and Movement therapy
- Pilates
- Qi Gong
- Somatic Experiencing
- Therapeutic Massage
- Yoga

FITNESS AND NUTRITION: Physical health and vitality are considered key components of a successful recovery program. Clients have access to a nutritionist, a personal trainer, a fully equipped gym, as well as other amenities such as a swimming pool, dry sauna, steam room, basketball court, Jacuzzis, ping pong tables and walking trails.

SUPPORT GROUPS: Clients are exposed to an alternative to 12-Step based programming and fellowships (e.g., SMART Recovery, LifeRing and Refuge Recovery) but are recommended to attend as many support meetings as possible during treatment, including Alcoholics Anonymous and Narcotics Anonymous.

SOBER FUN: Many individuals are fearful of being bored or even depressed in sobriety. During the course of treatment, clients may be able to participate in a variety of activities that begin to challenge those assumptions, including such things as paddle boarding, hiking, movies and visits to nearby beaches.



ONGOING CARE

CONTINUING CARE: For most clients, the circumstances that brought them to treatment are the result of chronic conditions. Therefore, from the moment of admission, our treatment team, including our dedicated continuing care staff, work diligently with the client, the family, professional partners and the treatment team to determine the best options for continued success.

ALUMNI SUPPORT: Clients who complete residential treatment receive ongoing support to help them establish a strong foundation for continued success in recovery. It features post-residential contact, including weekly alumni groups, follow-up phone calls for the first year and life-time eligibility to return to our campus for a weekend of treatment services, known as, "Recovery and Renewal."





INTENSIVE OUTPATIENT PROGRAM

For clients who have completed a residential level of care either at our facility or elsewhere, or who are interested in increased insight into their relationship to substances or alcohol, our intensive outpatient program provides treatment, education, and support while individuals can attend to daily responsibilities such as school, work or family obligations.

RESTORATIVE AND PRIVATE SETTING

Located in one of the most exclusive areas of the San Francisco Bay Area, Bayside Marin offers services in the serene hills of San Rafael, which prides itself on its diversity, weather and incomparable beauty. These private, hilltop homes are surrounded by scenic valley views, the magnificent San Francisco Bay and Mount Tamalpais.

Such a stunning and tranquil environment is considered the ideal place to take the first steps towards true healing and lasting recovery. At Bayside Marin, you will experience premiere clinical programming in a spectacular and comfortable setting in one of our two properties, known as Canyonside and Mountainside. Each provides an intimate setting and offers the full amenities of the facility.



BAYSIDE MODEL

The Bayside Marin model is to provide a high staff to client ratio, alternative to 12-Step programming and cutting edge substance misuse treatment services, such as a 5 Phase approach, which is the result of decades of experience in the field of addiction recovery.



PHASE ONE: **INCENTIVE**

GOAL: To help patients identify their personal rationale for getting and staying clean and sober.



PHASE TWO: **AWARENESS**

GOAL: To increase insight and awareness about self and the nature of addiction.



PHASE THREE: **SUPPORT**

GOAL: To develop and utilize a sober support system that has permission and is encouraged to provide feedback and direction.



PHASE FOUR: **VIGILANCE**

GOAL: To determine specific triggers that can lead to relapse and develop a solid relapse prevention plan.

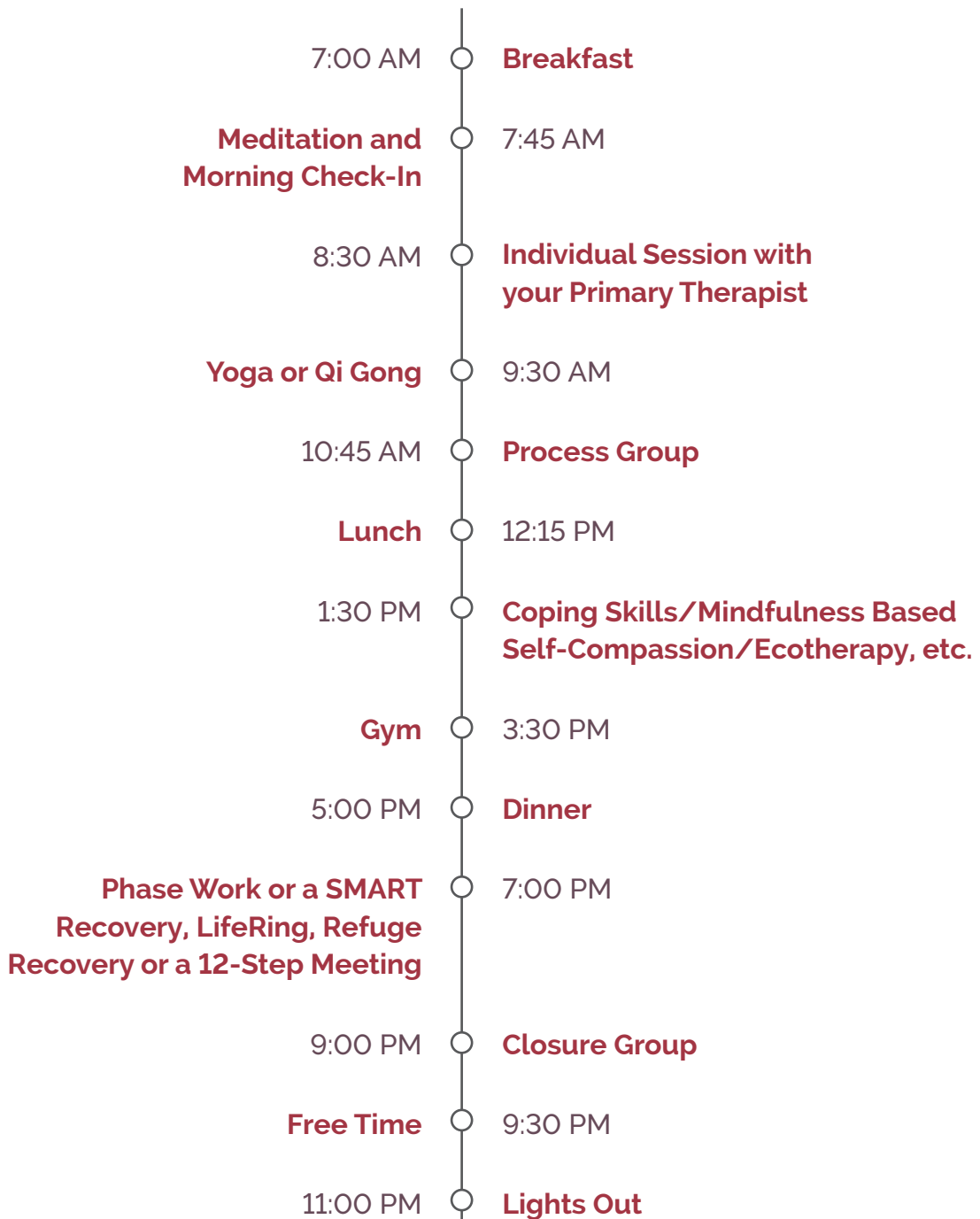


PHASE FIVE: **PREPARATION**

GOAL: To develop a concrete, specific and measurable discharge plan that provides the most opportunity for continued recovery.

A TYPICAL DAY

Every day at Bayside Marin is filled with opportunities for physical, mental, emotional and spiritual growth. A typical day might look like:



IN-NETWORK INSURANCES:

MINES
& ASSOCIATES

COMPSYCH®

Anthem®
BlueCross

PREMERA |

BlueCross
BlueShield

Regence

CareFirst

hmsa

OTHER INSURANCES ACCEPTED:

aetnaSM

beacon
health options

Cigna[®]

moda
HEALTH

UnitedHealthcare[®]

and more...

MARKS OF QUALITY CARE:





AWAKEN TO YOUR LIFE

Bayside Marin is guided by the belief that excellent clinical care results from forming safe, authentic relationships with clients while utilizing improvements in the science of addiction treatment, offering spectacular and well maintained facilities, and employing remarkable staff.

Indeed, this collaborative and inspiring facility has helped thousands of men and women begin their pursuit of a happily and usefully whole existence. And whether you or someone you know comes to Bayside or not, we hope in the coming years that this very moment, as you look through our brochure, is viewed as the beginning of an awakening to your life!



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