



**BAYSIDEMARIN**



**LUXURY SUBSTANCE ABUSE TREATMENT  
& BEHAVIORAL HEALTH TREATMENT CENTER**



## BAYSIDEMARIN

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Bayside Marin provides sophisticated addiction and dual-diagnosis treatment in one of the most picturesque settings in Northern California. Nestled in the hills of Marin County, overlooking sweeping views of the bay and surrounding vistas, Bayside Marin offers an intimate treatment setting where clients receive an unparalleled level of care.

- Highly effective, research-backed treatment for addiction and co-occurring disorders such as depression and anxiety
- A world-class treatment team with licensed masters and doctoral level therapists, a physician board certified in addiction, and 24-hour nursing staff
- Highly individualized residential and outpatient treatment with a superior 3:1 staff/client ratio
- Two private, intimate facilities overlooking the San Francisco Bay, totaling to 30 beds
- Industry-leading family and continuing care programs
- Insurance accepted and financing options available

Bayside Marin's reputation for excellence stems from the exceptional care our clients receive. We partner with each client to develop a treatment plan that addresses the issues underlying their addiction and incorporates a blend of traditional and holistic therapies that best suits their needs.

## A WORLD-CLASS TREATMENT TEAM

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Bayside Marin has a truly remarkable treatment team. Our licensed masters and doctoral level therapists each add their own unique specialty to our comprehensive treatment model. Our highly qualified doctors, counselors, nurses, and clinical technicians also add their own certifications and/or personal experiences in recovery as well. At Bayside, you will find a wealth of practical, evidence-based, real-world solutions to help you access the roots of your addiction and make meaningful strides toward long-term sobriety. We are passionate about helping people find health, hope, and healing in recovery.





## DUAL DIAGNOSIS TREATMENT

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Bayside Marin provides the most advanced dual diagnosis treatment. We specialize in treating the full spectrum of alcohol and drug addictions as well as co-occurring mental health disorders.

Our skilled clinical team coordinates closely with our physician, nurses, psychiatrist and other program staff to provide seamless, integrated care that includes:

- Dual recovery plans for addiction and mental health disorders
- A psychiatric evaluation and psychological assessment
- Individual Psychotherapy
- Symptom management strategies
- Education about dual diagnosis

## RESTORATIVE AND LUXURIOUS SETTING

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Bayside Marin gives clients both what they want, and what they need to recover from addiction: Cutting edge behavioral health treatment in a private and luxurious setting. From our sweeping vistas, to our gourmet chef, to our skilled masseurs and acupuncturists, and our magnificently appointed rooms, clients will find a safe, serene, and relaxing environment that fosters relaxation and introspection. Our goal is to help our clients find a calm and stable base, away from the stressors of their daily lives, so they can fully focus their energy on the core issues impacting their addiction and recovery.





## THE BAYSIDE MODEL

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Treatment at Bayside Marin is based on a client-centered, evidence-based model that is designed to help clients commit to a realistic, long-term recovery plan. The Bayside Model is divided into six phases of care, which improve clients' awareness, motivation, insight and preparedness to maintain long-term addiction recovery. Phase Work is written by the client, reviewed by staff and presented by the client to their peers. This process repairs the brain from the effects of drugs and alcohol and helps build the skills needed for sustained recovery.

# A TYPICAL DAY AT BAYSIDE MARIN

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Every day at Bayside Marin is filled with physical, mental, emotional and spiritual growth. Our goal is that Bayside Marin will be the last treatment program our clients will need. During a typical stay, clients participate in a variety of clinical interventions that will help them develop the tools needed for lifelong recovery:



- Medication assisted detoxification Services supervised by skilled doctors and nurses
- Medical, psychological and psychiatric assessments
- Two individual psychotherapy sessions per week
- Process group therapy at least five days per week
- Education about addiction and co-occurring disorders
- Intensive family program
- Holistic therapies
- Fully equipped gym, pool, sauna and steam room
- Sober fun activities
- Self-help support groups
- Comprehensive continuing care and alumni support

In the evenings, clients attend self-help support group meetings, such as AA/NA, SMART Recovery or LifeRing, and an evening closure group. Every week presents opportunities for residents to practice their new skills during sober fun activities both inside and outside our facility.



**BAYSIDEMARIN**



## **RECLAIM YOUR LIFE**

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Recovery from addiction can be the hardest – and most rewarding – experience of your life. At Bayside Marin, we will be there to assist you and your loved ones through each and every step of this journey. You can regain your hope, faith and health. You can realize your potential and accomplish your life dreams.

