



### The CCI Family and Philosophy

*We at Crownview Co-Occurring Institute are devoted to providing high-quality comprehensive psychiatric services and excellent health care. Our team prides itself on its expertise with both the diagnosis and treatment of all forms of mental illness, and believes that the relationship between health care provider and client is often the key to long-term recovery. We take a balanced approach and go well beyond symptom relief to help our clients revitalize their lives in sustainable and fulfilling ways.*

*Our work with co-occurring conditions is carried out by carefully selected teams of psychiatrists, psychologists and licensed clinicians. Their skills and areas of specialty are integrated into a complete program of therapeutic resources that give us the flexibility and responsiveness to meet the uniquely demanding needs of our clients.*



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Integrative  
treatment  
strategies for  
addictions and  
mental illness

## Restoring Wounded Minds & Broken Lives



Integrative treatment strategies  
for addictions and mental illness



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# Restoring Wounded Minds & Broken Lives

Persons with **co-occurring conditions**, also known as **dual diagnosis** (serious mental illness combined with addictive substance use) often find themselves in a state of personal disintegration, unable to function adequately in any of the major areas of life – family, school, work or personal relationships. CCI has designed a comprehensive, adaptive treatment program that can be shaped to the unique realities of each case.



From initial intervention and diagnosis to the development of individual treatment programs, CCI is well prepared to handle the most demanding cases. We have licensed psychiatrists and clinicians at our treatment facilities at all times, and a depth of professional experience with all current, evidence-based therapies. **We work closely with families and loved ones in all phases**, helping create a healthier, more resilient home environment for everyone.

CCI has prepared a large menu of interrelated therapies and strategies to provide **wrap-around treatment** customized for each client. From in-depth, focused therapeutic models such as **Cognitive-Behavioral and Dialectic Behavioral Therapies** to creative and recreational adjunct programs, we always consider the whole person. We create patterns of synergy that can more effectively treat each client.

Shown here are just some of the choices you can consider as part of your recovery plan.

## DELIVERING Intensive Personalized Psychotherapy

We have **staff psychiatrists present at our treatment facilities at all times**, providing everything from emergency treatment to regular coordination of care. Our full range of psychiatric and pharmacological services include the following and more:

- Cognitive-Behavioral Therapy (CBT)
- Dialectic Behavioral Therapy (DBT)
- Milieu Therapies
- Solution-Focused Therapies
- Experiential Therapies

### Other Clinical Services:

- Psychological Testing
- Diagnostic Analysis
- Formal Interviewing



## SUPPORTING with Adjunct Therapies

These additional therapy programs, referred to as *Adjunct (Support) Therapies*, can give much-needed depth and balance to the core therapy program of medication and clinical treatment.

- |  |                                  |
|--|----------------------------------|
| EMDR (Eye Movement and Desensitization Reprocessing) | Adventure Therapy                |
| Biofeedback  | Psycho-Drama Therapy             |
| Nutrition Training and Coaching                      | Anger Management                 |
| Yoga, Exercise and Gym Memberships                   | Coping Skills Development        |
| Mindfulness and Meditation                           | Social Skills Development        |
| Acupuncture  | Addiction and Relapse Prevention |
| Equine (Horseback) Therapy                           | 12-Step Smart Recovery Programs  |
|  | Chemical Dependency Education    |

## COUNSELING the Family

A client's family and other loved ones should be part, if at all possible, of the treatment plan. They are often in need of counseling and therapy themselves. We address each of these realities in an inclusive, intentional way.

- Teaching Effective Communication Skills
- Establishing Healthy Relationship Boundaries
- Unlearning Dysfunctional Habits
- Breaking the Cycle of **Co-Dependency** and **Enabling**
- Creating New Patterns of Self-Reliance and Trust

## TRAINING to Live Independently or Cooperatively

Persons whose lives have become seriously dysfunctional often need to learn or re-learn the basic life skills. This not only establishes basic competencies, but helps them rebuild a positive self-concept.

- Housekeeping Skills
- Organizing, Planning and Time Management
- Nutrition and Diet
- Meal Planning and Preparation
- Grocery Shopping
- Household Financial Planning
- Personal Medication Self-Management

## CHARTING Vocational and Educational Paths

A difficult element of restoring a client's life is charting a path back to the "real world," to whatever extent that is realistic. This helps the client overcome their fear of failing and being rejected and lays a solid foundation for re-integration into life.

- Employment Workshops
- Exploring Education and Training Options
- Preparing and Coaching for Job Interviews
- Motivational Interviewing

## MEETING Our Clients Where They Are...

Co-occurring conditions often make traditional in-office appointments very difficult. **We connect with clients where they are, and get them where they need to be**, monitoring their progress to help them ultimately achieve a restored, healthy life.

### Residential Intensive Outpatient Program (IOP)

This intensive psychotherapy track begins with direct intervention, often placing the client in offsite housing. Our full clinical staff provides both individual and group sessions for core component and adjunct therapies Monday through Friday, providing **three hours of therapy daily**. We can also offer telepsychology services in some situations.

### Partial Hospitalization Program (PHP – Day Program)

A more extensive psychotherapy track providing a full **five hours of therapy daily**. Our staff provides both individual and group sessions at our clinic for both core component and adjunct therapies, from Monday through Friday.

### Transitional Outpatient Program

Transitional housing provides a bridge for the client between the more intensive outpatient program and the community, gradually reducing therapy time as they re-integrate into a fuller life. Appointment schedules run Monday through Friday, providing **up to three hours of therapy daily**.



**Our goal for each client** is always to achieve a healthy re-integration into life, providing balance, hopefulness and a viable network of supportive relationships.