

## ABOUT US

Full Spectrum Recovery has a respectful, non-judgemental approach to alcohol and drug problems, that works with the client "where they're at" and not where others think they should be.

Our full spectrum of research based treatment choices provides an array of programs and resources to help substance abusers select their most appropriate treatment goal.

If it appears our clients initial goals cannot be met, we support rapid movement towards a more appropriate goal that reduces harm. We encourage participation in 12-step programs such as Alcoholics Anonymous, Narcotics Anonymous, or a variety of structured treatment programs, if more support is needed.

We bring over 50 years of experience with in-patient and out-patient treatment, with specific focus on substance abuse and dependency, family crisis interventions, relapse prevention, spirituality, and long-term after care.

**We stress progress not perfection on the journey towards successful recovery.**

## SELF TEST

Please answer each question	Yes	No
Have you ever felt you should cut down on your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
Have people annoyed you by criticizing or complaining about your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever felt bad or guilty about your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had a drink or drug in the morning (eye opener) to steady your nerves or to get rid of a hangover?	<input type="checkbox"/>	<input type="checkbox"/>
Has a physician ever told you to cut down or quit use of alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
Has your drinking/drug use caused family, job or legal problems?	<input type="checkbox"/>	<input type="checkbox"/>
When drinking/using drugs have you ever had a memory loss (blackout)?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink or use drugs too much?	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink or use drugs every day?	<input type="checkbox"/>	<input type="checkbox"/>

A yes to one or more indicates concern.

If you or a loved one is drinking or using drugs

**call today.**

Santa Barbara: 805-966-5100

Toll Free: 866-966-5100

Visit: [www.fullspectrumrecovery.com](http://www.fullspectrumrecovery.com)



Family Interventions  
 Private Individual Recovery  
 Learn Moderate Drinking  
 Traditional 12-Step Support  
 Relationship Counseling  
 Marijuana in the Family

805.966.5100 866.966.5100

California Licensed Providers

## What kind of services do you offer?

### Family Crisis Interventions:

Our comprehensive Family Crisis Interventions are conducted by two specially trained therapists. We prepare motivated family members to participate in a "loving and concerned intervention" with a family member or loved one experiencing problems with alcohol or drugs.

### Private Individual Recovery:

This individualized 12 week program teaches substance abusers to practice research proven coping strategies that enable them to reduce harm or remain abstinent without structured group support. The focus of this treatment includes education, communication skills, personal growth, stress management, relapse prevention and utilization of community resources.

### Learn Moderate Drinking:

DrinkChoice™ is a brief, research based program that offers problem drinkers a choice to either drink moderately or quit altogether. A workbook is included that offers clear guidelines and tools for in-depth self evaluation providing an immediate opportunity to reduce risk.

### Traditional 12-Step Support:

This individualized 12-week program helps substance abusers establish a firm foundation in a 12-step program such as Alcoholics Anonymous, Narcotics Anonymous or Alanon. We emphasize communication skills and educate clients on how to utilize meetings, acquire sponsorship, and understand concepts such as the "12 steps," "powerlessness and the "higher power". Total abstinence, meeting attendance and self identification as an alcoholic or addict are core components of this work.

### Relationship Counseling:

All relationships can become impacted by alcohol and drugs. We stress that opportunities to heal are always present. We provide the tools to carry out this healing process. Emphasis is placed on re-establishing trust and intimacy through education, communication skills and conflict resolution.

### Marijuana in the Family:

The focus of this treatment is to reduce the consequences of marijuana use on the family. Clients learn research developed coping and problem solving skills that eliminate marijuana problems.

#### *Track I. Marijuana and Teens:*

This track provides a specialized treatment protocol that helps teens improve grades, make better friends, have closer family relationships, and define their future.

#### *Track II. Marijuana and Adults:*

This track provides a specialized focus on the long term impacts of marijuana: relationship conflict, lack of emotional availability, and over all impairment of motivation and accomplishment. We make every effort to include the family in the treatment process.

## **What if I'm not completely ready to work on my drug or alcohol problem at this time?**

With our approach you do not have to be ready. Typical treatment approaches judge clients as "in denial" if they do not readily embrace abstinence. There is an assumption that you must "hit bottom" in order to be self motivated. At Full Spectrum Recovery we believe that ambivalence and confusion concerning alcohol and other drug related problems is normal. All substance abusers must proceed at their own pace through specific

stages in their recovery, including relapse. It is our job to help empower our clients with motivational strategies that move them through these stages as rapidly as possible.

## **What do you mean by recovery?**

A classic definition of recovery has been limited to continuous, total abstinence while working a 12-step program. Our 21st century approach expands the definition to "a willingness to take action now to reduce the harm of alcohol and other drugs". Recovery begins when the client determines there is a problem and begins movement towards change. While we embrace the classic definition of recovery for some clients, we acknowledge that others are also in recovery whenever they select and work towards a goal that reduces harm.

## **How do I know I can succeed?**

You have already taken the first step! The very fact that you have read this brochure indicates that you or a loved one may have a problem. Now is the time to pick up the telephone and reach out for help. Our staff of licensed therapists stands ready to help you choose your recovery path.

## **What about confidentiality?**

We understand the absolute need to respect privacy. We will not release information to anyone without the written consent of the client except as required by law.

## **What is my next step?**

Call Full Spectrum Recovery.  
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website: [www.fullspectrumrecovery.com](http://www.fullspectrumrecovery.com)