For Rehabilitation Treatment or Detox Call 1.888.296.0416
www.clearbrookinc.com

Clearbrook

Our Locations

Demographics and the experiences of patients and their families of various experiences found in our 28-day treatment program. We believe each patient is distinct and need special medical attention. Our residents, along with the staff, are trained and skilled in medical and recreational therapy.

Clearbrook Treatment Centers

A proud addition to the Drug & Treatment Centers Family

28-Day Treatment Program

Can begin the journey of recovery with our

28-day treatment program. Our primary care program

Treats the mind, body, and soul.

Our Residential Building Features a 22-bed

Nationwide

Banana Facilities

Clarity in Recovery
Medically Monitored Detox

Our detoxification program is a non-hospital, sub-acute, medically monitored program that provides round-the-clock care. Detox protocols are specially designed to treat withdrawal symptoms resulting from the use of any illicit substance or the combination of multiple chemicals. All patients admitted to our detox unit remain there until medically cleared by our medical and medical team. A patient experiencing more severe withdrawal symptoms will stay in detox longer, so that their discomfort can be properly managed until it subsides. During this time, patients are asked not to engage in physical activity to better ensure their safety. Once a patient is cleared by our medical staff they will then be able to use exercise equipment, utilize the basketball court and track, and join Sober Canyon activities.

Residential Primary Care Program

Once a patient is medically cleared and has completed detoxification, they are transitioned into our Primary Care Program. This program is based upon the belief that alcoholism and chemical dependency are primary diseases. Patients participate in both individual and group counseling, which are facilitated by the patients’ primary counselors. In addition to individual and group sessions, patients participate in an intense daily schedule of activities, including lectures, discussions, gender, and support groups. Patients are also required to attend daily AA/NA meetings that are held in-house or in the local community.

Aftercare

Clearbrook believes that establishing a comfort level and familiarity with the various types of AA/NA meetings is essential to assisting the patient in developing a commitment to continue utilizing these meetings following their discharge from Clearbrook. Discharge planning begins the moment the patient is admitted to Clearbrook and concludes with the patient reviewing, agreeing to and signing a commitment to a specialized after care plan. The discharge plan will include continued treatment at a lower level of care, patient communication with a recovering individual who will meet the patient immediately after discharge, familiarization with local AA/NA meetings and an introduction to people within those groups.

Family Educational Program

While undergoing treatment in our residential program, a patient's family will be encouraged to take advantage of our Family Educational Program. Our Family Program is offered 3 weekends a month, beginning on Friday at 5:30 pm and ending on Sunday at 12:00 pm. After the conclusion of the weekend, family members will have the opportunity to enjoy lunch and visit with their loved one at our main campus.

Families will participate in group therapy and individual counseling, which incorporate the philosophy of 12-step programs, such as Alcoholics Anonymous. Exercises and counseling sessions will provide a framework for understanding addictive behaviors, learning coping techniques, and address codependency and enabling behaviors. The Family Educational Program will leave the family unit with an overall understanding of how addiction affects them, so they are better equipped to interact with the addicted individual and aid in the recovery process.

Alumni Program

At Clearbrook we understand that the journey of recovery is life-long, which is why our Alumni Program maintains ongoing communication after patients are discharged. We believe this additional support assists our patients in the transition back to their daily lives and families. Contact is made on a weekly basis, and then gradually decreases to monthly once the patient is acclimated and stronger in their recovery journey. In addition, we offer weekly on-site alumni meetings and opportunities to interact with Clearbrook Alumni via social media and local events.

Sober Canyon

Wilderness Treatment Program

Sober Canyon Wilderness Treatment Program will take place within the 28 day primary treatment stay at Clearbrook. Sober Canyon is an outdoor wilderness program offered for those aged 18-27 (unless otherwise approved by assessment). The program is centered on re-awakening the mind, body and spirit through various activities, such as hiking, decathlon, obstacle course, trust walk, the rock, finding your God spot, care & concern exercise, and more...