

# WVR West Valley Recovery

## Reimagining Your SUD/MH Care Experience

Innovative partnerships yield the ability to solve complex physical, mental and social needs. By offering patients timely interventions and care coordination, that is supported by data and technology, we have reimagined a patient experience that:

Prioritizes the care management of patients through the delivery of addiction medicine and behavioral health services that address physical, mental and social drivers of health.

Prioritizes the care delivery to patients with a dynamic interdisciplinary care team comprised of physicians, psychologists, psychiatrists and therapists.

Prioritizes the care solution for patients that measurably improves care quality (right care, right time, right setting).

West Valley Recovery is dedicated to helping men and women, age 18+, with their alcohol and drug related problems. Our effective, evidence-based treatment approach delivers whole person care from a multidisciplinary care team. Our patients engage in a dynamic medical and clinical program rooted in empathy. Our growth continues to be accelerated by partnerships with health systems, health insurance plans and employee assistant programs. Our patients recover from addictions and mental health issues:

- Alcohol
- Heroin
- Fentanyl
- Benzodiazepines
- Marijuana
- Methadone
- Anxiety
- Depression
- PTSD
- Bi-Polar Disorder
- Dissocial Disorder

## Luxury Accommodations Multi-Site Inpatient Residential Treatment Program



6-Bed IMS Facility - (3,730 S.F.)  
5339 Lennox Ave, Sherman Oaks, CA



6-Bed IMS Facility - (4,000 S.F.)  
18841 Pasadero Dr, Tarzana, CA

# Patient Care Delivered By A Multidisciplinary Team

When considering your treatment options, it is best to identify those treatment programs that offer specialized treatment for different types of substance use disorder and mental health issues. We have a dynamic group of licensed medical and clinical professionals; committed to whole person care. Our care team has extensive experience with treating patients struggling with dependence on alcohol, opiates and benzodiazepines. In addition, our care team is trained to address dual diagnosis patients; recognizing that patients often have co-occurring depression, anxiety, bipolar or other mental health issues.



**Dr. Jayson Hymes, Medical Director**  
Board Certified: Addiction Medicine, Pain Medicine, Anesthesiology  
Assistant Professor - Emory University Medical School  
**Education:**  
University of Louisville Medical School  
Harvard School of Public Health



**Dr. Bruce Rush, Clinical Director**  
Doctor of Psychology  
Adjunct Professor - Pepperdine University  
Graduate School of Psychology  
**Education:**  
Columbia University  
Pepperdine University Graduate School of Psychology



**Dr. Neda Javaherian, Psychiatrist**  
Board Certified - Psychiatry  
**Education:**  
University of Southern California  
Medical Center

## Patient Engagement In Weekly Treatment Programming

Held Sunday through Saturday, group sessions are 90 minutes in duration led by licensed clinicians and group facilitators. The ratio is 1:6 with one therapist / group facilitator to six patients per group; ensuring maximum effectiveness. Group sessions focus on topics that are educational, interactive and relevant to alcohol and drug use disorders along with other co-occurring mental health disorders. Group types include cognitive behavioral, dialectical behavior, psychoeducation, skills development, interpersonal process and support groups.

### WEEKLY SCHEDULE

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM-8:00AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
8:00AM-9:00AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00AM-10:30AM	Family Dynamics	Daily Goals/Gratitude	Coping Skills	Family Dynamics	Emotional Wellness	Daily Goals/Gratitude	Coping Skills
10:30AM-12:00PM	Psycho Education	CBT Therapy	Personal Control	Mindfulness Group	Interpersonal Therapy	Mindfulness Group	Medication Management
12:00PM-1:00PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00PM-2:30PM	CBT Therapy	Relapse Prevention	Physical Recovery	Relapse Prevention	CBT Therapy	Womens/Mens Group	Physical Recovery
2:30PM-3:00PM	Break	Break	Break	Break	Break	Break	Break
3:00PM-4:30PM	Spiritual Recovery	SMART Recovery	Nutrition	SMART Recovery	Medical Interventions	Values & Beliefs	Spiritual Recovery
4:30PM-6:00PM	Break	Break	Break	Break	Break	Break	Break
6:00PM-7:00PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00PM-9:00PM	AA HNI Panel	AA MEETING	AA MEETING	AA MEETING	AA MEETING	AA MEETING	AA HNI Panel
9:00PM-10:00PM	Free Time	AA MEETING	AA MEETING	AA MEETING	AA MEETING	AA MEETING	Free Time
10:00PM-11:00PM	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass	Med Pass

## Greater Access To Care With More Payment Options

The life-changing choice to enter treatment is often made when a patient shows the first sign of willingness. Our Admissions representatives available 24 hours each day. They can answer your questions as well as facilitate direct contact with a member of our care team (to address more complex medical and clinical questions). Our Admissions representatives are able to complete assessments and schedule admits/intakes within 12-24 hours from your first contact. Our payment options include: Private Pay and Insurance (most commercial PPO insurance policies are accepted; West Valley Detox is in-network with Cigna Insurance).



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