

breath[™]

Life Healing Centers + Treatment Services

Powerful Trauma-Informed Programs





Rarely does the world slow down
enough to consider, think and change.
We do just that at Breathe.

Breathe Life Healing Centers provides industry-leading, trauma-informed clinical services at our Clinics, while personal recovery and spiritual discovery are the focus at each Campus.

WE TREAT:

- Alcohol + Drug Dependency
- Eating Disorders (Binge Eating Disorder, Bulimia + Food Addiction)
- Obesity (Compulsive Overeating)
- Relational Trauma
- Co-Occurring Disorders

Breathe offers 21st Century solutions, utilizing powerful collaborations with outstanding clinical and reimagined Peer-to-Peer support groups (12-Step, Celebrate Recovery, Smart Recovery, etc.) to help our clients get better.

BREATHE HERE

WEST HOLLYWOOD

Situated on 22 secluded acres, Breathe's Campus is tucked away in the heart of Laurel Canyon. Our luxurious Campus includes a sprawling canyon rich in wildlife, our outdoor organic farm, community dining room, private and shared rooms, an amphitheater and a gym, along with waterfall, pool and hot tub.

On the Campus, clients enjoy, chef made meals, 24-hour support, coached workouts, spiritual development workshops, cooking classes, yoga, vision quest, community meetings + guest speakers to expand recovery treatment beyond clinical modalities.

At our Clinic, clients receive individualized and group treatment, psychiatric and medical support. Breathe equips clients with a powerful Campus + Clinic experience that, when combined, establishes tools and skills needed to build a better life.





BREATHE LEVELS OF CARE

Four levels of care equip clients with the tools and skills they need to maintain recovery beyond their time at Breathe Life Healing Centers.

TREATMENT MODALITIES

- CBT, DBT + EMDR
- Psychodrama
- Experiential Therapy
- Nutritional Counseling
- Attuned Fitness
- Body Image Groups
- PATH Model Equine Therapy
- Peer-to-Peer Support Groups
- Spiritual Development
- Family Therapy
- Psychiatric Evaluation
- Medication Management
- Yoga + Meditation
- Family Program
- Relapse Prevention
- LGBTQ Affirming Therapies



PRIMARY TREATMENT

Primary Treatment offers comprehensive, outcome-based programming for clients struggling with primary addiction, eating disorders and dual-diagnosis. Offering breathtaking locations, powerful trauma-informed treatment and family programming, Breathe ignites change.

Primary Treatment unfolds over ninety days as clients progress through our four levels of care. The clinical program is psychodrama-rich and experiential in nature as we create impact beyond “talk therapy”.



EXTENDED CARE

Extended Care is crafted for those who have completed Primary Treatment or are coming back from a lapse in recovery. It provides a structured program that addresses all aspects of building a healthy lifestyle while treating each client's mental health and/or substance abuse issues in a supportive, residential setting.

Featuring our full clinical program, including Family Class™ and Family Workshop, Extended Care is a minimum sixty-day program.



ENHANCED SOBER LIVING

Enhanced Sober Living (ESL) bridges the gap between early recovery and the fast-paced life one leads. We integrate nine Life Skills and Personal Enhancement Workshops focusing on talents, relationships of all kinds, money, body and more.

Clients identify their innate talents, with the help of Strengths Finder 2.0, building on their talents and stepping into more life responsibility.



OUTPATIENT

Breathe Outpatient Services are offered to those who live near our Clinics. Clients take part in our full six-day-a-week clinical program while having the flexibility of living at home or another recovery environment.

Utilizing our 21st Century programming empowers clients to expand their recovery resources, providing a rich clinical experience as an integral component of their after care plan. Breathe's Outpatient Services are covered by most insurance and we work with all major insurance providers.

FAMILY CLASS™

The family is our client. Our family-centered curriculum is called Family Class™ and it's the core of how we help families break old patterns and begin change.

No other team offers the powerful recovery tools we do. We help families in remarkable ways.

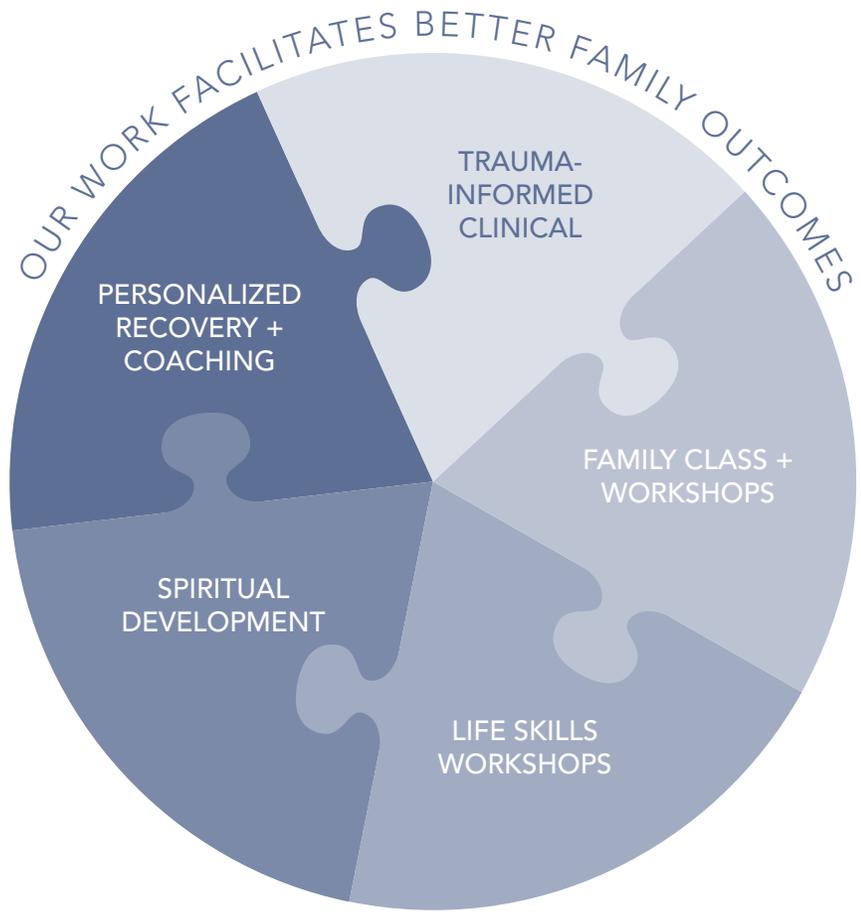
CASE MANAGEMENT

All clients at Breathe Life Healing Centers receive Case Management Services and are assigned a Case Manager, who works to ensure continual growth. Sessions consist of goal setting, planning for the future, self-esteem building, responsibility coaching and personal development.

LIFE SKILLS WORKSHOPS

Clients are connected to their strengths and weaknesses, and the triggers they might encounter in recovery. Life happens, and our Life Skills Workshops provide for short- and long-term goal setting, and serve to build self-esteem.

Breathe's nine Life Skills Workshops are incorporated into each client's treatment program based on where they are in their recovery process.



Family Class helps make change stick



CHANGE BEGINS

From the troublesome to the addictive and in between, we help our clients heal. We help families recover.

Chances are, you are full of fear and confusion of what exactly to do. For many, finances are an important detail factoring into the decision-making process to enter a treatment program. Confusion abounds around insurance and how to make treatment affordable.

"Will my insurance cover treatment?"

"How much do I pay out of pocket?"

"Has my deductible been met?"

"Can I travel out of the area for treatment?"

We answer these questions and more

Our team of experts makes this process as seamless as possible by working directly with your insurance provider and informing you of your options. Our Clinical Services are covered by most insurance companies, and we work with all major providers.

Call Us Now: 800-929-5904

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BreatheLifeHealingCenters.com