



WHY

THELMA MCMILLEN RECOVERY CENTER?

TEN GOOD REASONS:

- **Affordable:** Our program is covered by most insurance plans, just one of the ways we strive to ensure that all who seek help can access care.
- **Confidential:** We fully protect our clients' privacy and anonymity.
- **Reality-based:** Our outpatient program allows our clients to get clean and sober within the framework of their real lives.
- **Comprehensive:** We employ the latest evidence-based treatment modalities, anchored in a 12-step philosophy.
- **Personalized:** Our biopsychosocial approach and multidisciplinary team allow us to create a customized treatment plan that meets the unique needs of each individual.
- **Experienced:** For over 28 years, we have helped thousands of South Bay residents reclaim their lives.
- **Compassionate:** Our exceptional staff extends respect and compassion to all who seek help, health and healing.
- **Trusted:** We're a division of Torrance Memorial Medical Center, the South Bay's leading healthcare provider.
- **Supportive:** Our doors are always open to our alumni for support throughout their lives and recovery.
- **Successful:** Thousands of our clients have succeeded in breaking free from the destructive patterns of addiction. Maybe it's time for a change?

Please call us to schedule a complimentary consultation with one of our professionals.

310.784.4879 ThelmaMcMillenRecoveryCenter.com

Torrance Memorial Medical Center offers an intensive outpatient alcohol and drug treatment program for adults. It is designed for those who need an intensive and structured program for recovery, but not inpatient care. The Thelma McMillen Recovery Center Outpatient Program is comprised of a multidisciplinary treatment team dedicated to treating the whole person – mind, body and spirit. Team members include:

- **Psychiatrists**
- **Psychologists**
- **Marriage and Family Therapists**
- **Certified Chemical Dependency Counselors**
- **Fitness and Nutrition Specialists**

Incorporating a combination of individual, group, and family counseling, along with educational, mentoring, and support programs, the Thelma McMillen Recovery Center Outpatient Program is divided into three separate phases:

- **Phase I – Intensive Care**
- **Phase II – Transitional Care**
- **Phase III – Continuing Care**

At every phase of treatment, the individual will continue to remain at work, live within the family home, recover within their real life environment, and learn to develop a healthy lifestyle. Family involvement at every phase is a key to helping return to a full and rewarding life without drugs and alcohol.

A FREE and confidential assessment is available to anyone seeking help. Please call us to schedule a complimentary consultation with one of our professionals.

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3333 Skypark Drive, Suite 200, Torrance, CA 90505

Take the first step in the right direction.

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