



## CRUCIAL SUPPORT

Once an individual has recognized a need for change, the Thelma McMillen Recovery Center stands ready to help. Our experienced and professional staff is here to offer intensive guidance and support, beginning with a confidential, no-charge consultation. After the consultation, we recommend the treatment path that will best meet the client's needs and optimize their success.

## THE MOST APPROPRIATE PATH

The Thelma McMillen Recovery Center is committed to successfully treating people who suffer from alcohol or substance abuse or addiction. If outpatient treatment is appropriate, the client will receive a comprehensive evaluation that includes physical, psychological, social and spiritual components. If necessary, arrangements will be made for either ambulatory or inpatient detoxification. In those cases, the Center works closely with inpatient and residential treatment centers.

## SAFE AND ACCESSIBLE

The Thelma McMillen Recovery Center is affiliated with Torrance Memorial Medical Center and is housed in a dedicated 10,000-square-foot facility with convenient, street-level parking. The Teen and Adult Programs are kept completely separate, each with their own private entrances, waiting and treatment areas.

## THE THELMA MCMILLEN RECOVERY CENTER IS:

- **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 nearly 30 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.
- **Successful**  
Thousands of our clients have succeeded in breaking free from alcohol and drug dependency.



**THE ROAD TO RECOVERY  
BEGINS WITH A SINGLE STEP**

**THE ONLY ONE OUR CLIENTS TAKE ON THEIR OWN.**

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

310.784.4879 [ThelmaMcMillenRecoveryCenter.com](http://ThelmaMcMillenRecoveryCenter.com)

## ABOUT THE PROGRAM

For nearly 30 years, the Thelma McMillen Recovery Center has been helping South Bay adults and adolescents succeed in overcoming the patterns of alcohol and drug dependency. The Center's three-phase outpatient model allows clients to be treated within the framework of their daily lives – incorporating sobriety into their work, school and family environments. It's an intensive and structured program that has long been recognized for its success and is covered by most insurance plans.

## PERSONALIZED TREATMENT

Our three-phase treatment program is uniquely tailored to the needs of each client. In addition to a core 12-step foundation and cognitive behavior therapy approach, successful recovery is achieved through:

- Individual, group and family counseling
- Educational and mentoring programs
- Multidisciplinary support programs as needed:
  - *Cognitive behavior therapy*
  - *Mindfulness training*
  - *Dialectical behavior therapy (DBT)*
  - *Medication-assisted treatment*
  - *Nutritional counseling*
  - *Opioid support group*
  - *Trauma informed therapy*
- Relapse prevention training
- Ongoing support after graduation

## THE TEAM

The team at the Thelma McMillen Recovery Center provides the highest level of care and confidentiality to their clients, and is dedicated to treating the whole person – mind, body and spirit. The highly trained multidisciplinary team of psychiatrists, psychologists, therapists, certified substance abuse counselors, and support staff is headed by Moe Gelbart, PhD, the Executive Director since 1991. Our highly qualified staff at the Thelma McMillen Recovery Center brings more than 300 years of combined experience in adult and adolescent addiction treatment, as well as their own personal experiences with recovery.



## ADULT PROGRAM

The Thelma McMillen Recovery Center's Adult Program is unique in several ways. It is one of the only Southern California outpatient programs connected to a major medical center, Torrance Memorial Medical Center, and benefits from the vast array of resources and expertise available. Long-standing working relationships with psychiatrists, addictionologists, primary care physicians, and specialists in the community ensure a comprehensive approach that meets every client's needs.

Clients may choose either a daytime or evening program, allowing them to accommodate any work or school schedule.

During its three decades of operation, the Thelma McMillen Recovery Center has developed an exceptionally strong alumni program and has excellent outreach and presence in the local 12-step community. Alumni may continue to attend weekly celebration services for as long as they wish, and some have been coming every week for 20-plus years. Our alumni also engage in multiple sober social events throughout the year.

## TEEN PROGRAM

The Thelma McMillen Recovery Center's Teen Program is an intensive outpatient substance abuse treatment program for adolescents aged 13 to 17. All program activities are conducted after school hours.

Family involvement is integral to the successful teen treatment process. The program includes individual family and multi-family group counseling, where teens and their families address issues such as communication, conflict and healthy boundaries.

In addition to creating a healthy family environment, the goals of the Teen Program are to educate and support adolescents for ongoing sobriety, improve self-esteem, and develop a sober social peer network. Similar to the Adult Program, the Teen Program consists of three phases.

## THREE PHASES OF TREATMENT\*

	Phases 1 INTENSIVE	2 TRANSITIONAL	3 CONTINUING CARE
Adults	Five days/week for six weeks	Four days/week for six weeks	One day/week for six months
Teens	Four days/week for ten weeks	Three days/week for four months	One day/week as needed

\*Please note: The above durations are guidelines. Time spent in each phase is dependent upon each client's individual progress.

For a confidential assessment at no charge, please call  
310.784.4879 ThelmaMcMillenRecoveryCenter.com

To schedule an assessment for your teen at no charge, please call  
310.257.5760 ThelmaMcMillenRecoveryCenter.com