



# Bridges to Recovery

LEADERS IN MENTAL HEALTH CARE

*Beverly Hills*

Our luxury residential psychiatric facilities in Beverly Hills are designed for men and women seeking a safe, private, comfortable environment to address their mental health needs. Clients receive compassionate care provided by our dedicated team of world-class clinicians at our six-bed residences nestled in the most exclusive neighborhoods in the country.

Neuropsychological testing and psychiatric evaluations help us identify the most accurate diagnosis possible. Our unique and effective combination of psychiatry, psychotherapy, and integrative therapies help clients get to the root of their problems so they can relieve their suffering and gain the skills needed for continued growth and sustainable change.

Our intimate residential settings and calming surroundings enable us to closely monitor the symptoms and progress of our clients in order to individualize therapies and medications throughout their treatment.

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# Program Benefits

Bridges to Recovery's intensive, integrative therapeutic program provides:

- 30, 60, and 90-day treatment options
- Onsite psychiatric care and medication management
- Five intensive psychotherapy sessions per week (including family work)
- Extensive psychiatric and clinical assessments, and neuropsychological testing
- A maximum milieu of six clients with up to a 2:1 staff-to-client ratio
- A broad spectrum of therapies to ensure whole body well-being
- Safe alternative to a hospital environment
- Private and shared room options
- We are pet-friendly



# Program Highlights

We treat men and women suffering from a wide variety of mental health and co-occurring disorders including mood disorders, anxiety disorders, and trauma disorders.

- Our doctoral and masters level specialists are experts in the treatment of even the most complex psychiatric disorders, employing a unique and effective combination of psychiatry, psychotherapy, psychoanalysis, and integrative therapies.
- We use evidence-based treatment modalities including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Somatic Experiencing (SE), and Eye Movement Desensitization Reprocessing (EMDR), based on client needs.
- Clients receive compassionate, holistic healing addressed through family therapy, group therapies (process groups, psychoeducational groups, and art therapy), and experiential therapies, including yoga, massage, acupuncture, equine therapy, meditation, and physical fitness.
- Bridges to Recovery is licensed by the California Department of Social Services (#198320138 and #198320220), certified by the Department of Healthcare Services (MHBS120179), and accredited by The Joint Commission (HCO ID 606319).



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