

RESIDENTIAL TREATMENT PROGRAM OVERVIEW

At Exclusive Behavioral Health, (EBH) we have the direct contracts with RTC centers across the nation, and tailor the program to the needs of the individual. Our Residential Treatment Centers have Psychologists, Psychiatrists, and Counselors to value support and assist our clients and individualize treatment for recovery.



At EBH, we recognize that behavioral health and addiction issues are not classifications but represent an individual's experience of pain and suffering. This recognition allows us to individualize our treatment approach so that our clients can recover in ways specific to their experience. We promote a truly caring and nurturing framework in which each person can heal.

Clients who come to EBH are valued, supported, and recognized as unique persons who are capable of change. Our multidisciplinary team of licensed and highly skilled professionals includes psychiatrists, psychologists, medical providers, nurses, nutritionists, exercise physiologists, master-level therapists, substance use counselors, and specialty counselors.



SUBSTANCE USE DISORDER TREATMENT

Many individuals who seek treatment do so in order to address the problematic use of mood-altering chemicals. We provide a compassionate and safe approach when individuals require detoxification from a substance. Our 9-bed detoxification unit offers a medically managed approach to detox in order to reduce the distress and discomfort associated with withdrawal.

In addition to treating substance use disorders, we also provide assessment and treatment of process addictions such as video game addiction, online gaming, compulsive gambling, non-suicidal self-injury, and eating disorders. Our approach to treating co-occurring disorders allows us to help our clients recognize patterns of addiction and manage triggers more effectively in recovery. We offer addiction education, 12-step programming, and relapse plan development.

 **EXCLUSIVE
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PRIMARY MENTAL HEALTH TREATMENT

Individuals seeking treatment for primary mental health diagnoses, with or without a history of a substance use disorder, will find EBH the perfect environment in which to address such challenges. At EBH, we treat such diagnoses as anxiety, depression, bipolar disorder, PTSD, and complicated grief.

We find that many of those who enter treatment present with multiple diagnoses. Our compassionate team of expert professionals completes a thorough battery of assessments to fully understand an individual's history and treatment needs. Our empirically-based assessments are reflective of our holistic approach to treatment, allowing us to consider the health and wellness of the body, the mind, and the spirit. These specialized assessment protocols allow us to provide the highest and most comprehensive level of care possible.

CO-OCCURRING DISORDERS TREATMENT

We have been working with co-occurring disorders for more than 20 years and have experience in the treatment of complex and difficult issues. At EBH, we strongly believe in the treatment of mind, body, and spirit. Some of the issues we address include:

- Chemical Dependency
- Depression
- Alcoholism
- Post-Traumatic Stress Disorder
- Mood Disorders/Bipolar Disorder
- Family of Origin Issues
- Compulsive Gambling
- Spending Addiction
- Sex and Love Addiction
- Co-Dependency
- Anxiety
- Grief and Loss
- Eating Disorders/Body Image Concerns
- Relationship Conflict
- Sexual Compulsivity
- Anger and Rage
- Obsessive Compulsive Disorder
- ADD/ADHD
- Video Game Addiction





OUR COMMITMENT TO EXCELLENCE

Our commitment to excellence is evidenced by our residential treatment program, which is comprised of a variety of treatment modalities and facilitated by our skilled and compassionate staff. Each patient is facilitated by a physician, medical director, and primary counselor.

This multidisciplinary team works, together with the patient, to develop an individualized treatment plan. This plan provides a structure by which to help each patient achieve specific and meaningful treatment goals. Treatment modalities include:

- Group Therapy
- Individual Therapy
- 12-Step Meetings
- EMDR
- Equine Assisted Therapy
- Expressive Arts Groups
- Exercise
- Yoga
- Holistic Wellness
- Somatic Experiencing
- Acudetox
- Tai Chi
- Recreation Therapy
- Challenge Course
- Nutrition
- Rocks and Ropes
- Psychoeducational Lectures
- Trauma Therapy
- Experiential Therapy
- Mind-Body Therapy
- Spirituality