



As seen in...
Psychology Today
 January/February 2015 Issue

Psychology Today

Solutions in Recovery
 2015 EDITION

Balance Treatment Center

Calabasas, CA

PHONE: 855-414-8100, WEBSITE: BalanceTreatmentCenter.com



Distinction: Licensed by the Department of Health-care Services and JCAHO-accredited, Balance is the only six-bed mental health rehab center in California.

Beds: 6

Gender: Both

Age: Adults 18+ and 12-17 adolescent program

Detox: No

Sliding Scale: No

Insurance: Yes

Hospital Affiliated: No

Average Stay: 30-90 days

Price: Starting at \$45,000; call for outpatient
Treatment Focus: Mental health and co-occurring disorders

Program at a glance:

Balance Treatment Center is a luxurious licensed mental-health rehabilitation center with JCAHO accreditation offering the most comprehensive program for those struggling with mental health issues or co-occurring disorders. Founder Ronald D. Sager, M.D., has created a program using his extensive psychoanalytic background to provide integrated care for complex issues by taking an in-depth and evidence-based approach to persistent struggles. With one of the most intensive treatment schedules offered in residential care, clients at Balance receive 40-50 treatment hours per week. The extensively licensed and accomplished staff provides individual psychotherapy five times per week and works with clients to identify underlying causes that have been leading to long-term and recurring struggles. The Balance model for long-term recovery and stability addresses the four cornerstones of a healthy experience: emotional, social, educational, and physical. The nutrition program includes a farm-to-table approach to meals to ensure a balanced recovery.



“We have one of the most intensive treatment schedules offered in residential care.”



SUCCESS STORY Help for the Whole Family

A year ago, my seemingly normal, well-adjusted son shocked my husband and me when he told us he felt severely depressed and needed help. Immediately we made appointments with his doctor for a checkup, then a therapist, and then a psychiatrist. Despite our best efforts to help, my son attempted suicide a few months later. We real-

ized that we as a family were overwhelmed. We needed knowledgeable and intensive care. We found that help at Balance with a truly caring and supportive, compassionate, knowledgeable, dedicated staff all working together as a team to help our entire family. They listen. They care. They communicate with one another. They don't give up.