

# Balance Treatment Center

Calabasas, CA and San Luis Obispo, CA

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



**Distinction:** Licensed by the California Dept. of Health Care Services and JCAHO accredited, Balance is the only 6 bed mental health rehab center in CA.

**Beds:** 6

**Gender:** Both

**Age:** Adults 18+; Adolescents 12-17

**Detox:** No

**Sliding Scale:** No

**Insurance:** Yes

**Hospital Affiliated:** No

**Average Stay:** 30-90 days

**Price:** From \$45,000; call for outpatient info

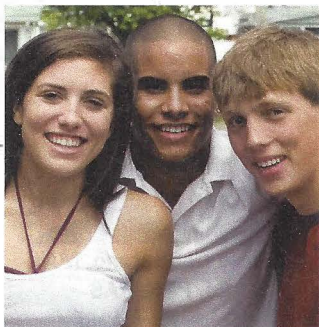
**Treatment Focus:** All Balance programs specialize in the treatment of mental health and co-occurring disorders including programs designed specifically for adolescents and families.

## Program at a Glance:

Balance programs are the standard-bearer for quality, comprehensive mental health care. Founder Ronald D. Sager M.D. has created programs using his psychoanalytic background to provide care for complex issues by taking an in-depth and evidence-based approach. We have successfully treated clients with long histories of mental health and substance abuse problems who have cycled in and out of treatment over many years. We believe this success comes from our treatment philosophy addressing underlying core conflicts. Our programs go beyond symptom relief. Our residential center is licensed and accredited and offers the most intensive treatment schedule available in residential care. Our accomplished staff provides individual psychotherapy five times a week. In both our residential and outpatient programs, our team works together daily to build and adapt each person's treatment experience. We create programs for each client, involving them in the development of their own program. We are passionate in our mission to help everyone grow.



“Feeling compassion, love, and acceptance for myself was the first step in healing my problems.”



## SUCCESS STORY Not Alone

“I was new to group therapy and I was very skeptical. I was suffering and didn't see a path out of my pain. I didn't understand how talking to other people who were suffering was going to help. Quickly I found I really wanted the best for the other group members. I could see how good they were inside, and how they were struggling to get better. I

felt compassion for them. I wished them to be healthy. I wanted them to see how much other people cared for them. Then it dawned on me: they felt the same about me. That really changed things for my recovery because I understood at an emotional level that feeling compassion, love, and acceptance for myself was the first step in healing my problems.”