



casa bella

EXTENDED CARE • MENTAL HEALTH & DUAL DIAGNOSIS

TRANSITIONAL LIVING • RECOVERY APARTMENTS • CONTINUING CARE



# INTEGRATIVE RESIDENTIAL

Casa Bella's Extended Care is a residential treatment option focused on integrative care. Casa Bella understands the importance of multi-dimensional perspectives to women's health, recovery and wellness. Extended Care operates as a clinically contained, step down option for women discharging primary settings or point of entry for women who don't require stabilization. Programming includes a multi-disciplinary team, individual, group and experiential therapies, case management and life skills. At Casa Bella, clients receive structured, consistent therapeutic support in a relational framework of individual and group therapy, blended with opportunities to co-facilitate healing through bodywork, movement and nutritional counseling. Casa Bella's treatment approaches are born from evidence based therapeutic methods that focus on managing the complex symptoms arising from co-occurring disorders, healing underlying issues through corrective, repairing, relational attunements, understanding and adapting old patterns of belief and behavior, and integrating the mind-body fractures that can occur through acute or chronic mental illness, addiction, and trauma. Casa Bella also recognizes the need for family support and education and provides opportunities for family therapy and parent coaching. (30 day minimum length of stay)



# TRANSITIONAL LIVING

Casa Bella has two transitional living options, mental health or dual diagnosis, available to women, ages 18 and up. Transitional living functions as a step down level of care or point of entry. Whether participating in a day-patient or outpatient program, pursuing school, work, or volunteering, our transitional living programs help foster a day-to-day plan where goals are achieved and living well is possible. Centrally located to the marina, shopping, airports, beautiful scenic beaches and mountains, both programs offer safe and comfortable accommodations.

# MENTAL HEALTH

Casa Bella's Mental Health Transitional program offers a structured, safe and supportive living environment for mental health primary clients who have stabilized. With staff support, clients will practice daily life skills, tend to their therapeutic needs, prepare for integration into a productive lifestyle, and work toward developing a routine both fulfilling and sustainable. This three phase program offers measured autonomy. Programming includes evening and weekend group activities to assist spiritual growth, unity, wellness, self care, community service, and enjoyment. We support personal wellness plans, transportation, school consultation, employment preparedness, and collaborate effectively with outside clinical teams. With round the clock, awake personnel, our staff is readily accessible to our clients. If indicated, Casa Bella will provide appropriate therapeutic referrals. (90 day minimum length of stay)



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*To make an appointment, take a tour or to discuss treatment options, please contact:*

310 279 9615 | [michelle@cbrecoveryervices.com](mailto:michelle@cbrecoveryervices.com)

## DUAL



## DIAGNOSIS

Casa Bella Sober Living, our flagship program, is the leading option for women seeking a structured, sober living setting. Casa Bella strikes the important balance between autonomy and containment while building a strong foundation and forging futures. From initial transition to establishing a personal recovery plan, our staff takes a hands-on approach. Our Sober Living environment caters to women recently discharged from residential treatment, women who have been unsuccessful living sober after returning home from treatment, or for women who are struggling with applying the tools for daily living outside a supportive environment. Casa Bella welcomes women in any phase of their development who can benefit from communal supportive living. Casa Bella Sober Living keeps women accountable and responsible to a daily schedule through weekly case management. Casa Bella Sober Living ensures abstinence through random toxicology screenings. Southern California is home to a large recovery community with many resources for those seeking sobriety. We work in tandem with outside professionals in order to provide the support necessary to sustain recovery and ensure long-term sobriety. Casa Bella will address the disease of alcoholism, drug addiction, and co-occurring disorders with the support needed internally and the resources available externally. 12-step meetings are local and in walking distance of Casa Bella. (90 day minimum length of stay)



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## RECOVERY



## APARTMENTS

Casa Bella's Recovery Apartment community located in Venice, blocks from Abbot Kinney, offers an independent living environment for women poised to transition into an autonomous lifestyle. Independent living provides continued site visits and a weekly case management session with our continuing care specialists. Community members must maintain recovery while residing in our community and all members are screened for appropriateness. Casa Bella's Recovery Apartments are a step down level of care and blends a layer of oversight to sustain recovery whilst living independently. The community is comprised of four, partially furnished units, with full amenities on site. (6 month minimum length of stay)

## CONTINUING



## CARE

Casa Bella's continuing care services support client transition to independent living. Offered on a month-to-month basis, our continuing care specialists provide assistance with residency set-up, daily routine, weekly check-ins, goal setting, site visits, and continued random toxicology screenings. Programming is designed to provide ongoing accountability to recovery goals. (Offered on a month-to-month basis)

*For more information, please visit:*  
[www.cbrecoveryservices.com](http://www.cbrecoveryservices.com)

## TREATMENT FOCUS

Addiction & Alcoholism • Anxiety Disorders  
Attachment & Trauma Disorders • Eating Disorders  
Mood Disorders • Personality Disorders • Thought Disorders

## TREATMENT SERVICES

Experiential Therapy • Family Therapy • Group Therapy  
Individual Therapy • Life Skills Development • Nutritional Counseling •  
Psychiatric Evaluation & Medication Management  
Substance Abuse Counseling • Trauma Therapy



**casa bella**

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