



A T  N

CENTER



WHY ATON

AToN Center is an executive substance misuse treatment facility that offers sub-acute detoxification and residential treatment. AToN Center is Joint Commission accredited and licensed and certified by the State of California.

The mission of AToN Center is to help each individual find recovery while equipping residents with the tools necessary to live healthy, substance-free lives.

AToN Center is a private, ten acre sanctuary comprised of five estates and is limited to 30 residents to ensure that individualized care can be provided with a high staff to resident ratio. It is our belief that a 'one size fits all' approach to addiction recovery can be ineffective. We are a Cognitive Behavioral Therapy-based program, and utilize aspects of Acceptance and Commitment Therapy as well as Dialectical Behavioral Therapy.

"Our clinical team is made up of licensed psychologists and certified chemical dependency counselors who specialize in treating depression, anxiety, and trauma through a multitude of therapeutic approaches," stated Dr. Cassandra Cannon, Clinical Director. Treatment plans are individualized to meet each resident's unique needs.

We offer one individual therapy session every weekday to allow our residents to build relationships with the clinical team. There are also three group therapy sessions each weekday, as well as a Saturday morning group. Our staff is committed to the long-term recovery of our residents. In addition, transportation is offered to community meetings such as SMART Recovery, LifeRing, Refuge Recovery, and 12 Step. With this exposure to multiple styles of meetings, residents are able to construct a support system that works for their individual needs.

Our Admissions Department can be reached any time by phone at (888) 535-1516 or by e-mail at info@atoncenter.com

THE ATON DIFFERENCE

Clinical Team – AToN Center’s Clinical Team includes six full-time Licensed Clinical Psychologists and four full-time Certified Chemical Dependency Counselors. Several Clinical Team members have been at AToN since 2011.

Individualized Treatment – Residents receive daily individual sessions every weekday. AToN Center’s Clinical Team meet daily to discuss each resident and their treatment plan. Groups are small; no larger than seven residents. There is no getting lost in the shuffle at AToN. Residents participate in at least 20 hours of treatment each week.

Non 12-Step AND 12-Step – AToN Center encourages residents to design the community support program that works best for them. We support our resident’s efforts to attend both non 12-Step modalities and 12-Step meetings.

Family Contact – AToN Center Clinicians diligently reach out to identified family members in order to bolster support systems. 90% of our residents choose to participate in at least one family session.

Discharge Planning – The Clinical Team coordinates closely with sober livings, PHP/IOP programs and outpatient providers to create a solid and structured discharge plan.

Exposure Sessions – AToN Center takes residents on two supervised exposure outings a week. Residents may also attend individual exposure sessions with a clinician as needed.

Electronics – AToN Center allows electronics (including cell phones, tablets and laptops) for the entirety of the treatment episode. The Clinical Team monitors electronic use closely and views outside triggers and distractions as valuable treatment opportunities.

Aftercare – Residents who complete treatment at AToN receive weekly phone calls and are invited to attend weekly Aftercare meetings. Additionally, AToN holds quarterly Alumni events.

Outcomes – AToN has not been shy about revealing our out come data. AToN conducted a literature review to understand baseline relapse rates of individuals receiving substance abuse treatment as broken down by timeframe from last use. Our sobriety rates exceed that of the National Baseline, which is to say, that we know our treatment is more effective than the average treatment program.

For details and ongoing updates on relapse rates and other outcomes:
<http://www.atoncenter.com/about-us/research-outcomes/>





CURRICULUM

AToN Center's Clinical Team is continually redesigning our curriculum based on the most recent evidence based research. Based on clinical need, residents may also attend peripheral biofeedback training and/or 90 minute EMDR sessions.

AToN Center's clinical program is based on Cognitive Behavioral Therapy with elements of Acceptance and Commitment Therapy and Dialectical Behavioral Therapy. Each of these therapies is infused in our foundations of recovery, which include:

Maintain Motivation

Nurture Healthy Relationships

Manage Emotions

Cope with Cravings

Balance Your Life

Live with a Higher Purpose

Morning groups are psychoeducational and are focused on one of AToN's foundations; afternoon groups are "practice groups," by which residents further apply the material they have learned to their unique situations.

ATON IS AN ACRONYM
FOR AID TO NAVIGATION



AT ATON WE HELP YOU
FIND YOUR DIRECTION

INSURANCE

AToN Center accepts most private PPO policies and can now work with all Anthem Blue Cross of California HMO, EPO & PPPO plans - this extends to all Blue Card members from all other states.

We are out of network with all major insurance companies. In the past we have worked with, but are not limited to:



To inquire about coverage, call us today!
888.535.1516

SAMPLE PROGRAM SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Maintain Motivation	Nurture Healthy Relationships	Manage Emotions	Cope With Cravings	Balance Your Life Live With a Higher Purpose		
8:00-9:00	Breakfast/ Medication	Breakfast/ Medication	Breakfast/ Medication	Breakfast/ Medication	Breakfast/ Medication	Breakfast/ Medication	Breakfast/ Medication
9:00-10:00	Morning Session	Morning Session	Morning Session	Morning Session	Morning Session	Spirituality Group	Holistic/Free Time
10:00-11:00	Morning Session	Morning Session	Morning Session	Morning Session	Morning Session	Aftercare Group	Holistic/Free Time
11:00-12:00	Individual Session/ Homework	Individual Session/ Homework	Individual Session/ Homework	Individual Session/ Homework	Individual Session/ Homework	Lunch	Holistic/Free Time
12:00-1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Outing	Lunch
1:00-2:00	Practice Group	Practice Group	Practice Group	Practice Group	Practice Group		Visitation
2:00-3:00	Individual Session/ Homework	Individual Session/ Homework	Individual Session/ Homework	Individual Session/ Homework	Individual Session/ Homework		
3:00-5:45	Holistic/ Exercise/Yoga	Holistic/ Exercise/Yoga	Holistic/ Exercise/Yoga	Holistic/Exercise/ Group Yoga /Yoga	Holistic/ Exercise/Yoga		
6:00-7:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
7:00-9:00	Relapse Recovery Meeting/Alumni Speaker	SMART Meeting	Rock to Recovery/ Movie Night	AA Meeting/ Weekend Prep	Game Night/ Community Meeting	Addiction Movie (Complete detoxing form and turn in)	Complete post weekend checklist, Group Wrap-Up
9:00-10:30	Free Time/Lights Out	Free Time/Lights Out	Free Time/Lights Out	Free Time/Lights Out	Free Time/Lights Out	Free Time/Lights Out	Free Time/Lights Out





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