

The background of the entire image is a dark, deep blue water surface with subtle ripples. Five koi fish are visible: one in the upper left, one in the middle left, one in the lower left, one in the lower center, and one in the lower right. The fish have various patterns of red, white, and black. The text 'ATON' is centered horizontally in the upper half of the image.

ATON

CENTER

Why AToN

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. We believe in treating our residents with respect and dignity.

AToN Center is a private, ten-acre sanctuary comprised of five estates and is limited to 30 residents to ensure individualized care. We believe that a 'one size fits all' approach to addiction recovery is ineffective.

We offer one individual therapy session every weekday to allow our residents to build relationships with the clinical team and get deeper into the root issues that underlie their substance abuse. There are also three group therapy sessions each weekday, as well as a Saturday morning group. These groups are small, with six residents max. We believe that residents should find a community support group that resonates with their individual recovery path. Therefore we introduce residents to SMART Recovery, LifeRing, Refuge Recovery, 12 Step, and more. It is our belief that

AToN Center is a holistic substance misuse treatment facility that offers sub-acute detoxification and residential treatment. AToN Center is Joint Commission accredited and licensed, and certified by the STat of California. AToN Center is family-owned and operated. During a stay at AToN, we call individuals residents because this is their home while they are with us.

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

Individualized Treatment - Residents receive daily individual sessions every weekday. AToN Center's Clinical Team meets daily to discuss each resident and their treatment plan and ensure that there are no redundancies. Our Clinical Director takes the time to match residents with the therapist they need at that moment to best progress in their treatment.

Family - AToN Center Clinical Team work to 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.

Detox - The detox process at AToN is overseen by our Medical Director, and our on-site 24/7 nursing staff supervises residents. We try to make the detox process as safe and comfortable for our residents as possible.

Culinary - AToN Center has three full-time chefs that prepare farm-to-table organic meals for our residents. We can accommodate vegetarian, vegan, and gluten-free diets. We encourage residents to visit the greenhouses during their stay to feel connected to their foods and create a better relationship with what they consume.

Aftercare/Alumni - Residents who complete treatment at AToN receive weekly phone calls and are invited to attend weekly Aftercare meetings. Additionally, AToN holds Alumni events to ensure our AToN Family stays connected.

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

Holistic Approach - Residents receive three individual holistic services per week, including personal training, massage, acupuncture, and more. We also offer unlimited group holistics such as hiking, yoga, and sound baths.

Electronics - AToN Center allows electronics for the entirety of the treatment episode. The Clinical Team monitors electronic use closely and views outside triggers and distractions as valuable treatment opportunities.



Curriculum



AToN Center's Clinical Team is continually redesigning our curriculum based on the most recent evidence-based research. Dependent on clinical need, residents may also attend peripheral 90-minute EMDR sessions, as we believe a trauma lens is helpful when dealing with substance abuse and co-occurring disorders. Multiple AToN Clinicians specialize in trauma-based therapies.

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 foundation of recovery. Each day of the week at AToN concentrates on one of these six pillars.

Maintain Motivation

Nurture Healthy Relationships

Manage Emotions

Cope with Cravings

Balance Your Life

Live with a Higher Purpose

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

Insurance

AToN CENTER is IN NETWORK
with ANTHEM



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



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

To inquire about coverage, call us today!
888.535.1516

Sample Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:30 AM	Sunrise Hike	Sunrise Hike	Sunrise Hike	Swimming Laps	Sunrise Hike	Jacuzzi	Jacuzzi
8 - 9 AM	Breakfast/Medication	Breakfast/Medication	Breakfast/Medication	Breakfast/Medication	Breakfast/Medication	Breakfast/Medication	Breakfast/Medication
9 - 10 AM	Boundaries Group	Morning Group	Morning Group	Morning Group	Morning Group	Spirituality Group	Free Time/ Homework
10 - 11 AM	CoDependency Group	Morning Session	Morning Session	Morning Session	Morning Session	Hike	
11 - 12 PM	Homework	Individual Session	Individual Session	Homework	Homework		Massage
12 - 1 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1 - 2 PM	Practice/Process Group	Practice/Process Group	Practice/Process Group	Practice/Process Group	Practice/Process Group	Free Time/ Homework	Free Time/ Homework
2 - 3 PM	Family Therapy Session	Homework	EMDR Sesssion	Individual Session	EMDR Sesssion		
3 - 4 PM		Physical Therapy		Meditation Group			
4 - 5 PM	Afternoon Hike	Breathwork Group	Group Yoga	Hypnotherapy	Soundbowl Healing Group	Painting Class	Hike
5 - 6 PM	Open Gym	Tennis	Open Gym	Mindfulness Putting Clinic	Afternoon Hike		
6 - 7 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7 - 8 PM	SMART Recovery Meeting	AA Meeting	Speaker Series ATon Alumni	Refuge Recovery Meeting	LifeRing Meeting	Addiction Movie Night	Free Time/Lights Out
9 - 10 PM	Free Time/Lights Out	Free Time/Lights Out	Free Time/Lights Out	Free Time/Lights Out	Free Time/Lights Out		

