



# CENTER FOR DISCOVERY & ADOLESCENT CHANGE

[www.centerfordiscovery.com](http://www.centerfordiscovery.com)

Please Call Today (800) 838-2720

## **Dual Diagnosis Program Information**

### **Residential Dual Diagnosis Program**

Our program is designed to nurture and comfort each resident while structuring self-examination to identify maladaptive behavior and belief patterns which limit growth and potential.

The goal of the program is to therapeutically intervene in the belief system of each resident, thereby creating an opportunity for dramatic and enduring emotional and behavioral change and growth.

After each resident is carefully assessed, a comprehensive treatment plan is designed. Each treatment plan targets the resident's specific needs and guides the treatment experience from admission through discharge and continuing care.

### **Admission Process**

We realize that making the decision to seek treatment for an addictive and/or mood disorder, whether it's for you or for a loved one, can be extremely difficult and painful. Our goal is to make the admission process to our center uncomplicated yet thorough. There are several important steps to that process:

**Free initial consultation by telephone.** It is extremely important that we establish prior to admission that your child is appropriate for our facility and our treatment experience, or if he/she requires a higher level of care such as a medical or psychiatric hospital. This consultation is completed in a relatively short time and is performed by one of our health care professionals.

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**Insurance verification/financial arrangements.** The Center for Discovery is committed to providing the highest standard of care while minimizing fees as much as possible. Treatment and program costs are based upon a standard day rate with additional fees for extenuating medical and laboratory services. Many insurance carriers offer reimbursement for residential treatment and our staff will verify coverage for you. Our admissions department is happy to assist you and will contact your insurance company. We are contracted with many insurance companies. If we are not contracted, they may still cover treatment costs.

**Assistance with accommodation and travel information.** Should you need to travel a long distance to our centers, we are glad to assist. There are three airports local to the facilities as well as fine hotel accommodations with easy access.

If you have any further questions, please email us at [contactus@centerfordiscovery.com](mailto:contactus@centerfordiscovery.com) or call us at 800-760-3934.

### **Red Flags for Dual Diagnosis Disorders**

The term Dual Diagnosis or "co-occurring" disorders is meant to describe the existence of a psychiatric diagnosis, such as depression or bi-polar with the simultaneous experience of chemical dependency or substance abuse. When a person is depressed they often experience...

- Feel angry, sad, perhaps you are crying a lot and it doesn't pass; it seems to hang on.
- Irritability, are angry, short tempered and might overreact to people and situations
- Feeling ashamed, guilty or worthless. There may be no reason for these feelings. At other times there may be a reason for these feelings, yet they are more intense than expected.
- Loss of confidence and it doesn't return. Similar to having the rules change in the middle of a game - you are suddenly not sure of yourself and your ability.
- Feeling that life has lost its meaning, that maybe nothing good is going to happen ever again. Things that meant something to you don't anymore. Things that were pleasurable are no longer interesting. Almost like you don't care anymore.
- Negative attitude most of the time; about most things, and in most situations
- Numb feelings, as if the feeling or emotional part of you got "switched off"
- Life has become hard to live, as if it takes too much energy to do even simple things
- Wanting to be left alone and isolated.

- Difficulty making decisions. Concentrating on things may seem very difficult or even impossible. You might be more forgetful than normal.
- Dangerous or self-mutilating behaviors such as cutting, scratching, or burning.
- Can't sleep, can't stay awake, go to sleep then wake and can't go back to sleep. General disrupted patterns of sleep.
- Eating has changed; you might eat a lot or a little, but it is different than when you felt like yourself.
- Restlessness, fatigue, generally too tired, even though you might have had enough sleep
- Thoughts about death, feel like dying, might have thoughts about suicide

**Sometimes, there is an upward or bi-polar "swing" in the way you feel, then you...**

- Feel like you are very wise and know everything, you know exactly what you are doing
- Sometimes feel irritable and have trouble getting along with family, friends and people in authority
- Have ideas about what you can or cannot do and both are not realistic
- Engage in high-risk situations often involving money, sex and seeking thrills
- Have rapid, racing thoughts, can't talk enough about any one subject and then jump to another.
- Go non-stop. Run around and accomplish a lot, but still need to do more
- Feel you don't need sleep

Often when adolescents are suffering from a mood disorder, they begin using drugs, alcohol, or other substances as an attempt to find a way to compensate or feel better. Unfortunately, substance use only makes things worse. Some times the mood problem is caused by the use of substances. Often it is impossible to tell which problem is the original or first one. In any case, getting treatment as soon as possible is important because these disorders "help" or make each other to get worse. The consequences are severe and if you don't get help, you will not get better, only worse. Mixing substance use with a mood disorder can result in...

- Arrests for criminal activity or simply being in the wrong place at the wrong time and with the wrong people
- Hospitalization and/or emergency room visits for substance related problems such as overdose or poisoning

- Damage to relationships with friends and loved ones that might take a long time and a lot of effort to heal
- Failure in school, at work, or in related activities making recovery and healing ever more difficult with time
- Injury or death from violent or high risk activities

### **Dual Diagnosis Program Goals**

First - To change old beliefs about oneself and life that are no longer useful; and to create an opportunity for dramatic and lasting emotional and behavioral change.

Next - It is our hope (and our work) that each resident discovers in themselves a healthier, happier person who recognizes that there are positive choices and possibilities available in life; who see a profound alteration in themselves, their families and in the future.

Last - To educate each family to the importance of fostering continuing care, that growth and change are a vehicle to personal health and freedom and that healing is a life long process.

### **Problems Treated in our Dual Diagnosis Program**

#### DEPRESSIVE DISORDERS:

- Low Self-Esteem
- Suicidal Thoughts
- Mood Swings
- Hopelessness
- Sadness
- Grief
- Lack of Energy
- Isolation
- Aggressive or Violent Behavior
- Intermittent and Explosive Disorders

#### DISORDERS OF CHILDHOOD:

- Behavioral Problems
- Adjustment Problems
- Academic Problems
- Social Withdrawal
- Childhood Trauma
- Sexual/Physical Abuse
- Gender Identity Issues
- Enuresis (Bed-Wetting)

- Attention Deficit/Hyperactivity

#### ADDICTIVE DISORDERS:

- Alcohol
- Drugs
- Sexual Acting Out

#### ANXIETY DISORDERS:

- Panic
- Phobias
- Fears
- Acute Stress
- Post Traumatic Stress
- Separation
- Performance Anxiety
- Obsessive Compulsive Disorders

#### RELATIONSHIP DISTURBANCES:

- Poor Communication
- Conflicted Family Relations
- Sexual Disorders

#### **Tips for Parents**

1. Disengage from the problem, not the child.
  - a. Remember your purpose: to love and raise your child. Focus on loving your child rather than attempting to control behavior that cannot be controlled.
  - b. Continually improve structure, consistency, communication and self-expression for each member of your family.
2. Allow your child to face rules, standards and expectations.
  - a. Don't place yourself between your child and the consequences of his/her actions and decisions.
  - b. Set clear limits and boundaries.
  - c. Save your child from abuse, not from life.
  - d. Take a pro-active approach relative to your child's treatment.
3. Develop a healthy vision for your family and move toward it.
  - a. Live your life in keeping with your vision and in as healthy a manner as possible.
  - b. Identify clear and objective goals for your child and your family's treatment experience.

- c. Take care of yourself and the other members of your family.
- d. Find support and education through community resources and healthcare professionals. Get all the help you need.
- e. Be consistent and follow through, always.

## **Frequently Asked Questions about our Dual Diagnosis Program**

Entering a residential program for recovery and healing is a courageous act. You may be away from home for several weeks or months and that is difficult. Future residents often have many questions about what to expect at the Center for Discovery, understandably so. Some residents may not have the opportunity to visit the facility before admitting, so they may be even less sure of what to expect. Over time we have noticed that there are some common questions. So, we have provided a few answers to some common questions.

### **Is it a hospital?**

No. The Center for Discovery's Dual Diagnosis programs are in very spacious, comfortable homes in the neighborhoods of Long Beach and La Habra Heights. Our homes look similar to your own home. Our residents usually feel very comfortable in this softer, more home-like setting than in a sterile hospital or institution.

### **How many people are there? What are they like?**

There are never more than 6 - 8 residents in any program and they are similar to you. They are between 11 - 17-years-old. Boys and girls are treated in separate residences. Some residents are concerned that they will be the only one with their particular problem. Residents frequently suffer from similar problems. This is the basic reason why a residential community is an effective treatment setting. New residents are soon to find that they are not alone and that many people struggle with painful issues and are having success in healing and resolving their problems.

### **Do I get my own room or do I have a roommate?**

It depends upon the number of residents in the house. Generally there are two beds to each room so in most cases everyone has a roommate.

### **Do I go to school?**

Students work on assignments from their own school or attend a charter school. In most cases, students are able to keep up with school requirements. Tutoring is offered when a resident needs academic support.

### **Can I exercise?**

Absolutely. There is an exercise component to each program. Workouts at

the YMCA, nature walks, swimming, and games in the park are all a part of the experience.

### **Is the house locked? Do you ever go out?**

The Center for Discovery is a voluntary experience. The house is not locked, however, residents are not allowed to leave unless accompanied by a staff person. Residents leave the house often for walks, outings, and various activities in the community or just to the back yard where they may play games, garden or have individual or group therapy.

### **Why did this happen?**

There are general reasons someone might suffer from a mood disorder, but each person or case is individual. Large or painful events such as a divorce in your family, school or social problems, difficult relationships or circumstances at home, or perhaps the loss or death of someone for whom you cared about. Sometimes though a mood disorder just happens without a single reason or trigger.

### **What can I expect from "Treatment"?**

Treatment requires some work and investment. You will have individual therapy with your therapist. You will have group therapy and workshops with your therapist and other professionals and specialists. You will have family therapy. You will attend school at the program. Hopefully, you will have a life changing experience. It is our hope that the treatment experience will bring you change; change for the better; better laughter and better tears, better sorrow and better joy, better problems and better successes.

### **Team Specialists**

The Center for Discovery and Adolescent Change utilizes highly skilled healthcare professionals who are carefully screened for appropriate education, training, experience, practical skills, certification, and licensure. Each member of our team demonstrates a deep commitment to the healing and well being of young people and their families.

- Psychiatrist
- Clinical Psychologist
- Masters and Ph.D. Level Clinical Therapists
- Residential Counselors
- Educational Liaison
- Housekeeper

## **Meet the Staff**

### **Craig Brown, Ph.D. - Chief Executive Officer, Psychologist and Co-founder**

Dr. Brown has been the Chief Psychologist and co-founder of multiple inpatient programs for substance abuse and emotional disorders. He has been involved in the treatment of eating disorders for over 20 years and has specialized in the residential treatment of adolescent disorders for the past ten years.

### **Jerry Carminio - Chief Financial Officer and Co-founder**

Jerry Carminio is a co-founder of The Center for Discovery and Adolescent Change and in a career change has dedicated himself to the creation of treatment centers which offer teens the opportunity to make profound life changes. Jerry is the organization contact to discuss fees and financial arrangements.

### **Gregory Corbin, M.A., LMFT, Chief Operating Officer - Dual Diagnosis Programs, Director of Performance Improvement**

Gregory Corbin has worked for the Center for Discovery since its inception in 1997. Mr. Corbin began his career in adolescent residential mental health in 1979. He has directed/administrated healthcare services and treatment programs for adults and adolescents in inpatient acute hospitals, partial hospitalization and structured outpatient programs and residential care for over 20 years. He has volunteered his services to at risk youth and their families, served as a Long Beach City Commissioner for the Commission for Youth and lead seminars and retreats focused on addiction recovery, family recovery and various areas of personal growth. He has a private psychotherapy practice in Long Beach, California.

### **Brian Holt, M.D., M.P.H. - Psychiatrist - Downey, Lakewood, La Habra, Long Beach, Whittier**

Brian Holt M.D., M.P.H., began working with Discovery in 2004. He is a child and adolescent Psychiatrist with special interests in eating disorders. He did his undergraduate training at Maimi University of Ohio and has a graduate degree in public health from the University of Michigan. His medical school training was at St. Louis University and his residency was at University of California at Los Angeles including specialized training in Child and Adolescent Psychiatry at Harbor UCLA Medical Center.

## **Long Beach**

### **Kory Hemenway, Psy.D., Program Director - Long Beach**

Dr. Hemenway became a member of the Discovery team in August 2005. She received her doctorate degree in clinical psychology with an emphasis in child and family therapy from the California School of Professional

Psychology in 2000. Her doctoral project focused on the design and creation of a treatment program to educate and treat parents and their children on/for the effects of divorce. Since graduation she has worked in various settings where she provided psychological services in inpatient, outpatient, partial hospitalization and day treatment to patients who suffer with chronic mental illness and their families. She took part in the creation and design of an outpatient drug and alcohol program for dually diagnosed adults where she serves as the program's psychologist.

**Angela Anderson, PSY.D. - Primary Therapist - Long Beach**

Dr. Anderson has extensive work experience providing individual, family and group therapy. Dr. Anderson has specialized interest in addiction recovery, relationship issues, depression, adoption and anxiety disorders. She uses an eclectic approach to address client issues such as psychodynamic, cognitive and behavioral therapy. Dr. Anderson received her doctorate degree in Clinical Psychology from the California School of Professional Psychology in 2004.

**La Habra**

**Wendeline Tohidi, M.A., A.T., Program Director - La Habra Heights**

Ms. Tohidi joined Discovery in 2005. She graduated Loyola Marymount University in 2004 with a Master's degree in Marriage Family Therapy with an emphasis in clinical art therapy. Wendeline is an associate professor of Communication Development at Otis College of Art and Design in Los Angeles. She has been a guest lecturer on Communication Through Media at California State University, Northridge and the University of California at Los Angeles from 1998 through 2004.

**Lisa R. Manuelian, Psy.D., Primary Therapist - La Habra Heights**

Dr. Manuelian recently joined the Center for Discovery team. She received her doctorate degree in clinical psychology with an emphasis in child and family therapy from the California School of Professional Psychology in 2005. Dr. Manuelian has extensive work experience providing individual, family, couple, and group therapy to children, adolescent, adult, and geriatric populations. She has also received extensive training in conducting and writing neuropsychological and psychodiagnostic assessments. Dr. Manuelian has worked in various settings where she provided psychological services in inpatient and outpatient facilities to patients who suffer with chronic mental/physical illness, developmental disabilities, and patients who have experienced stroke, head trauma, spinal cord, and other neurological injuries. Dr. Manuelian is an adjunct professor of psychology at Alliant International University.

## **Whittier**

### **Jessica Connor, M.S.W., Primary Therapist**

Jessica graduated from Skidmore College in Saratoga Springs, New York with a bachelor's degree in Social Work and received her Master's degree in Social Work from Columbia University in New York City. Her major focus has been work with adolescents from those considered "at risk" to those adolescents who have complicated educational, emotional, and family difficulties. Her social work training and experience has included work with adolescents, elders, and adults with a range of mental health problems.

### **Jackie McCoy-Martin, Ph.D., Primary Therapist - Whittier**

Dr. McCoy received her Master's degree from Antioch University and her Ph.D. from Pacifica Graduate Institute where her research focused on the neuropsychology of early trauma and its effects on males in recovery. She ran groups with adolescents at San Pedro Peninsula Recovery Center and was a Chemical Dependency Specialist on the Dual-Diagnosis unit at Del Amo Hospital.

## **Alumni Group**

**Free Alumni Group  
for all former residents and their parents of  
La Habra, Long Beach, and Whittier's  
Dual Diagnosis Programs**

Thursday evenings at 8:00 PM at the Long Beach Facility  
425 East 31st Street, Long Beach, CA  
(Enter through the garage in the back of the house.)

For more information please call  
562-981-0700

*Center for Discovery and Adolescent Change*

Program Schedule as of October 2006

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00-6:30	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	7:00 – 8:00	Wake Up	Wake Up
6:30-8:00	Coaches	Coaches	Hygiene/Walk	Coaches	Coaches	8:00-8:50	Hot Breakfast	Breakfast
8:00-9:00	Breakfast Hygiene	Breakfast Hygiene	Breakfast Hygiene	Breakfast Hygiene	Breakfast Hygiene	8:50-9:00	Medication	Medication
9:00-12:00	School	School	School-Community	School	School	9:00-10:00	Coaches Education	Commitment Forms
12:00-12:50	Lunch Chores	Lunch Chores	Lunch Chores	Lunch Chores	Lunch Chores	10:30	Outing	Gardening
12:50-1:00	Medication	Medication	Medication	Medication	Medication		Outing	
1:00-2:00	Commitment	Commitment	Commitment	Commitment	Commitment		Outing	
2:00-2:10	Transition	Transition	Transition	Transition	Transition	11:00-12:00	Outing	Treatment Goals
2:10-3:00	Process	Process	Coaches Education	Process	Process	12:00-1:00	Outing	Lunch
3:00-3:05	Transition	Transition	Transition	Transition	Transition	1:00-2:00	Lunch Chores	
3:05-4:00	Communication	Pre-Contract Group	Beliefs	Gardening	Spirituality Recovery	2:00-3:00	Commitment	Family Visits and Passes
4:00-5:00	Treatment Goals	Recreation	Recreation	Commitment 2	Movie	3:00-4:00	Communication 3	Pass/Visit Check-In
5:00-5:30	Dinner	Dinner	Dinner	Dinner	Movie	4:00-5:00	Treatment Goals	
5:30-6:00	Dinner	Dinner	Dinner	Dinner	Movie	5:00-6:00	Dinner	Dinner Chores
6:00-6:30	Chores	Chores	Chores	Chores	Dinner Chores	5:30-6:30	Deep Clean	
6:00-7:00	Addiction Series 1	Addiction Series 2	Ethics Work Group	Person of Your Word		7:00-8:00	Structured Down Time	
6:30-7:30					Addiction Series	9:00	Medication	Medication
7:00-7:30	NA Meeting	Level Privilege Commitment	Treatment Goals (7-8)	Journal Commitment	Addiction Series	9:00-9:30	Journal	
7:30		NA Meeting		Treatment Goals	NA Meeting	9:30-10:00	Relaxation Hygiene	Structured Down Time
8:00-9:00			Privilege Structure	Privilege Structure		10:15		Lights Out
9:00-9:30			Hygiene	Hygiene		10:30	Lights Out	
9:30-10:00	Med Snack Bed time	Med Snack Bed time	Med Snack Bed time	Med Snack Bed time	Med Snack Bed time			
10:15	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out			