



BUILDING A FUTURE

Support at all levels of recovery is essential to achieving treatment success. At Serenity Knolls, we provide a distinctive, multi-level treatment plan that evolves with the individual as they move toward independence in sobriety.

Foundation

Residents regain medical stability under the watchful eye of our doctors and nurses while therapists and counselors foster emotional healing through modern clinical interventions and time-honored 12-step principles. Day by day, these fundamental steps set the stage for incredible transformations.



Enrichment

As strengths are identified, residents gain self-confidence and learn to be leaders in recovery. Through various offerings such as client-centered education, monthly equine therapy, off-site exposure therapies, Somatic Groups, and Meditation, clients gain opportunities for discovery and self-actualization.



Launch

A strong, supportive community is an integral part of long-term recovery. The connections they make in treatment, along with diligent aftercare planning, empower residents to transition back into daily life confident that they are not alone.



FIND SERENITY

Serenity Knolls has been treating individuals struggling with addiction since 1990, earning a reputation as one of the most respected 12-step residential treatment centers in California. Our alumni are truly our most compelling testimonials and our greatest source of pride. Changing lives is our passion, and we place that goal at the center of all that we do.



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THE PATH TO SERENITY STARTS HERE

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WHAT WE TREAT

Serenity Knolls provides residential treatment for adults aged 18 and above, suffering from a primary substance use disorder. Our experienced medical staff facilitates a safe and attentive detoxification protocol for any type of chemical dependence.

We also recognize that, in many cases, people who battle with addiction might also struggle with co-occurring mental health issues, such as Anxiety, Depression, Bipolar, and Personality Disorders. Therefore, our individualized approach to care addresses these conditions while still maintaining a focus on sobriety.

“SERENITY KNOLLS HELPED NOT ONLY MY HUSBAND – BUT OUR WHOLE ENTIRE FAMILY. WE GO BACK EVERY YEAR DURING THE HOLIDAYS TO VISIT AND NOT A DAY GOES BY WHERE WE ARE NOT GRATEFUL FOR WHERE WE ALL ARE NOW.”

- Alumni



THE PERFECT ENVIRONMENT FOR MOVING BEYOND YOUR ADDICTION AND BUILDING A HEALTHY AND PRODUCTIVE FUTURE



TREATMENT METHODS

Our residential treatment program incorporates the philosophy and principles of the 12 Steps, as well as a variety of evidence-based modalities, including Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Somatic Experiencing, and client-centered education. Additionally, every resident is assigned a Primary Therapist as well as a Drug & Alcohol Counselor to assess their unique strengths and needs and continually customize their treatment plan.

We offer a supportive, nurturing environment and cultivate a strong therapeutic alliance between our residents and providers, many of whom are in recovery themselves. In fact, our staff members have over 500 years of combined sobriety experience among them!

ADMISSIONS PROCESS

Our admissions team gathers information to determine the type of care required, check insurance coverage, answer questions, and provide guidance. These assessments are free and confidential. Whether calling as a potential resident, a loved one, or a provider, every person who reaches out will be received by a compassionate and experienced member of our admissions team.

AFTERCARE & FAMILY PROGRAMS

Recognizing that the journey of recovery continues beyond the residential stay, Serenity Knolls offers no-cost, lifetime virtual aftercare support with alumni Zoom meetings up to three times per week. Our strong alumni community allows Serenity Knolls residents to leave treatment with an immediate feeling of acceptance and camaraderie in a larger sober network.

Serenity Knolls recognizes that loved ones can be impacted by addiction too; therefore, we place a strong emphasis on family support both during and after treatment. We offer a virtual family workshop that provides education and support around substance abuse, codependency, and communication. This vital service is also extended as a free lifetime benefit to the loved ones of current and former residents.

