



THE PATH TO SERENITY STARTS HERE

Serenity Knolls provides individualized treatment for substance use disorders and certain co-occurring mental health conditions. The combination of best available interventions, with the principles and practices of the 12-Step recovery model, allow our residents to experience true freedom and to build a foundation for lifelong sobriety.

Because our counselors have personally experienced their own recovery, they are deeply empathetic and truly understand the journey to sobriety. Our talk matches our walk, therefore, our team will not ask anything of our residents that they themselves are not willing to do, or have not done in the past. Through this loving residential community, your recovery can lead to new beginnings and the hope for a brighter future.

ADMISSIONS PROCESS

Our friendly and informative staff answer calls 24/7. They will gather information to verify your eligibility and help determine the type and level of care you need.

During this initial call, either a program visit or an in-person admission can be scheduled. This process is typically conducted between 9 a.m. and 9 p.m.; however, after-hours admissions can also be accommodated. In every interaction with Serenity Knolls, you and family members can expect to be treated with utmost dignity and respect.



145 Tamal Rd, Forest Knolls, CA
94933 www.serenityknolls.com

866.712.9204



TREATMENT METHODS

To meet our residents' unique needs and goals, Serenity Knolls incorporates the following interventions into each individual's personalized treatment plan:

- Detoxification
- Relapse Prevention
- 12-Step Education, Assignments, & Groups
- Individual Therapy (1x/wk)
- SUD Counselor Session (1x/wk)
- Group Therapy (6-8/day)
- CBT, DBT, EMDR
- Music, Art, & Equine Therapy
- Seeking Safety
- Couples Counseling
- Family Counseling
- Weekend Family Program
- Aftercare Program
- Yoga
- Mindfulness
- Somatic Experiencing
- Community in Recovery
- Discharge planning workshops

WHAT WE TREAT

Serenity Knolls provides residential treatment to adults, 18 and above, suffering from a variety of substance abuse disorders and chemical dependency.

EXTENDED CARE

The Foundation Enrichment Program is an extended-care opportunity for residents who can benefit from continued clinical support after completing 30 days of residential treatment. Participants gain a stronger foothold in early recovery while preparing for a successful transition out of care.

Features of our Foundation Enrichment Program include:

- Individual & small group therapy
- Family therapy & couples counseling
- Off-campus 12-Step meetings
- Monthly equine therapy sessions
- Meditation, dharma, & recovery activities at Spirit Rock Meditation Center
- Participation in activities & service projects

RESIDENTIAL TREATMENT

In existence for over a quarter of a century, Serenity Knolls is extremely proud to have earned a reputation as one of the most respected 12-Step based residential treatment centers in California. Thousands of our alumni are now living fulfilling and productive lives, and they are 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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