



The Executive's Guide *To Addiction Recovery*

TOP 10 THINGS TO KNOW BEFORE YOU GO



HARMONY™
PLACE

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Introduction

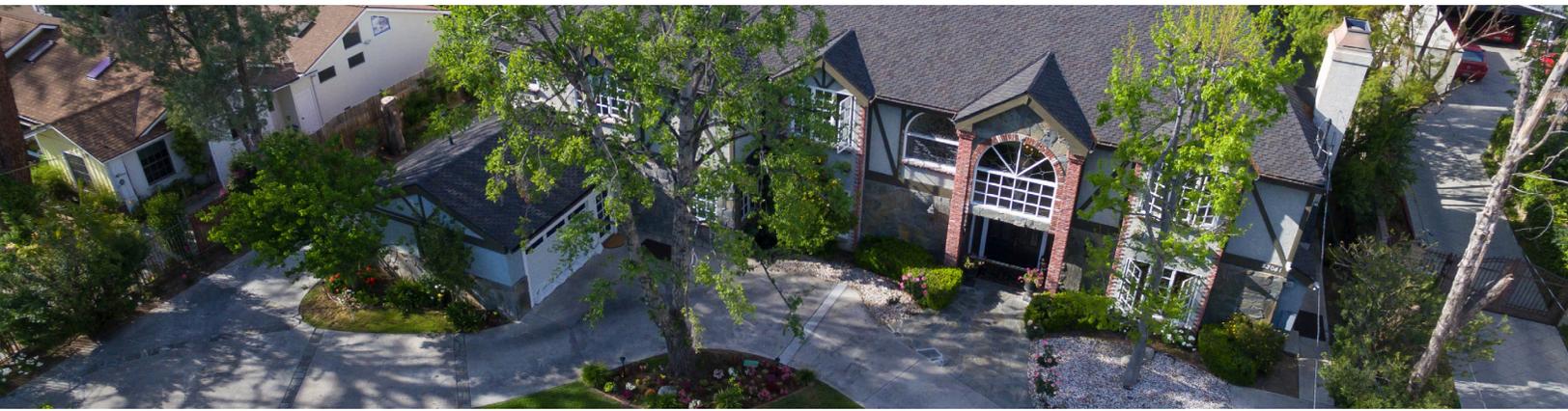
The high-powered executive struggling to conceal an addiction is hardly a singularity. You are not alone if dealing with the pressures of being on top of the corporate ladder has fueled an addiction to drugs or alcohol. You know you need treatment, but you are concerned about your reputation, anonymity and maintaining your career.

Family members of high-profile executives who struggle with addiction also need a rehabilitation center where there is a focus on confidentiality and an understanding of their loved one's special circumstances.

Ideal for CEOs, executives and their families needing anonymous treatment, **executive rehab centers** cater to a lifestyle replete with exclusive amenities, personalized care and intimate staff-to-client ratios.

This exclusive guide will provide the executive (and his or her family) with all of the material necessary to know what to expect in a high-end, private treatment center in order to make an informed choice on care.





CHAPTER ONE

Comparing the Different Types of Rehab Facilities

When you begin to look at your options for rehab for yourself or someone you care about, you will discover there are different types of treatment centers. This guide can help you ascertain which type of rehabilitation will be most effective for your or your loved one's needs.

Standard

Standard rehabilitation centers typically offer:

- Inpatient or outpatient programs
- Detox treatment
- Counseling services
- Aftercare

Style of Treatment:

- Often situated in a hospital or hospital-like setting

Common Amenities:

- Medical supervision, maintenance drugs and care
- Group and individual counseling
- Addiction education and relapse prevention skills
- Nutrition counseling

- Fitness center (sometimes included)
- Holistic therapies (sometimes offered)

Costs:

The average price for a month at a standard rehab facility ranges from \$18,000 to \$35,000, but can be as low as \$7,500.

Luxury

Luxury rehabilitation centers offer more services than standard programs and are more exclusive. They are residential facilities which typically include:

- Upscale furnishings and amenities
- Resort-like settings
- Larger costs

Style of Treatment:

- High staff-to-patient ratio
- Greater individualized attention and care
- Comfortable environment fostering greater well-being

Amenities:

Luxury rehab facilities will offer all of amenities a standard facility will offer, plus several of the following:

- Beautiful surroundings
- Private rooms with maid service and security
- Saunas, sun rooms and massages
- Gourmet meals
- Horseback riding or equine-assisted therapy
- Art or music therapy

Costs:

Costs vary based on the rehab center itself, its location, which amenities it offers and how much staff it employs. The tab can set you back up to \$120,000. Some luxury treatment centers do not accept insurance and/or only accept cash payments.

Executive

Executive rehabilitation treatment centers are also residential and offer many of the same comforts as luxury rehab centers. In addition, typically they:

- Cater to high-level executives, CEOs and their families
- Offer resources to enable the executive to continue working during treatment, if necessary
- Place an emphasis on privacy, anonymity and avoiding negative work consequences

Style of Treatment:

Executive rehab programs treat clients in nearly the same way that a luxury facility would, but with the following variations:

- Focus on confidentiality and protection of clients' reputations
- Emphasis on one-on-one therapy sessions rather than group therapy
- Smaller clientele and personalized, individual attention

Amenities:

Executive programs go a step beyond what standard and luxury rehab facilities offer, with amenities such as:

- High-speed internet
- 100% confidentiality
- Private workspaces, meeting rooms and phones
- Spa treatments and hot tub access
- Yoga, acupuncture and personal trainers

Costs:

Executive rehab programs charge upwards of \$100,000 per month. The rates are higher due to workplace provisions, desirable locations, luxury perks and additional staff who often possess superior credentials.



CHAPTER TWO

Inpatient vs. Outpatient

Inpatient

Inpatient (aka residential) treatment is an immersive experience where clients receive 24-hour care in a facility dedicated to addiction recovery. From personalized intake to medically assisted detox to clinical and holistic therapies, residential programs can offer life-saving help to a person struggling with addiction. Inpatient programs usually last from 30 to 90 days.

Outpatient

Outpatient treatment programs typically follow residential treatment as part of ongoing care, education and avoidance of relapse. Often, outpatient programs are the second step in recovery – although people with less-severe addiction problems and/or limited insurance coverage sometimes start here.

Individuals can live at their own home or in a designated sober or transitional living home during their time in outpatient treatment and still attend therapy sessions and benefit from many resources an outpatient facility will offer.



CHAPTER THREE

Conditions Treated

Alcohol Addiction

Alcohol is more commonly abused among executives than you might think. Once someone can admit that his or her drinking has become a problem, the first step in getting well can begin. Alcohol dependency requires intense therapy and education in order to make behavior modifications, otherwise relapse is inevitable.

For business leaders who struggle with excessive drinking, look for a treatment center who can help with recovering from the following types of alcohol use disorders:

- Alcoholism
- Alcohol Dependence
- Alcohol Addiction
- Binge Drinking

Drug Addiction

Illicit drug abuse and addiction can radically affect a person's life. The cycle of cravings, painful withdrawals then seeking out drugs again can result in major consequences in someone's family and professional life.

Any rehab center worth its muster will be able to treat the following types of illicit drug addiction:

- Cocaine or Crack Cocaine
- Methamphetamine
- Heroin
- Black Market Opiates
- MDMA (Ecstasy/Molly)

Prescription Drug Addiction

Our nation faces the biggest prescription drug abuse problem in its history. Between opioid overdoses raising the death toll and respiratory failures caused by prescription painkillers and anxiety medications, pharmaceutical drug addiction is a grave concern.

Prescription drugs are often necessary, but many carry an inherent risk of abuse. It is easy for patients to start out using prescriptions correctly, then develop a tolerance — meaning a higher dose required to achieve the previously desired results. Once patients develop a dependence on a certain medication, it is important to get qualified help for safe withdrawal.

For patients who have become addicted to prescription drugs but their prescription has run out, some will turn to “doctor shopping,” or seeking drugs on the black market in a desperate attempt to maintain their habit. The further the individual goes down the rabbit hole, the more lost they become. The only solution is to get help soon for your safety or that of your loved one.

A worthwhile prescription drug rehab center will focus on altering addictive behaviors and improving habits, such as better nutrition. Here’s just a small sampling of the prescription drug addictions that these facilities can treat:

- Benzodiazepines (Xanax, Klonopin, Valium, etc.)
- Sleeping Pills (Ambien, Lunesta, Restoril, etc.)
- Vicodin
- Percocet
- Oxycodone
- Fentanyl
- Morphine
- Codeine

Mental Health Issues

It is very common for people struggling with alcohol or drug addiction to suffer from mental health issues concurrently. The anguish of a mental health disorder can cause people to turn to harmful substances as relief.

If you or your family member deals with a mental health issue, be sure to choose a substance abuse rehab facility that accommodates dual diagnosis cases, meaning co-occurring disorders such as:

- Depression
- Anxiety
- Bipolar Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Eating Disorders
- Sleep Disorders



CHAPTER FOUR

Privacy and Confidentiality

CEOs and executives have a particular need for privacy and confidentiality in their private lives. When high-level executives need to undergo rehab, they should not have to compromise on quality care for fear of tarnishing their reputation or losing respect at work.

HIPAA Laws

All treatment centers are mandated by law to maintain their clients' confidentiality due to HIPAA (the Health Insurance Portability and Accountability Act). Rehab staff members are only allowed to share information with others when it is essential to the client's medical care.

Some rehabilitation centers emphasize confidentiality because they cater to well-known or high-profile people who do not want colleagues, employees or the media to know where they are or what they are doing in their private lives.

At Harmony Place, all our compassionate staff members sign a binding trade secret and confidentiality agreement, which applies even after they are employed with us. Additionally, our expansive facility in the Los Angeles area is gated and situated in a quiet neighborhood.

Legal Services

When considering the amenities, comfort and services you or your loved one will need as an executive starting recovery, don't forget about legal issues.

Dealing with the fallout of addiction can leave you facing fines or sentencing. So that you can focus on getting well, choose a rehab center that will sort out your legal needs for you while you sort out your recovery.

Executive rehab centers like Harmony Place often offer legal services to help with cases involving:

- DUI
- Divorce & custody
- Loss of professional licenses
- Workplace discrimination or leave of absence issues
- Insurance issues
- Criminal charges
- Personal injury



CHAPTER FIVE

Housing at **Executive Facilities**

Did you know your rehab can be your sanctuary?

A comfortable, private, world-class setting beckons a walk on the beach or a nearby nature trail, a swim in the pool and a massage for relaxation and the release of toxins. Professionals who have to stay connected to their work also have that option at executive addiction rehab facilities.

Shared Private Rooms:

Plush living quarters with oversized bedrooms and luxury-sized bathrooms abound at executive rehab centers. Well-appointed bedrooms and bathrooms promote healing in an environment relaxed and unfettered.

Colorful floral arrangements and daily housekeeping will allow the client to relax in comfort and beauty and to concentrate on the more important matter of sobriety. High-quality beds ensure the good night's sleep needed to propel recovery. Elegance, comfort and beauty surround the client in his or her home away from home.



CHAPTER SIX

Duration of Patient Rehabilitation

When breaking down the different levels of care in most addiction treatment programs, here are the details you need to know.

Detox Only:

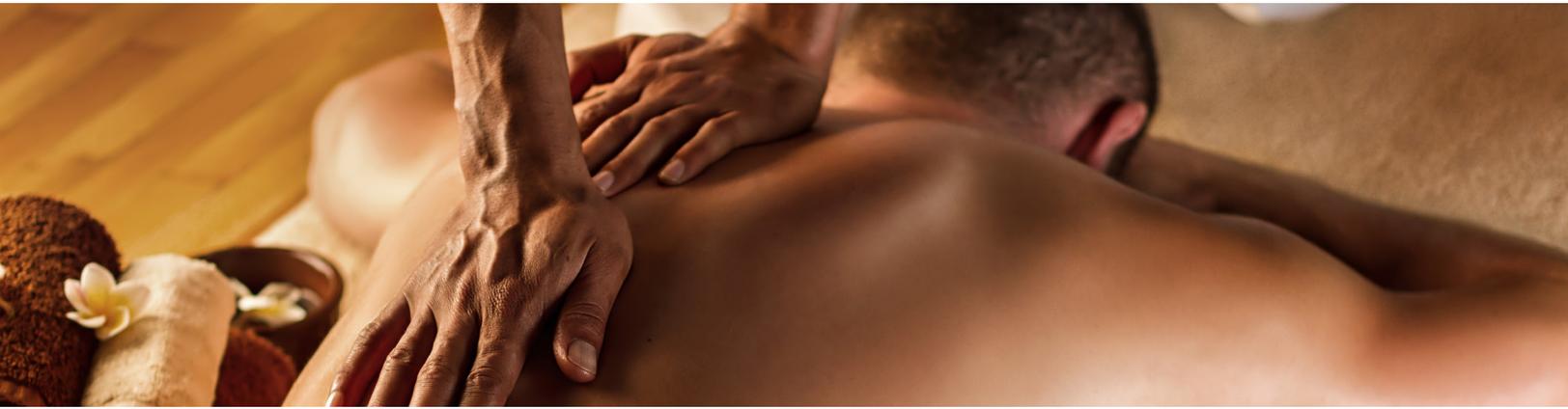
- 3 to 15 day duration.
- Length of treatment varies greatly by facility.
- Most are medically assisted and closely monitored.

Extended Care Programs:

- 30, 60 and 90 day durations.
- Research shows longer programs have better success.
- Residential care elicits more lasting results than outpatient treatment.

Aftercare:

- Recidivism and relapse rates are higher without aftercare services.
- Alcohol dependence carries the highest relapse rates among addictions.
- The first month after inpatient dismissal is the most vulnerable time.
- Continued sobriety and relapse prevention is most successful when continued care is received.



CHAPTER SEVEN

Holistic Modalities

Any decent rehab program will use advanced clinical treatment methods for drug and alcohol addictions, but top-tier programs will incorporate additional holistic modalities to treat the whole person.

Recovery is not accomplished in a singular activity, but rather a broader smorgasbord of personalized treatments.

Some of the most beneficial holistic therapies include:

Equine-Assisted Therapy:

Animals don't judge. People doing the hard work of rehabilitation are too often familiar with being judged for their mistakes and shortcomings.

Interacting with horses through grooming, touching and guiding builds abilities in behavioral and emotional control and a positive self-image, among other benefits. Being vulnerable with these majestic creatures allows clients to feel safe while reconnecting to a deeper sense of self.

Yoga:

A calm mind and a healthy body promote healing psychologically and physically. Yoga therapy has shown in numerous scientific studies to provide those benefits.

Yoga reduces stress, anxiety and depression. It also reduces risks of long-term health diseases like diabetes, Alzheimer's and cancer.

Additionally, practicing yoga boosts the immune system and increases energy, both of which benefit those recovering from substance abuse.

Meditation:

Deep breathing, visualization and calming the mind make meditation a go-to modality in recovery.

At Harmony, we practice group meditation several times a week in a beautiful, serene location.

Other Common Holistic Modalities:

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Art and Music Therapy
- Physical Fitness Programs
- Experiential Group Outings
- Nutritional Therapy, Anchored by a Gourmet Chef

To see which treatment modalities we offer at Harmony Place, please visit <https://harmonyplace.com/our-care/>



CHAPTER EIGHT

12-Step vs. Non-12-Step Approach

Non-12-Step Approach to Recovery

Less common than their alternative, non-12-step programs vary in substance according to school of thought and treatment facility. Presented here are the general commonalities.

Basic Tenets of Non-12-Step Programs:

- Focus on personal responsibility and self-reliance.
- Teach individuals with addictions to be aware of their choice to use drugs or alcohol.
- Emphasize motivation for change.

12-Step Approach to Recovery

Twelve-step programs are typically viewed, although possibly not accurately, as the most successful addiction treatment model available today. The 12-steps are the most seasoned approach to recovery, helping people get sober for more than 70 years.

Basic Tenets of 12-Step Programs:

- Addiction is a chronic disease and cannot be controlled.
- The person addicted must surrender to a higher power.
- Individuals need peer support from others also in recovery.
- Attending group meetings is fundamental to success.



CHAPTER NINE

Family Involvement

When addiction strikes, it affects not only the person addicted to a substance, but his or her whole family. Parents, spouses, children, significant others and anyone living in the household will feel the effects in some way or another of a loved one's drug or alcohol abuse.

Intervention:

It is easy to hope that a person in your life who is addicted to substances will get better on their own, but the stark reality is they will need help and possibly an intervention.

Denial is part of the disease of addiction, and many people cannot see how they are harming themselves and others until they hit rock bottom.

A professional interventionist guides the family through the difficult emotional experience of intervening for a struggling loved one. The professional can keep the meeting on track in convincing the loved one to seek treatment, and not allowing the meeting to get derailed by the airing of grievances or placing blame.

Harmony Place works closely with, and takes trusted referrals from, expert interventionists.

Family Counseling:

Families of those struggling with alcohol or drug abuse need support too. Families are always affected, and relationships usually get strained. There are resources available in every community to educate and support families in these situations.

The individual in recovery will need emotional support with the difficult task at hand, and to be able to give that support without being emotionally drained is essential for family members during this process.

Additionally, family counseling sessions with the addicted loved one are a necessary part of the healing process for everyone involved. In cases of recovering teenagers, multigenerational family therapy is especially helpful.

Including the Family Throughout Care:

When family members are educated about addiction, the understanding and compassion the loved one needs comes easier.

Studies have shown that a person going through rehab who has the safety net of a loving family will be much more successful in attaining sobriety. Clients feel less isolated going through the rehabilitation process when their loved ones are involved throughout the experience.

Rehab centers that include the family in the client's care help all parties build a strong foundation for continued sobriety and enhance the individual bonds between family members.

Oftentimes, drug and alcohol abuse cause significant damage in important relationships. Family members that can show forgiveness, love and compassion can foster a significant amount of healing.

Harmony Place believes in working closely with family members throughout the rehab process, encouraging communication with family members and providing regular updates to them. Even better, we also hold monthly family therapy sessions

Post-Rehab Tips for the Family:

Families that want to see their loved one succeed in long-term recovery should use the following strategies after the individual returns home from rehab:

- **Set up the home environment for success:** Clean the recovering individual's room of any remaining paraphernalia or alcohol-related items. Remove temptations by not keeping alcohol in the house. Lock up any family member's prescription drugs that can be addictive.
- **Model good behavior:** To help avoid relapse, don't drink in front of your recovering loved one and consider them when planning social activities with friends. Especially in the beginning, it can be hard to remain sober with temptation nearby.
- **Encourage your loved one to continue in outpatient care and AA or NA meetings:** Longer treatment regimens are statistically more successful, including longer aftercare.
- **Get help for other family members** if this process has made you aware of others in your household that may have substance use issues.
- **Continue counseling for your loved one and any family members** who would continue to benefit from individual or family therapy for healing from addiction within the family.
- **Support new methods of finding stress relief** and continue pouring positivity into your loved one's life.
- **Keep in contact with the loved one's rehab center:** Stay in touch with Harmony Place for tips on helping your loved one avoid temptation and relapse.



CHAPTER TEN

Being Away from Home

It's natural for business executives to be concerned about being away from their job, home and family for an extended period. When you have a high-responsibility career, it is normal to worry about taking time off.

Fortunately, some executive rehab facilities provide the necessary resources to be able to continue essential work functions while away in rehab.

It's equally natural for families to feel worried about their loved one traveling away from home for rehab. They will miss their spouse, parent or child and fear they will not be able to help the family during rehabilitation. In reality, traveling away from home can be more beneficial to the person in recovery than staying near home for treatment.

Destination Rehab Facilities Reduce Risk

Many people struggling with addiction realize that distancing themselves from their home and normal routine will be an empowering experience. They will not have the proximity to drug suppliers, their usual routine, nor their crowd of friends who influence the substance use.

The novelty of changing scenery also boosts connections in dopamine receptors, increasing happiness. This can be helpful in easing the downsides of rehab, like withdrawal.

Executives must also keep in mind that when they travel out of state, they gain an extra layer of privacy protection and confidentiality.

Maintaining Your Lifestyle During Treatment

Client comfort in the treatment environment is a critical component in successful rehabilitation. The safer and more comfortable the client feels, the more likely he or she will stay in treatment for as long as is necessary and open up to staff members — which is essential to healing the issues behind the addiction.

Reducing one's standard of living to go into rehab turns some people off to the help they really need. There is enough difficult work involved in overcoming the grip of addiction that sacrificing on meal, housing, environment and staffing quality should not have to be an additional hardship.



In Conclusion

Mood regulation, memory, willpower and decision-making processes are all impacted by alcohol or drug abuse. Achieving sobriety will make you more effective and successful at work and in life. Liberate yourself from the substances that have held you down in your career and personal life.

The benefits of choosing a high-end, luxury rehab facility are numerous. Executives, or their family members, who are struggling with addiction require an emphasis on privacy, confidentiality, upscale amenities and superior health care providers that that luxury and executive rehab centers will provide.

Harmony Place in Los Angeles County offers a blend of luxury and executive amenities, from a high degree of privacy to well-appointed rooms on our gated property. We treat all types of prescription drug, illicit drug and alcohol addictions, and we offer a continuum of care spanning from residential and outpatient care to a robust aftercare program.

Clients at Harmony Place have the choice of a 12-step or non-12-step-based approach to recovery. Each treatment plan we craft is highly customized to the individual, incorporating a number of clinical, holistic and evidence-based therapies.

Don't wait until it's too late to get help. Seek exclusive treatment for yourself or a loved one while the day is still young. Speak to one of our certified counselors today. Call (855) 936-1360



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