RECOVERY CENTER
POSITIVE ATTITUDE CHANGES EVERYTHING
Welcome to PACE

Hi and welcome to PACE. We are happy to be a part of your journey to health and recovery. There are many challenges to be faced in the near future and we are happy to walk side by side and face these challenges as one. While at PACE we aim to create a community of support to encourage the growth and development of independent living skills and a healthy sense of self in relationships. We, at PACE, understand that no one person is alike and the need for individualized care is paramount to the success of all our members of the community. PACE will support your loved one to overcome challenges in their mental health and addiction with a balanced approach to life skills and coping strategies to meet their life goals.
Philosophy

PACE Recovery is an exclusive gender-specific extended care program for men struggling with substance abuse and/or mental health issues. At PACE, we believe in empowering our clients to fulfill their potential to lead healthy and productive lives, and that a Positive Attitude Changes Everything.

Long-term recovery is more than merely not using alcohol or drugs—it’s about living life. Many of our clients have been affected by societal, familial, and environmental pressures that are unique to men. Offering gender-specific programming allows us to meet the individual needs of men. PACE is a safe place where men learn and begin to express their emotional nature in a nonjudgmental environment. The men of PACE share their experiences, gain strength, and find hope together. We are a brotherhood of men sharing a common goal: living life to the fullest.

PACE is an internationally recognized program for substance abuse and mental health challenges. Located in Huntington Beach, CA, PACE is situated within one of the most vibrant and active young adult recovery communities in the U.S., and our residential treatment centers are steps from the Pacific Ocean.
At PACE Recovery Center, we understand our clients are complex individuals and that each path to wellness can benefit from multiple therapeutic and experiential approaches. The PACE programs utilize a combination of biological, psychological, social, and spiritual treatment modalities. PACE clients can draw from these different components to find what works best for them. It is through education, psychotherapy, 12-step programs, integrative health, and physical fitness that our clients gain a deeper insight into who they are and the origins of some of their challenges, and learn new ways to live life.

To meet our clients' needs and those of their families, PACE offers a primary substance abuse/mental health program and a separate mental health program for individuals who are not chemically dependent. Both have the option of specialized groups for specific challenges and family programming to engage the entire family system in the recovery process. This comprehensive approach allows PACE clinicians to go deeper into the therapeutic process, which leads to better outcomes for our clients.
PACE offers two distinct programs for substance abuse complicated by mental health issues or mental health without substance abuse issues.

**SUBSTANCE ABUSE WITH MENTAL HEALTH PROGRAM**

The PACE substance abuse and mental health program is one of the most comprehensive programs in the country. Many clients who come to PACE have been in other programs that focus either on chemical dependency or mental health. Our fully integrated team, therapeutic environment, and holistic approach congruently treat both. As men progress through the PACE levels of care, we can address unhealthy behaviors and intervene appropriately to prevent relapse and mental health setbacks. Young adult men who once felt hopeless have found at PACE Recovery Center not only recovery but a passion for life, and they are leading productive lives.

**PRIMARY MENTAL HEALTH PROGRAM**

PACE created its Primary Mental Health Program to help the client who, although he may or may not have abused substances, is primarily challenged with mental health issues such as anxiety, depression, phobias, low self-esteem, grief and loss, disordered eating and body image, and bipolar disorder, to name a few. PACE’s psychiatrist and team of doctorate and masters-level therapists are highly skilled in working with young adult men struggling with one or more of these mental health diagnoses. Young adult men and their families are finding hope and new ways of living beyond the challenges of mental health.
Progressive Program Phases

EXTENDED CARE

The first phase of PACE’s progressive step-down recovery process is the 90-day Extended Care Program. It helps guide clients back into society with therapeutic support designed much like a traditional residential program but within a more integrative environment. Clients are supported in a safe environment with a community of peers and a clinical team as they are gradually reintroduced to new freedoms and responsibilities. Here, we focus on assisting our clients with balancing recovery tools and commitments with career and/or education goals. Whether our client is looking to continue their education or re-establish themselves in the workforce, our PACE Academy team walks them through the necessary steps for success. It is in this phase where common self-destructive behaviors begin to be challenged and redirected.

TRANSITIONAL LIVING

The next phase is Transitional Living. Clients continue to live in a safe environment, surrounded by clinical resources, while they continue to explore the next steps and gain even more freedom. By this phase, clients are working and/or going to school and utilizing clinical resources as they continue to be challenged in everyday living.

INTENSIVE OUTPATIENT

The final phase is PACE’s Intensive Outpatient Program (IOP), which allows for the most freedom while still providing therapeutic and educational support as challenges arise. We believe a gradual reintroduction to life is the most effective way to sustain long-term success. IOP allows the client to maintain a full-time school or work schedule with the benefits of on-going clinical and peer support.
Specialty Programs

Specialty programs at PACE are specifically designed to meet the needs of the young adult men who come to PACE Recovery Center.

**PACE Academy**

PACE Academy is designed to meet clients where they are and to set them on the path to a successful and fulfilling life. The staff of PACE Academy offers academic and/or career counseling depending on the needs of the individual. We help clients determine and accomplish next steps wherever they are with their education. Clients have obtained their high school diploma or GED, enrolled in community college or a four-year university, or have begun graduate-level courses. Time management, structure, and healthy study habits are an integral part of the program. Clients who are ready to explore career and vocational opportunities are guided through creating resumes, applying for jobs, and practicing for interviews.

**Alternative Family Clients**

Over the years, PACE has had many clients who were adopted or raised in nontraditional family systems, which led us to create programming specifically for the attachment issues and unhealthy coping mechanisms unique to these individuals. This program is designed to address the underlying causes of mental health and addiction while fostering healthy, secure attachment styles in a safe and supportive environment. PACE’s highly specialized adoption program has clients from all over the world.

**Clinically Driven Experiential Programming**

Experiential programming facilitated by masters-level clinicians is another unique aspect of both PACE programs for substance abuse and mental health. Clients can process and work through anxiety, social phobias, and self-esteem issues, and to identify emotional and physical triggers within a real-life environment they experience. Programming has included visits to college campuses, social and sporting events, as well as hiking, surfing, and other outdoor activities.
The PACE Family Program

Often, the families of our clients need resources and support as well. The PACE Family Program creates space for the entire family to come together to work on dysfunctional and codependent patterns within the family. Families learn new ways to communicate with their loved ones, set boundaries, and create a plan of recovery for each family member.

Therapies

At PACE, we put a strong emphasis on the therapeutic process. Therefore, we are staffed with doctorate and masters-level therapists as well as certified drug and alcohol counselors. Our therapists and counselors are dynamic and engaging, and utilize various evidence-based therapeutic approaches, including but not limited to cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), narrative therapy, experiential therapy, and attachment-based therapy.

While at PACE, clients take advantage of individual one-on-one therapy to address core personal experiences that have led to substance abuse and/or mental health issues. Clients also attend therapy in a group setting where they begin to see they are not alone and are able to learn from one another’s challenges and triumphs. Clients gain skills and understanding through CBT, relapse prevention, anxiety and depression management, relational goals, the biology of addiction and mental health, and the phenomena of cross-addiction.
The residences of PACE are located in Huntington Beach, an oceanside city in Orange County. Each home is within blocks of the Pacific Ocean, as well as the Huntington Beach Pier and the popular downtown area that features hip restaurants, shopping, and outdoor activities. Orange County has a young and engaging recovery community and a lifestyle that emphasizes physical fitness and healthy eating. The residences range from 2,500 to 3,000 square feet, are limited to six clients per house, and are comfortably furnished with amenities. PACE homes are licensed by the California Department of Health Care Services (DHCS) and accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).
Clinical Sophistication

Our comprehensive approach to healing utilizes a dynamic, sophisticated combination of biological, psychological, social, and spiritual treatment modalities, spearheaded by a team of expert clinicians.

Fun in Sobriety

Enjoying life is just as important as working hard to create change in lifelong patterns and behaviors. The clinical team at PACE has put a lot of emphasis on creating weekend experiences that inspire clients and help them explore healthy options for fun and alternative stress relief. Weekends at PACE include activities ranging from hiking, whale watching, bungee jumping, paddleboarding, kayaking, beach days, surfing, paintball, museum visits, and other sporting and arts events. Some clients join local sporting teams such as the PACE softball or soccer league. There are activities and experiences for everyone in Southern California to find new passion and excitement for life!

Please visit our staff page to meet the entire PACE team.

www.pacerecoverycenter.com/treatment-team