

# STEP-UP RECOVERY FOR MEN

LOCATIONS IN CENTRAL & COASTAL  
ORANGE COUNTY, CALIFORNIA

**"A Quality, Affordable  
Continuum of Care Program  
for Men Since 1999"**



**Licensed & Certified  
Extended Care Treatment**

**Licensed & Certified  
Transitional Living Program**

**County Certified  
Sober Living Homes**

Call...**714-771-4522**

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

*With a desire and willingness,  
Step-Up Recovery Men achieve sobriety  
and build successful new lives in recovery.*

## **A CONTINUUM OF CARE PROGRAM**

**For the Best Chance of Success**, the current Recovery Industry Standard ideally recommends 90 days of Treatment, followed by 90 days of Transitional Living, followed by 90 days to 1 year of Sober Living.

**At Step-Up Recovery, we offer a quality, affordable Continuum of Care for Men** of all races and all walks of life suffering from the disease of alcoholism and drug addiction. Our integrative treatment approach focuses on men's issues, emphasizing physical, mental, emotional, and spiritual growth while building a strong foundation in recovery. Knowing from experience that every alcoholic/addict arrives with his own history and circumstances, the Step-Up Recovery Treatment Team develops an individualized recovery plan for each man who comes to us.

**With Residential Locations in both Central and Coastal Orange County, California**, we provide a non-institutional environment in which men recover. Our large, beautiful homes are located in the charming Old Towne neighborhood of Orange and just 1 mile from the beach in Costa Mesa. Our Extended Care Treatment, Transitional Living, and Sober Living Homes will help you chart a new course into a clean and sober lifestyle.

**In our Extended Care Treatment Program**, we will help you discover and deal with the roots of your disease. Through individual, group, and family counseling, we will assist you in rebuilding and establishing healthy relationships. Through your individualized Treatment Plan, we will guide you in setting and accomplishing personal goals. Through Relapse-Prevention planning, 12-Step participation, and fun sober outings and activities, we will help you build the vitality you need for success. Each man is challenged to grow from the inside out while experiencing physical and emotional sobriety and a 12-Step-based on-going support system.

**Our Transitional Living Program** will help you make a safe and gradual transition from higher levels of care back into mainstream society. In Transitional Living, you will put to use the skills acquired in Treatment while continuing to work on yourself and your disease. Transitional Living provides on-going structure within a safe, supervised, drug-free environment with strong peer support and follow-up Treatment Services.

**Our nearby County-Certified Sober Living Homes for Men** offer a seamless transition into an environment where you can pursue a career, education, and other goals while strengthening your foundation, developing your sober support system, repairing past damage, and establishing healthy relationships. In this phase of your recovery, you will build on the experience of other sober men living together as a recovery-centered family.

## Meet a Few Members of Step-Up's Recovery Team...

### WELCOME TO: *Sobriety, Health & Happiness*

**H**ello! In the years that I have been involved in recovery, I often reflect on the beginning of my journey, at a life-time bottom, coupled with fear, anger, and misdirection. I had made a life-changing decision that I needed help, change, and new direction.

I am eternally grateful that there were caring people ahead of me who had made the same decisions at the beginning of their journeys, people with patience and tolerance who were able to guide me in the direction of sobriety, health, and happiness! I have been on that path for a number of years and continue on it daily. Although it has not always been an easy path to travel, having willingness, desire, and a 12-Step community and lifestyle, it has most definitely been a rewarding one. Recovery has been a haven filled with guidance to surpass fear, anger, and misdirection on a daily basis!



**Michael Gaborno, CDAAC, CSAC-I**  
Director of Programs

**I**n the 26+ years that I have been clean and sober, I have seen the need for neighborhood-based chemical dependency treatment and sober living increase a hundred-fold. Those of us involved in Step-Up Recovery believe that with God's help we are creating safe, alcohol and drug-free places for addicts and alcoholics to gain sobriety and re-establish themselves. Our program is based on the 12-Steps, which have given new life to countless people seeking recovery.



In life, nothing of value comes without hard work and dedication. We believe that re-entering society as an accepted, productive, and responsible member is a goal worth working hard to achieve.

**Danny Commerford, CSAC-I**  
President

*Step-Up Co-Founders Debi & Danny Commerford*



**Kristen Dimeo**  
MA, MFTI  
Clinical Director  
Family Therapist



**Kevin Lish**  
AOD Educator  
Day Treatment  
Supervisor

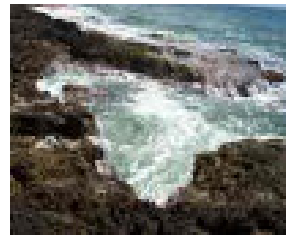


**Pat Hogan**  
AOD Educator  
Admissions  
Coordinator



**Lisa Parker-Meredith**  
Co-Founder  
& CEO

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or visit [www.stepuprecovery.com](http://www.stepuprecovery.com)



### OUR MISSION

*is to provide a solid Continuum of Care Program for men suffering from the disease of alcoholism and drug addiction.*

### OUR COMMITMENT

is to provide quality, affordable Extended Care Treatment, Transitional Living, and clean and sober Long-Term Support Housing where recovering alcoholic/addict men can achieve sobriety and build successful new lives in recovery.

**Since 1999**, Step-Up Recovery has been providing alcoholic/addict men from all walks of life and all scales of living with a safe, clean, solid stepping stone back into mainstream society. With respect and dignity, we've maintained a high level of care and helped lay the foundation for the men who've passed through our homes on their journeys into recovery.

### OUR BELIEFS

- That alcoholism/addiction is a disease and needs to be treated as one.
- That every man, woman, and child suffering from this disease deserves the right and dignity to find recovery.
- That society is better served by offering help to these individuals.
- That such help is best rendered by providing alcoholic/addicts with...

**1. Any necessary intervention and/or detoxification** to remove them from the physical aspects of their disease...

**2. Quality Treatment** to deal with the core issues and roots of their disease. And by...

**3. A longer-term safe, clean and sober support environment** where they can learn to live their lives in recovery and have the time they need to build the strong foundation required to continue fighting their disease, including the establishment of their ongoing involvement in a 12-Step Program.

- That by providing alcoholic/addicts these recovery opportunities, we will be offering the fundamental outline to the known success of recovering individuals worldwide.

As the rate of alcoholism and addiction continues to rise in our country, so does the need for quality, affordable treatment of the disease.

*Step-Up Recovery, Inc*

## EXTENDED CARE TREATMENT

A FULL 90-DAY PROGRAM for \$13,500  
(30 and 60 DAY PROGRAMS ALSO AVAILABLE)

### *Extended Care Treatment Services Include...*

- Assessment and Admission
- 24-Hour-A-Day Supervision
- Mandatory Alcohol and Drug Testing
- Court Liaison Services
- Individualized Treatment Plans and Follow-Up
- Weekly Case Review
- Private Counseling Sessions
- Daily Group Therapy Sessions
- Drug and Alcohol-Related Educational Groups
- Anger and Behavior Management
- Marital and Family Therapy Sessions
- Daily 12-Step Meeting Participation
- 12-Step Book Studies, Step Work, and Sponsorship
- Meditation, Goal-Setting, Accountability, Self-Reflection
- Life Skills - House Chores, Shopping, Meal Preparation
- On-Site Sintony - Chinese Yoga/Tai Chi/Martial Arts
- Supervised Fun Clean-and-Sober Outings and Activities
- A Client In-House Treatment Workbook
- \$50 Weekly Food Allowance & Grocery Trips
- Semi-Private Rooms - Up to Two Clients per Bedroom
- Wireless Internet, Large Flat-Screen Cable TV, Phone, BBQ, Private Yard, Heated Spa with Therapy Jets, Washer/Dryer
- Help with Employment and/or Educational Plans
- A Written Individual Relapse-Prevention Plan
- Transfer into Transitional Living and Sober Living

**Available at additional cost** - Family Intervention Services, Detoxification Services (including both Medical and Holistic approaches), Dual-Diagnosed/Psychiatric Care, Massage Therapy, and Sobriety Chaperone Services.

**In addition, Step-Up Recovery addresses** issues and concerns relating to depression, anxiety, low self-esteem, isolation, and manipulative behaviors. Our staff members are experienced, certified, licensed, compassionate, individuals who are dedicated to helping you succeed.

### *Our Extended Care Treatment Phases Include...*

**Core Phase I** - Intensive counseling in a very structured treatment environment with 24-hour supervision.

**Life Phase II** - Integrating employment and/or educational activities into the client's Treatment Schedule.

**Pre-Transitional Phase III** - Preparing to return to the community, preparing for employment and/or education, Foundation-Building and Relapse-Prevention Planning while still in treatment.

**Phase Placement** will vary, based on past treatment history and Clinical Assessment. **Cost Determination** is based on the Client's Treatment Plan.

Full 90-Day Treatment Program	\$13,500
Adjusted 60-Day Treatment Plan	\$ 9,500
Adjusted 30-Day Treatment Plan	\$ 5,000

## TRANSITIONAL LIVING PROGRAM

\$2,950 PER MONTH  
(90 DAYS RECOMMENDED)

**The Step-Up Recovery Transitional Living Program** is for clients who have successfully completed our 90-Day Extended Care Treatment Program or who have previously completed outside treatment of the same caliber. Our affordable Transitional Living Program is designed to give recovering alcoholic/addicts the opportunity to make a safe and gradual transition from higher levels of care back into mainstream society. In Transitional Living, our residents put to use the life skills they have acquired in treatment while continuing to work on themselves and their disease. Transitional Living provides on-going structure within a safe, supervised, drug-free environment with strong peer support and follow-up Treatment Services.

**While in the Transitional Phase of Treatment**, residents are expected to work or attend school. (Step-Up Recovery staff members understand the difficulties of transitioning from Treatment to mainstream and are prepared to help clients in obtaining employment and/or making educational plans.) After initial Treatment followed by Transitional Living, our clients are encouraged to transfer into longer-term, affordable Sober Living as a final phase of their Treatment Plan.

### *Transitional Living Services include...*

- Initial Recovery Assessment and Admission
- On-Site Treatment Manager and Shift Supervisors
- Mandatory Alcohol and Drug Screening
- Weekly Individual Counseling Session and Case Review
- Twice-Weekly Mandatory House Meetings
- Regular 12-Step Participation Required
- Life Skills - House Chores, Shopping, Meal Preparation
- Help with Obtaining Employment and/or Educational Plans
- Supervised Clean-and-Sober Group Outings and Activities
- Monthly Sobriety Celebration BBQ
- Individualized Relapse-Prevention Plan and Follow-up
- Transfer into longer-term, more affordable Sober Living
- \$50 Weekly Food Allowance & Grocery Trips
- Semi-Private Rooms - Up to Two Clients per Bedroom
- Wireless Internet, Large Flat-Screen Cable TV, Phone, BBQ, Private Yard, Heated Spa with Therapy Jets, Washer/Dryer
- Close to many 12-Step Meetings and located near bus routes, stores, and a wide variety of work opportunities
- On-Site Drug and Alcohol-Related Educational Groups\*
- On-Site Sintony - Chinese Yoga/Tai Chi/Martial Arts\*

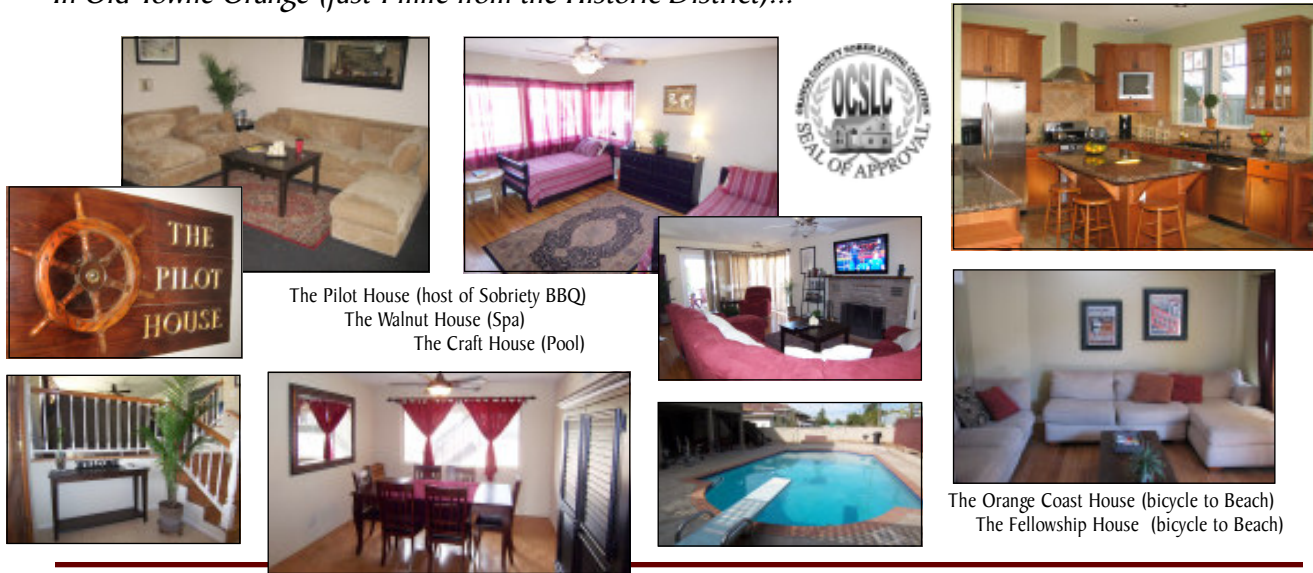
\* NOTE: Educational and Martial Arts Services are offered in Extended Care Treatment Schedule. Transitional Living clients' attendance depends on their work/school schedules.

**Available at additional cost** - 24-Hour Fitness All-Club Corporate Gym Membership, Court Liaison Services, Additional Private Counseling, Family Counseling, Dual-Diagnosed/Psychiatric Care, Massage Therapy, Sobriety Chaperone Services, and Additional Transportation Services.

# OUR RECOVERY HOMES

...and in Coastal Costa Mesa  
(just 1 mile from the Beach)

In Old Towne Orange (just 1 mile from the Historic District)...



The Pilot House (host of Sobriety BBQ)  
The Walnut House (Spa)  
The Craft House (Pool)

The Orange Coast House (bicycle to Beach)  
The Fellowship House (bicycle to Beach)



**Payment Options:** Cash or Check; VISA, MasterCard, American Express; HealthOne (www.healthone-financial.com); Medical Insurance accepted with pre-authorization.

**CALL US to discuss your individual financial situation.**

## ATTENTION MUSICIANS

**We've been there!** We understand the importance of artistic success, as well as the troubles that sometimes arise from this lifestyle. In addition, we understand the desire to have artistic success coincide with a quality lifestyle of sobriety. Step-Up Recovery is uniquely qualified to help musicians attend their engagements, including gigs and public appearances. **Our Sobriety Chaperone Services** enable working musicians to meet those commitments while in Treatment. An experienced chaperone will accompany you to your appearances and ease the pressure of having to perform and mingle while you are privately working on your sobriety and Treatment Plan.



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**or visit [www.stepuprecovery.com](http://www.stepuprecovery.com)**

STEP-UP Recovery, Inc.  
P.O. Box 5525, Orange, CA 92863 info@stepuprecovery.com

## SOBER LIVING HOMES

**\$700 - \$880 PER MONTH**

**PLUS \$50 MOVE-IN ADMINISTRATIVE FEE**

**CAARR-REGISTERED & APPROVED** All of our Sober Living Homes are registered, inspected, and approved members of the California Association of Addiction Recovery Resources.

**COUNTY-CERTIFIED** The Pilot House and The Craft House are Orange County Sheriff-Certified, working with Drug Courts.

**OCSLC SEAL OF APPROVAL** All of our Sober Living Homes are inspected and approved members of the Orange County Sober Living Coalition.

**SPIN-APPROVED** The Pilot House is approved by and accepts funding from SPIN (Serving People in Need).

### **Our Sober Living Homes Offer...**

- Large, Beautiful Homes
- Big-Screen Cable Television
- Smoking Patio
- Free Wireless Internet
- Free Telephone with Unlimited Local & Long Distance
- Regular House Meetings
- Monthly Sobriety Celebration BBQ
- Washer & Dryer
- Close to Many 12-Step Meetings
- Conveniently Located near Bus Routes, Stores, and a Wide Variety of Work Opportunities
- Free Weights and/or Optional 24-Hour Fitness All-Club Corporate Gym Membership (\$30 per month)
- 12-Step Participation & Drug Testing Required