



SUMMIT ESTATE

# Luxury Rehab Center

Call Summit Estate today to get started  
on your recovery!

800.701.6997



# Contents

---

## **Summit Estate is a Luxury Drug and Alcohol Rehab Center in Silicon Valley..... 3**

Holistic Activities ..... 3

Therapeutic Counseling ..... 3

Non-12-Step Approach..... 4

## **Luxury Substance Abuse Treatment Programs with an Individualized Approach..... 4**

Substance Abuse Treatment at Our Luxury Rehab Center ..... 4

Comprehensive Treatment Options..... 5

Dual Diagnosis Treatment..... 5

Substance abuse can affect anyone, regardless of age, race, or economic background. If you've found yourself battling addiction, it's vital to remember that you're not alone. Our residential and outpatient treatment programs are here to help. At Summit Estate Recovery Center, we're proud to provide luxury substance abuse treatment programs to help you recover from addiction and mental health disorders in comfort. Doing so ensures that the individual is able to stay sober for longer periods of time, allowing them a greater chance at long-term recovery. To learn more about the advantages of our substance abuse treatment programs, contact Summit Estate Recovery Center today by calling 800.701.6997.

## Summit Estate is a Luxury Drug and Alcohol Rehab Center in Silicon Valley

We offer a wide range of high-end amenities and accommodations, along with a high staff-to-client ratio of 3-to-1.

Many people think that addiction can stop as soon as the person wants to stop. Unfortunately, abusing substances is not a problem of willpower. Because substances change your brain's chemistry, it becomes dependent on the illicit drug



or alcohol. As such, you need effective treatment options to retrain your brain into working without relying on them.

### Holistic Activities

Whatever it takes to help clients heal mentally and physically while feeling comfortable during the recovery process at Summit Estate. Whether you require frequent yoga instruction, various massage techniques, personal training, or nutritional counseling, our treatment center can provide what you need. Let us help you heal your mind, body, and soul with our exceptional holistic activities.

### Therapeutic Counseling

Let's talk about it. We know a long-lasting recovery isn't going to happen if treatment seekers stay to themselves and keep all of their secrets and difficulties bottled up. We use one-on-one therapy and group counseling at all of our facilities. We offer both evidence-based and holistic treatments, which we will tailor to ensure that you're getting the best care possible.

## Non-12-Step Approach

Not everyone benefits from the classic 12-step approach to addiction treatment. We focus on delivering highly personalized treatment using holistic and clinically based methods. Clients are provided the opportunity to learn about various recovery options in group and individual recovery sessions. Furthermore, with non-12-step treatment options, we have a treatment approach that nearly anyone can use to facilitate their recovery.



Click to watch video

## Luxury Substance Abuse Treatment Programs with an Individualized Approach

At Summit Estate, our individualized [substance abuse treatment programs](#) feature a three-pronged treatment philosophy: Holistic Activities, Therapeutic Counseling, and a Non-12-Step Approach.

Each modality is crucial to helping our clients convincingly and comfortably recover from drug and alcohol addiction. Clients at both our residential estate and our outpatient facility in San Jose, California benefit from our multifaceted approach to addiction treatment. We offer a wide array of services, including:

### Substance Abuse Treatment at Our Luxury Rehab Center

At our luxury rehab center, we recognize that addiction can strike anyone, No matter what their situation may be. We want to help you overcome these challenges so that you live a life of excellence once more. We help clients recover from all forms of substance abuse. We offer a wide array of addiction treatment programs, including:

- [Alcohol addiction treatment](#)
- [Heroin addiction treatment](#)
- [Cocaine addiction treatment](#)
- Opioid addiction treatment
- Prescription drug addiction treatment

Furthermore, with evidence-based approaches, such as cognitive-behavioral therapy and dialectical behavior therapy, we'll teach you how to face triggers and temptations. We'll also provide coping mechanisms that you can use outside of treatment while helping you understand why you started using drugs or alcohol in the first place. With the help of these treatment programs, you'll find that it's easier to stay sober in the future.

# Comprehensive Treatment Options

As part of our substance abuse treatment programs, we provide our clients with full continuity of care.

For instance, our services include:

- **Medical detox services:** When you decide to overcome addiction, the first step is detox. This process eliminates the substances from your body. Without the proper treatment, the process can be somewhat uncomfortable because, in order to eliminate the substances, you have to overcome the withdrawal symptoms. Fortunately, with medication-assisted treatment, this process can go much more smoothly and comfortably.
- **Residential treatment:** After detox, it is best to enter a residential treatment center, as doing so provides around the clock support for your needs. During this time, you'll learn how to cope with the challenges of recovery and understand the reasons behind your substance use.
- **Outpatient treatment:** When you no longer need around the clock support, outpatient treatment is the next step. During outpatient treatment, you'll attend therapy a few days a week and stay at home for the rest of the time. This treatment gives you a chance to put what you learned in therapy into practice.
- **Aftercare services:** Once you leave treatment, you don't have to feel

like you're alone. With aftercare services, we'll help you reintegrate back to your regular life and ensure that you're able to stay sober throughout the recovery process.

In other words, we're prepared to take clients from the very first stages of recovery through re-integration back into your new sober life. Our staff members are kind and compassionate and ready to join you on this journey. Furthermore, no matter where you are on your recovery journey, we understand your challenges and can give you the tools that you need to get through them.

## Dual Diagnosis Treatment

Mental health and addiction often come hand in hand. In fact, many people who get only addiction treatment relapse due to the fact that they were using substances to self-medicate a mental health disorder. As a result, we also offer customized treatment for those with co-occurring disorders, such as depression, anxiety, trauma. We call this dual diagnosis treatment. Dual diagnosis treatment is a treatment option that addresses both mental health conditions and addiction simultaneously. This treatment gives you the best possible chance for long-term recovery.

Dual diagnosis treatment is vital for those who are battling both mental health conditions and addiction. If you only choose to get treatment for your addiction, you will find that your mental health symptoms have come back uninhibited.

Without the tools to manage these symptoms, you feel unable to cope and relapse back into your drug or alcohol use.

Alternatively, without addiction treatment, you will continue to use your chosen substance, which, in turn, can lead to worsening mental health problems.

However, with dual diagnosis treatment, we will help you get to the root cause of your addiction and mental health condition. Then, we'll identify tools that you can use to cope when you're struggling with the symptoms, allowing you to attain sobriety for longer periods of time.

"I came to Summit Estate and was truly amazed at the kindness, caring, and knowledge of the staff. I left Summit Estate after having worked out many issues that had lead me to stop doing all the things that kept me so happy and sober previously. I departed with an awesome exit strategy and began life a new man."

-B.B.

## Reach Out to Summit Estate Recovery Center

At our luxury rehab center, we want to give you the tools that you need to overcome addiction. With the help of our treatment programs, you'll learn about yourself and gain healing throughout your entire person: mind, body, and soul.

Don't let addiction take over your life anymore. When you reach out to Summit Estate Recovery Center, you know you're getting the best care possible at our luxury rehab center. For more information about our treatment programs or to enroll at Summit Estate, contact us today by calling **800.701.6997**.

**Get in Touch For Help Now!**