

Serenity House Profile

Serenity House is located in the mountains of Costa Rica, overlooking the beautiful Central Valley of San José. We are a licensed residential treatment provider that offers a nurturing environment that promotes tranquility and wellness for the treatment of substance abuse and its related behavioral health disorders.

Our mission is to help residents regain control of their lives, while teaching them the tools to maintain a drug, alcohol, depression and anxiety free lifestyle.

Our vision is to provide a holistic program of total healing that embraces the language of recovery. Our approach includes attention to the individual's emotional needs as well as the development of physical and psychological health, family relations, social supports and spiritual factors that support sustained recovery.

Background

In 2007 three very enterprising people combined their professional and personal life experiences to start Casa Serenidad. They include a renowned physician who specializes in addictions; a well-known film producer who decides to turn his life around and seek help to stop using drugs, and a mother and businesswoman who wants to offer the hope of change to other families undergoing similar situations.

The need for specialized addiction treatment centers is well known throughout the United States and Latin American. Serenity House provides medically supervised, comprehensive residential care in a breathtaking tropical haven, utilizing the most advanced, evidence-based therapeutic approaches available in the western hemisphere.

Philosophy

Serenity House is a residential center for addiction treatment and dual-diagnosis behavioral health disorders. The integrated treatment model includes psychiatry, medication-assisted treatment, 12-step recovery, and the most advanced, evidence-based cognitive behavioral therapies, including Motivational Enhancement Therapy, Rational Emotive Behavior Therapy and Dialectical Behavior Therapy.

Staff

With years of experience, teams of highly qualified, licensed and credentialed professionals are committed to providing the most effective treatment available.

The Serenity House therapeutic team consists of professionals from Latin America and the United States, with a combined track record of over 100 years of experience in addiction treatment.



Directo, Francisco Jimenez, MD, psychiatrist, trained in addictions medicine at Johns Hopkins University, and has specialized in addiction medicine for over 30 years through Latin America and the Caribbean.

Clinical Coordinator, Elizabeth Seawood, MA, MPsc, has a master degree from Albertus Magnus College in Connecticut and has worked in psychoanalysis in Costa Rica for more than 15 years. Services provided as a trauma expert for the refugees department of ACNUR (High Commissioner for refugees from the United Nations).

Brian Wall, CADAC, Brian received his Bachelor of Arts in Business Administration from Saint Leo University in Florida and his Master of Science in Counseling Psychology from Capella University in Minnesota. He has amassed over a decade of counseling experience treating individuals and families in various clinical settings. He is nationally certified through the National Board of Certified Counselors (NBCC #265101) as a behavioral health provider (NCC) and a Masters Addiction Counselor (MAC). He is also licensed by the state of NC as a Licensed Professional Counselor (LPC #7369) and Licensed Clinical Addiction Specialist (LCAS #2006).

Group and individual therapist, Salomon Hayon Zafrany, is a certified Psychologist with a Summa Cum Laude degree. He's expertise in the clinic area and psychodiagnostic. Also has been trained in the areas of psych diagnostic and cognitive behavior therapy. His Studies in the Aaron Beck Institute give an invaluable approach to the team of Serenity House in the treatment of depression, addiction and suicides conducts.

Program

Our comprehensive treatment approach is designed to meet the specific needs of each client, and incorporates early intervention, medical evaluation and detoxification, primary and extended residential treatment, relapse prevention, family education and counseling.

A team of physicians, certified addiction specialists, psychologists and therapists, evaluates each individual. The treatment team uses a variety of diagnostic and clinical tools, including evidence-based clinical assessments, to develop a logical and effective individualized treatment plan.

The basic model of care at Serenity House is a 90-day residential treatment program. Our approach to substance abuse and behavioral healthcare is based on the following core principles:

- Addiction is a complex disease with elements of genetics, biological exposure, conditioning, and adaptive processes. In order to be successful, the treatment of addictions must be ready to address all of these complex processes.



- Addictions occur within the context of the human condition, and it is fundamental to the treatment of addictions that we examine and explore the human experience through evidence-based psychotherapeutic processes.
- The power to change rests solely in the individual, and effective treatment is always client-centered, enriching the individual's motivation to change.
- At the same time, addictions never occur in a vacuum. Understanding the world from the client's point of view, and helping the client to achieve a more balanced life requires the involvement and education of the client's loved ones.

Personal Growth

Cognitive-behavioral approaches have been proven to be very effective in the treatment of addictions and other behavioral health problems. At Serenity House, we have integrated powerful elements of Dialectical Behavior Therapy and Rational Emotive Behavior Therapy into all aspects of our treatment program, helping clients to learn new strategies of cognitive and emotional regulation. Because change occurs only through practice, and only in the here and now, every aspect of daily life at Serenity House is a therapeutic opportunity to learn new ways of interpreting the world and develop the cognitive and emotional regulation necessary for a balanced life free from addictions. We call this phenomenon the mindful milieu. Throughout our lives, we've learned many unhealthy ways to support our addictions. Many of us grew up in families that may have enabled our unhealthy behaviors, and residential treatment offers many opportunities to learn new, healthy behaviors that improve our ability to regulate our own emotions and behaviors, and lead happier lives. We do this by helping people to develop:

- Better distress tolerance
- Emotional regulation
- Mindfulness
- Interpersonal effectiveness

Spirituality and Meaning

Life is impermanent, and often filled with dissatisfaction, anxiety and suffering. While modern, evidence-based approaches have proven successful in enhancing people's ability to abstain from drugs, finding meaning to the challenges and suffering we all experience is essential to sustained recovery. At Serenity House you will have many opportunities to explore your inner experience, and develop a sense of where you fit in the world.

Mindful Body

There is overwhelming evidence to show that regular physical activity can be as effective, and often more effective than conventional medical treatment. For that reason, we will encourage you to engage in a physical activity daily. Our medical team will monitor and ensure your ability



to engage in exercise safely, and our recreational assistants will help you find up physically challenging activities that are enjoyable to you and that you can sustain long after you leave Serenity House.

Theoretical Models Represented in the Treatment Program

The therapeutic program at Serenity House is designed to facilitate highly individualized growth within a framework of broad, *evidence-based* approaches to personal growth. The broad framework embraces the following theoretical and scientific approaches:

- A *medical model* that recognizes the biological nature of many behavioral health disorders, and uses *best-practices care* in medicine and psychiatry to treat them.
- A model of how people learn based on Adult Learning Theory, that embraces the following principles:
 - o Adults are internally motivated and self-directed
 - o Adults bring life experiences and knowledge to learning experiences
 - o Adults are goal oriented
 - o Adults are relevancy oriented
 - o Adults are practical
 - o Adult learners like to be respected
- A set of evidence-based therapeutic approaches that fit under the broad spectrum of cognitive-behavioral therapies. These approaches included:
 - o Dialectical Behavior Therapy
 - o Rational Emotive Behavior Therapy
 - o Transactional Analysis
 - o Motivational Enhancement Therapy
- An approach toward physical health that embraces the principle of wellness, *an active process of becoming aware of and making choices toward a more successful existence.*

Types of Therapy

The program includes individual and group psychotherapy, education, integrative health and wellness, recreation and physical activity to address the issues surrounding substance abuse, addiction, co-dependence, mental illness, trauma, and social pressures that contribute to a person's inability to stop using drugs.

In the daily schedule, you will see different names of therapies. Following is a brief description of each.

Art Therapy



Art therapy is a form of psychotherapy that uses art as its primary method of communication. It is not a recreational activity or an art lesson, although many people find them highly enjoyable. Clients do not need to have any previous experience or expertise in art.

12 Step Groups

These are group therapies that are based on the principles and 12 steps of Alcoholics Anonymous (AA) and Narcotics Anonymous (NA). They may include groups call “Step Study,” “Step Work,” “Book Study,” “Relapse Prevention,” and “Sponsorship.” In every case, they are designed to help residents understand the foundations, principles and activities of 12 step recovery.

AA and NA Meetings

During your stay, you will have the opportunity to begin to attend Alcoholics Anonymous and Narcotics Anonymous meetings in the community. After your graduation of Serenity House, you’ll go back to your home, and find it’s the same old world with the same old problems. But by attending AA and/or NA, you’ll discover that there are millions of people out there who are supporting one another in these beautiful fellowships. By sharing your common experiences through these fellowships, you will learn that people in recovery understand each other’s problems better than their families and friends and doctors.

Structured Group

Refers to a wide variety of therapeutic approaches employed by highly trained specialists in group therapy. The “structure” of structured groups refers to the therapeutic approach being used, and may not be immediately apparent to the participants. Therapeutic approaches commonly used in structured group therapy include Gestalt therapy, Psychodynamic therapy, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Logo therapy, Didactic, and Psychoeducational groups.

Specialty Group

Refer to groups that address specific topics common to recovery. They are similar to psychoeducational groups in that they involve some teaching, combined with application to specific circumstances and a discussion of the topic among participants. Common topics include anxiety, depression, trauma, intimacy, family, sexuality and spirituality, but may involve a much wider variety of topics that are relevant to the needs of the specific group of residents at any given time.

Rational Emotive Behavior Therapy (REBT)

Is an evidence-based approach to personal change that helps people to understand how the beliefs that they hold toward themselves, toward other people, and toward events in their lives determine the emotional responses that they experience.



Transactional Analysis (TA)

Is an evidence-based approach to personal change that helps people to understand how their behavior is often “scripted” in their relationships with significant others. By understanding and analyzing these “script” and the archetypal roles that human beings adopt in their lives, Transactional Analysis helps people to improve communication and improve the quality of their relationships with others.

Health Education

The primary goal is to engage people in decision-making regarding their own health and well being. The most basic way in which we do this is to teach people about common health issues, medications, diagnoses, and different approaches to their self-care.

Yoga

Yoga refers to the physical, mental, and spiritual disciplines, which originated in ancient India. It is one of the six orthodox schools of Hindu philosophy, and the different traditions of yoga are found in Hinduism, Buddhism, Jainism and Sikhism. There is a growing body of scientific evidence that demonstrates the effectiveness of yoga in the treatment of chemical dependency, depression, anxiety and a number of other behavioral health problems.

Tai Chi Chuan

Is often described as "meditation in motion." There is a growing body of scientific evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems, including depression, anxiety and chemical dependency. In this low-impact, slow-motion exercise, you go without pausing through a series of motions. As you move, you breathe deeply and naturally, focusing your attention on your bodily sensations.

Key amenities

Intervention assistance.

Intervention in a caring and non-judgmental environment is used to break through the denial and resistance that has prevents your loved one from asking for the help they need. Our partnership with The Circle of Care Consultants, Inc. can make us provide decades of intervention experience to break down denial and decrease resistance to change.

Escort Services

We are also very familiar with the fear and uncertainty associated with the decision to admit oneself to alcohol and/or drug treatment. We provide companion to clients and loved ones on their journey to treatment. By a partnership with Sober Escorts, Inc. we provide licensed and experienced clinical mental health counseling, master level therapist, board register



interventionist and social worker to address your concerns, allay fears, and impart the knowledge that they have made the best decision of their lives. They will lend their strength, encouragement, and support to the client in an effort to insure a successful trip to treatment.

Body, mind and soul integrative approach

We help people to be mindful in the care of their bodies, mindful in their thinking, and to explore their own spirituality, which helps to guide them naturally to begin a process of recovery. Such integration allows the person to regain their dignity and form creative, life giving, and intimate relationships with self, others and the universe.

Family assistance

Family support, therapy and education make a vital difference, and can be critical to an individual's recovery.

Thru videoconference and family workshops we help families to identify patterns of behavior that impede recovery, and to learn tools toward developing or restoring healthy boundaries and communication.

Setting

We believe environment plays an essential role in recovery, and this is why our home reflects a tranquil, safe and supportive familial environment. With over 10 acres of private property, surrounded by lawns, gardens, mountains, streams, tropical rain forest and wonderful views, Serenity House provides a healthy change of environment that promotes healing.

Our facilities are equipped with all the comforts of a luxury home, including spacious living rooms, quiet terraces and balconies, comfortable semi-private rooms, game areas, pool, Jacuzzi and a comfortable open air gym.

Price value

A program like ours in the United States can be priced from US\$ 50 000.00 to US\$ 60 000.00 for one month of treatment, our cost is a quarter of that price and we have all the international standards and individualized treatments necessary with just a 2 hour plane ride from Miami International Airport, with more than 16 daily flights.



Treatment Cost

Pricing and Packages

Packages: Complete residential treatment base in a determine length of time

Service	Description	Fee – Type	Fee
Standard 90 days Rehabilitation Package	Room & Board (semi-private accommodation)	90 day package	US\$28 500.00
Standard 30 days Rehabilitation Package	Room & Board (private accommodation)	30 day package	US\$ 10 500.00
Rapid Rehab for Professionals Package	Room & Board (semi-private accommodation)	14 day package	US\$ 7 000.00

All packages includes service includes:

- Travel planning assistance
- Medical expense and emergency evacuation insurance
- Travel insurance with a coverage while your stay in your Costa Rica
- Medical examination on arrival
- Comprehensive bio-psycho-social assessment
- Clinically managed detoxification ASAM III.2-D
- ASAM III.5 residential rehabilitation program
- All food, beverages and living needs
- Four follow-up videoconference with our individual therapist after discharge (1st week, 2nd month, 6th month and 1st year)

Medical resume and weekly report for your in house physicians during your stay

Per-diem Charge: Room & board and one program fee each day

Service	Description	Fee – Type	Fee
Residential Treatment	Room & Board (semi-private accommodation)	Per-diem	US\$ 240.00 /Daily

The above services includes:

- Medical expense and emergency evacuation insurance
- Travel insurance with a coverage while your stay in your Costa Rica
- ASAM III.5 residential rehabilitation program
- All food, beverages and living needs

Serenity House
LIFE. RECOVERED.