



# SAN DIEGO'S PREMIER TRANSITIONAL LIVING PROGRAM FOR YOUNG ADULT MEN

The Grounds Recovery is a transitional living program for young men [18-30] who have struggled with substance use and addiction, and who have completed primary treatment, a wilderness program, attended therapeutic boarding school or participated in other interventions.

## BEYOND SUBSTANCE USE AND ADDICTION

At The Grounds, we help our members develop the independent living skills necessary for a successful transition into a healthier lifestyle. Our program is designed to meet the specific needs of young adult men in recovery with foundational elements based on intensive mentorship relationships and peer-to-peer accountability. We combine this with abundant recreation and work experience to follow the simple edict of "work hard, play hard" as both a guiding principle and metaphor for a life in balance.

*Join Us in Recovery! To qualify, candidates must be substance-free, graduated from an initial treatment program, and be open and willing to try a new way of living. If you or your loved one meets these criteria, call us today - 805-698-1947*



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## THE PROGRAM

90 Days Main House [24/7 Supervision]

90 Days Step-Down House

Intensive Mentoring

Recovery Coaching

- 12-Step Immersion
- Monitoring & Accountability
- Daily Meditation
- Peer-to-Peer Counseling

Life Skills Curriculum

- Culinary Classes
- Semi-Independent Living

Vocational Coaching and Guidance

- Work Experience
- Financial Literacy
- Educational Planning
- Career Exploration & Planning

Clinical Services

- Individual Therapy
- Group Therapy
- Family Therapy
- Equine Therapy
- Medication Management

Recreation and Outdoor Activities

- Surfing, Hiking, Biking, Skiing, Climbing & Physical Fitness

Health and Wellness/Self-Care

Service Work

Transition Planning





## THE GROUNDS' RESIDENCES

The Grounds' main and step-down houses are centrally located near the beach, recovery meetings, universities and employment opportunities. The homes are thoughtfully appointed with ample indoor and outdoor living space that provides opportunities for both relaxation and interaction.

- State of the Art Kitchens
- Outdoor Living Areas
- Spacious Living Areas
- Laundry and Storage
- Wellness Area
- Workout Room
- Computer Nooks & Work Spaces

For more information, call Scott DeLeau, Admissions Director at The Grounds, 858-251-9409 or email to [scott@thegroundsrecovery.com](mailto:scott@thegroundsrecovery.com) or visit us online at [www.thegroundsrecovery.com](http://www.thegroundsrecovery.com)