



**HOPE IS CLOSER
THAN YOU THINK**



FoundationsSanDiego.com
619-321-2094

FOUNDATIONS SAN DIEGO



FEEL THE WARMTH

Serving patients both locally and nationwide, Foundations San Diego offers integrated treatment and recovery support for the unique needs of individuals with co-occurring disorders. Our distinctive outpatient treatment continuum offers evidence-based therapies for addiction and mental health issues, all located in our comprehensive outpatient facility in the hub of the Hillcrest metropolitan area. We provide a peaceful setting for trusted and personalized care.

EMBRACING UNIQUENESS

Foundations San Diego embraces diversity and the uniqueness of the individual. We have specialty treatment groups offering supportive therapy to the LGBT community, professionals and people of all backgrounds and cultures. We foster a safe, restorative and compassionate environment where patients are encouraged to be their authentic selves. With customized treatment plans and a variety of programming, everyone has a place at Foundations San Diego.





WE KNOW WHAT WORKS

Choose treatment you can trust. At Foundations San Diego, we pride ourselves on sustaining a tradition of time-tested results and compassionate care. We are dedicated to evidence-based, integrated treatment that addresses both addiction and co-occurring mental health issues like trauma, anxiety, bipolar disorder or depression. Research shows that our approach provides the best possible chance of long-term recovery.

ABOUT YOUR RECOVERY PATH

We use a continuum of individual and group therapies alongside a variety of proven therapeutic methods. Walking with patients through a stages-of-change approach, our team offers specialty and process groups to meet the needs of a diverse population. Daytime programming includes Partial Hospitalization and Intensive Outpatient levels of care, SMART recovery, Refuge Recovery and multi-family support groups.





OUR TEAM

Our staff consists of licensed master's-level therapists with expertise in treating addiction and associated psychological problems. Leading with a wealth of experience and understanding, the Foundations San Diego team is dedicated to providing the best quality care. Guiding patients through every step of the treatment process, our compassionate staff can be trusted to empower individuals to rediscover their best selves.

THE FRN DIFFERENCE

Foundations San Diego is part of Foundations Recovery Network. Our programs have been cited as the “gold standard” in the behavioral health industry, classified in the top five percent of treatment programs according to the Dartmouth Psychiatric Research Center. FRN provides a full scope of services and levels of care for those in need of treatment. Find out more at [FoundationsRecoveryNetwork.com](https://www.FoundationsRecoveryNetwork.com).



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*A proud member of
Foundations Recovery Network.*

