

## **SouthCoast Recovery Premier's Depression Treatment Program**

*SouthCoast Recovery believes that recovery is a transformation in all areas of life. The Depression Track program is now available during 30, 60 and 90-day residential treatment in addition to our drug and alcohol treatment programs at SouthCoast Recovery. The 90-day program is recommended for long-term success in recovering from depression. For more information on the Depression Track program, please call... It's about living.*

Dan Point, CA (FPRC) April 23, 2008 -- SouthCoast Recovery, a premier southern California alcohol and drug rehab center, announces the addition of a Depression Track to its 30, 60 and 90-day residential treatment program.

Regardless of age, race or sexuality, people from all walks of life seek help for depression, alcohol and drug addiction. Men and women from our community may struggle with issues pertinent to depression that could contribute to alcohol or drug abuse. SouthCoast Recovery recognizes the need for specialized programs in depression, drug and alcohol that are tailored to the individual that they will address.

SouthCoast Recovery provides a safe and supportive environment for those struggling with depression, offering an assigned counselor for one-on-one sessions, individual therapy treatment targeting depression issues

SouthCoast Recovery offers highly trained staff members from a variety of backgrounds with over 100 years combined experience in the recovery field. Clinical psychology staff works together with certified addiction counselors to tailor a program specific to each individual client. A clinical diagnostic test determines the possible existence of dual diagnosis, such as anxiety and depression.

Staff members at SouthCoast Recovery take into account other contributing factors such as family dynamics, personal relationships, co-dependency, sexual triggers or abuse, economic factors and health conditions. Based on clinical results, a comprehensive treatment plan is developed based on each client's needs. This will include a combination of traditional Western medicine and advanced Eastern holistic practices, such as meditation, acupuncture and massage therapy to provide each client fighting depression with the most complete healing experience of mind, body and spirit.

Our program, which is recognized as the most widely successful model of recovery, is the basis for most other alcohol and drug treatment programs. The SouthCoast Recovery comprehensive social model emphasizes involvement in the local recovery community during depression or alcohol and drug treatment. Clients working to cope with depression attend daily depression therapy specific meetings, as well as, 12-step meetings where there is a safe and supportive forum to share with others who have similar struggles.

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For more information, please visit [www.southcoastrecovery.com](http://www.southcoastrecovery.com), or call our office at (866) 847-4506.

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### **Keywords**

[Depression Treatment](#)  
[Depression Therapy](#)  
[Drug Rehab](#)

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