

RESIDENTIAL MENTAL HEALTH • DUAL DIAGNOSIS ADDICTION TREATMENT



**D'AMORE**

HEALTHCARE

*Healing with Heart™*

*We are a recognized behavioral health and psychiatric provider  
adept in serving the complicated needs  
and questions that are a natural part of life.*



**D'AMORE**  
HEALTHCARE  
*Healing with heart.*

*Specializing in*  
**Crisis Stabilization, Residential Mental Health,  
Detoxification and Dual Diagnosis Treatment.**

Mental illness deepens and broadens in the quiet and the dark. Any mental illness reduces self-efficacy (the ability to problem solve through life's unexpected events) and human connection. In the silence, shame's voice has power and invites stigma. But, in D'Amore's care, shame has no home and less power with each day of services. Patients identify respect of self, respect for others and thus, learn to live independently.

Mental health, dual diagnosis and substance use disorders can be arrested in our warm, structured, residential environment. Recognized in the United States, as the behavioral health and psychiatric provider adept in serving the complicated needs and questions that are a natural part of life. D'Amore Healthcare is reducing re-hospitalization rates through effective care coordination, close psychiatric monitoring, effective behavioral therapies, the rigor of a program schedule and human connection (including the fellowship of an alumni community), outcomes and trauma informed care.

Located in the sunny Southern California coastal communities of Orange County, D'Amore Healthcare treats the whole person: physical, mental, spiritual, emotional, social, legal and vocational.

The Joint Commission accredited D'Amore Healthcare in 2016, noting our uniquely compassionate quality of care, patient to staff ratio and 24/7 mindfulness of safety and stability. If you want to take a peek into our daily operations, you will find that D'Amore Healthcare is not just a safe haven for people that want change, it's a resource of trained helping professionals tuned into best practices and results. Touching local and National communities, our patients and their families testify: dignity replaces shame, problem solving overpowers isolation and courage empowers change.

## Our Mission

Improve public health by providing safety, comfort and dignity in the prevention, diagnosis and treatment of mental illness and addiction.



*We are a treatment center  
that created a new recipe for compassion:*

**Gracious Redundancy<sup>sm</sup>  
Boundaries  
Positive Reinforcements**



Translating D’Amore, Italian for “of love,” our facilities take every patient’s medical and psychiatric history into consideration to triage, treat, advocate and build up. Compassion is first. Delivered in a thousand ways, from homemade cookies to lengthy psychiatric appointments, compassion is packaged as Gracious Redundancy at D’Amore. We do the same things several ways, we explain the same concept several ways and these actions and concepts, protracted over time, treat the spirit and the chronic brain disorder.

Have you noticed the ways that airlines provide passengers with life-saving information? Emergency information, facts about the airplane, information about the staff, seat assignments, boarding group, in flight food or beverage options - provided in writing, provided verbally, stated more than once, in a gracious, professional tone to foster a pleasant experience for the passenger.

Similarly, D’Amore Healthcare ensures a foundation for healthy living by treating the psychiatric needs, while ensuring that boundaries create a safe space for vulnerability, repair, new ideas and new patterns. Our unique programs develop self-compassion. That’s what happens when shame is kindly escorted to the door.

Individuals are not in the habit of receiving warmth, structure and hope. Gracious Redundancy<sup>sm</sup> guides our team to ensure patients receive unconditional positive regard, whether an individual is having a brave day or a fearful day, or whether they are reticent to engage in group work or fully enthralled. Gracious Redundancy guides our providers and practitioners to educate, provide options and use patient autonomy as the axis point for human dignity.

Healing starts with compassion.



♥♥♥♥♥  
I absolutely enjoyed my stay here.  
The house I was in was very clean, modern, and I even had a TV in my room which was great when I was detoxing.  
I learned how to work a strong AA program thanks to D’Amore Healthcare. I would recommend going here.  
– Dillon B.



*Screening and assessment occurs several times during a patient's stay to ensure an efficient, time-sensitive, effective patient experience.*

A long time ago psychologists Carl Rogers and B.F. Skinner showed the world how patients deserve to be treated: with positive regard and gracious, redundant praise for healthy behaviors. The rewards of recovery are varied, intrinsic and felt daily at D'Amore Healthcare.

Compassion is in the details.

## Build Me Up<sup>sm</sup>, Don't Tear Me Down

D'Amore Healthcare believes in looking at each individual's strengths. From values, conscious, moral compass, gut, ideas, spirituality and biochemistry (dopamine, hormones, endorphins, adrenaline), the human mind and body are treasured in our care.

We focus on what is sustainable, what lends to wholeness and how to arrest the patterns or morbidity that hinder peace and relationships. Strengths demand our careful attention.

**Build Me Up<sup>sm</sup>** is the cornerstone of D'Amore Healthcare's success. Through hourly and daily incremental steps towards treatment plan completion, exercise, nutrition and group work, patients take charge of living, feeling good and being free.

Positive reinforcement is created to motivate patients on the tough days and push them even farther on the good days. D'Amore Healthcare helps individuals integrate each to work for them, rather than the tempestuous and empty reliance on temporary, short term relief and patterns that rob one's mind of peace. The reinforcement embedded in our schedule and philosophy affirms marketplace and interpersonal relationships. So while punishment tells human beings what not to do, D'Amore Healthcare is in the practice of shaping a lifestyle centered in self-compassion and ongoing healing.



♥♥♥♥♥  
I received mental health treatment from D'Amore and was treated better than any other place I have been. Even during group-like settings, I felt as though we were each receiving individualized care.  
– Sarah H.

## Addiction Recovery Treatment

Dual diagnosis, mental health and comorbid conditions require a commitment from the provider. D'Amore Healthcare's commitment is to unveil the known and unknown desires and dreams each program participant can find tucked in, underneath the pain, suffering, chaos and loneliness. The typical D'Amore Healthcare patient is affected by more than just addiction; physical or chronic needs, such as HIV, diabetes, Crohn's, MS, Hepatitis C, TBI, CTE, learning disabilities and more.

D'Amore recognizes that every story is unique, sacred. Regardless of the drugs of use and abuse, incidence of chronic pain, history of trauma, chronicity of despair, variety of addictions, no job is too big or too small for this powerful team of licensed, credentialed, passionate and informed professionals.

## Home Away from Home

*Our facility is safe, clean, friendly and comfortable, making it easier for you to focus on you.*

From the moment you walk through the doors of our residential treatment center, you will notice what sets us apart from every other treatment facility. We've been told by our clients that our center feels just like a home away from home and that is our intention exactly. Our calm, comfortable, serene environment is what makes it easier for residents to commit to the treatment process.



D'Amore does amazing work in all of the lives that are privileged to be touched by them. Their outstanding staff is comprised of compassionate and dedicated individuals who work tirelessly to provide a level of individualized care that truly shows in all that they do.

— Rob L.

## Diet and Nutrition

*Proper nutrition and hydration are key to the healing process. They restore physical and mental health as well as improve the chance of lifelong recovery.*

Macro and micronutrient deficiencies can lead to symptoms of depression, anxiety, and low energy, all of which can lead to relapse. Nutrition is folded into our positive reinforcements cornerstone, providing rewards for those who engage in the evening “family meal,” those who cook or bake for one another, those who help clean up, and those who affirm their peers during any of these life saving interactions. Nutrition education is also part of our provider's focused work with each patient.

D'Amore Healthcare treats the whole person with dignity, that's why ice cream sundaes or homemade cookies are part of the comfort the patient enjoys! Nonetheless, patients learn to engage in nature, use essential oils, stretch and meditate, as well as prepare their favorite eggs, BBQ with peers or blend a fresh smoothie.



## Family

### *Healthy Support System – Family needs support too.*

We include patient support systems in our work. Since loved ones will ask us, “Should I come to the D’Amore Family Event next month? Traveling is an expense that will stretch us.” Without hesitation, our resounding answer is “Yes!” D’Amore’s integrated care, addressing co-occurring mental health conditions and/or substance use disorders, can help the family unit get stronger together. This investment of time and energy will not only supercharge the patient’s recovery and self-efficacy, but yours too.

Always remember, as you decide what is best for you or your loved one, you can follow us on Instagram or check out our blog. Because there you can research local grief, Al-Anon or Nar-Anon meetings in your area. These resources will be a source of encouragement and support.

## D’Amore Healthcare Aftercare

Preparing to leave our care is just as important as that first decision to heal. For this reason, we begin planning for patient success from that first conversation. Additionally, before discharge, patients are provided with options to remain connected to our aftercare community and the program they completed. Many patients and their families feel a sense of relief when they learn about our alumni events and the options for continued counseling and monitoring.

The most important steps a patient takes after they leave D’Amore Healthcare are a) following their discharge plan and b) regular and authentic contact with a tribe of recovery companions! Much like what is modeled in the community living found in our residential facilities, the patients who stay in touch give one another healthy symbols of freedom and responsibility. Our recommendation is to take advantage of a continuation of support, even after successfully completing our program.



### **Pat Moore Foundation joins the D’Amore Healthcare Family.**

D’Amore Healthcare welcomes the Pat Moore Foundation, a Substance Abuse, Detoxification and Addiction Treatment Center, into our healthcare family to better serve the needs of those suffering from addiction. Our acquisition of the Pat Moore Foundation complements our overall healthcare offering so we can provide a superior level of service as we expand our dual diagnosis, substance abuse addiction treatment services.



Group Therapy



Meditation



Equine Therapy



Music Therapy



# D'AMORE

HEALTHCARE



Accredited by the Joint Commission, ID#592637  
Licensed by the State of California Social Services and the Department of Health Care Services

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