



# Mountain Vista Farm

Alcohol and Drug Treatment Program



For nearly 75 years,  
**thousands** have begun a  
**life of recovery**  
here.



## Take the **First Step** at **Mountain Vista Farm.**

Taking the first steps toward recovery from an alcohol or drug problem might look as hard as scaling a mountain. There may, in fact, be a mountain of problems – hurt feelings, worry, loss, or debt. Getting through this can seem like an impossible task as long as drinking or drug use continues.

The good news is that recovery is possible. For some, the road to recovery involves treatment. For thousands, treatment at Mountain Vista Farm has led to a life of recovery.

## How to **Reach Us**

We are here 24 hours a day.  
You can reach us at any time by calling:

(707) 996-6716

Your call is confidential.  
Please do not hesitate to call.



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## What about **Treatment Costs?**

Mountain Vista Farm maintains network status with dozens of major insurance providers and employee assistance programs through its affiliation with Calnet. While insurance plans vary individually, our admissions staff will let you know what to expect before treatment starts; our managed care team works closely with providers to secure the highest level of coverage. Because we strive to keep the cost of treatment affordable, those without insurance are usually able to cover the cost of treatment.



Read further about Mountain Vista Farm and find links to other resources:

**mountainvistafarm.com**

(707) 996-6716

  @MountainVistaFarm



# Find hope & help here.



## Taking your first steps toward recovery...

If you are concerned about alcohol or drug use, you can take the first step and call us for an assessment, at no charge. We will provide an accurate, confidential assessment to determine whether treatment is recommended. You may also contact us via our website, or request to schedule an in-person meeting.

The support, education, and structure of Mountain Vista Farm's comprehensive and therapeutic treatment program can help you develop the commitment, skills, and resources necessary to establish healthy, ongoing recovery.

(707) 996-6716

## Family Program

Your family members are often in need of support, information, and resources so they can begin their own process of healing and join you on a journey of recovery. Sunday is "Family Day," when you can invite family and significant others to participate in weekly education and support groups. Family counseling sessions offer a key to establishing healthy communication and trust.

## Continuing Support

Recovery happens one day at a time. Weekly Aftercare Support Groups offer connection and support for Mountain Vista Farm alumni and are available at no charge for two years.



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[mountainvistafarm.com](http://mountainvistafarm.com)

## The Residential Program

The residential treatment program at Mountain Vista Farm has been in continuous operation for over 70 years. Our licensed and accredited live-in program offers the sturdiest support for the early days of recovery, when the urge to return to alcohol or drugs may be strong.

If you have become physically dependent on alcohol or another drug, our program helps you withdraw safely in an understanding, compassionate setting. Our state certified program, with physician-approved protocols, is clinically managed to make your withdrawal as safe and comfortable as possible.

Our treatment team of addiction professionals is comprised of registered, certified, and licensed counselors and therapists, along with consulting physicians and psychiatrists. In addition to their high level of training and experience in the addiction field, it helps our clients to know that many of our staff members are also in recovery. The structured schedule includes a variety of activities: A dynamic educational series, group and individual counseling, relapse prevention workshops and training, and participation in 12-step and other support groups. Our therapeutic treatment program is balanced with recreation and wellness classes, conducted on our eight-acre campus with walking paths and outdoor pool. The program at Mountain Vista Farm is designed to support your recovery – body, mind, and spirit.

CALNET

