

What is Addiction?

As a disease, addiction is unique in that it is generated by a complicated combination of factors that can be biological, environmental, and developmental. This means that addiction can occur as a result of genetic susceptibility, exposure to substance use, personal choice, or a combination thereof.

What is Substance Use Disorder?

Substance use disorder is defined as “**the excessive and regular use of alcohol or other drugs, despite negative consequences.**” A user may experience a variety of different symptoms before deciding to enter a substance use treatment clinic. These can include:

- Increased tolerance for alcohol or other drugs
- Failure to fulfill major life obligations
- Difficulties with relationships and increased conflict
- Inability to control or reduce the amount of alcohol or other drugs used
- Increased time obtaining alcohol or drugs for use
- Sacrificing enjoyable activities in order to use alcohol or other drugs
- Engaging in dangerous behaviors while under the influence of alcohol or drugs
- Experiencing withdrawal symptoms, such as anxiety, sweating, depression, insomnia, tremors, and increased heart rate when unable to obtain and use alcohol or drugs

When struggling with substance use disorder, a user is often afflicted with a co-occurring mental health disorder, as well. This can include depression, anxiety, eating disorders, personality disorders, and Post Traumatic Stress Disorder (PTSD).

An addiction can develop as a way to cope with the symptoms of these other disorders, often exacerbating them. In addition, substance use may mask the symptoms of a co-occurring disorder, making it difficult to diagnose and properly treat.



L.A. CADA services are funded by the Los Angeles County Department of Substance Abuse Prevention and Control, the United States Probation Office, and the Los Angeles County Department of Public Health Division of HIV and STD Programs.

L.A. CADA has received CARF accreditation demonstrating that our organization has opened its service delivery and business processes to outside scrutiny in order to improve the quality of our programs. It serves as a public statement saying we strive to ensure that our services are of the highest possible quality, and is an official recognition that our organization is guided by internationally recognized service standards and best practices.



LOCATIONS

L.A. CADA Administrative Headquarters

11015 Bloomfield Avenue • Santa Fe Springs, CA 90670
ph 562.906.2676 • fax 562.906.2687

Santa Fe Springs Outpatient and HIV Services Center

11015 Bloomfield Avenue • Santa Fe Springs, CA 90670
ph 562.906.2676 • fax 562.906.2681

Downtown Outpatient and HIV Services Center

470 E. 3rd Street, Suites A & B • Los Angeles, CA 90013
ph 213.626.6411 • fax 213.626.8115

Hollywood HIV Services Center

6838 Sunset Boulevard • Los Angeles, CA 90028
ph 323.461.3161 ext 3818 • fax 213.626.8115

Allen House Residential Treatment Center

10425 S. Painter Avenue • Santa Fe Springs, CA 90670
ph 562.906.2685 • fax 562.944.6713

Custody to Community Transitional Reentry Program (CTRP)

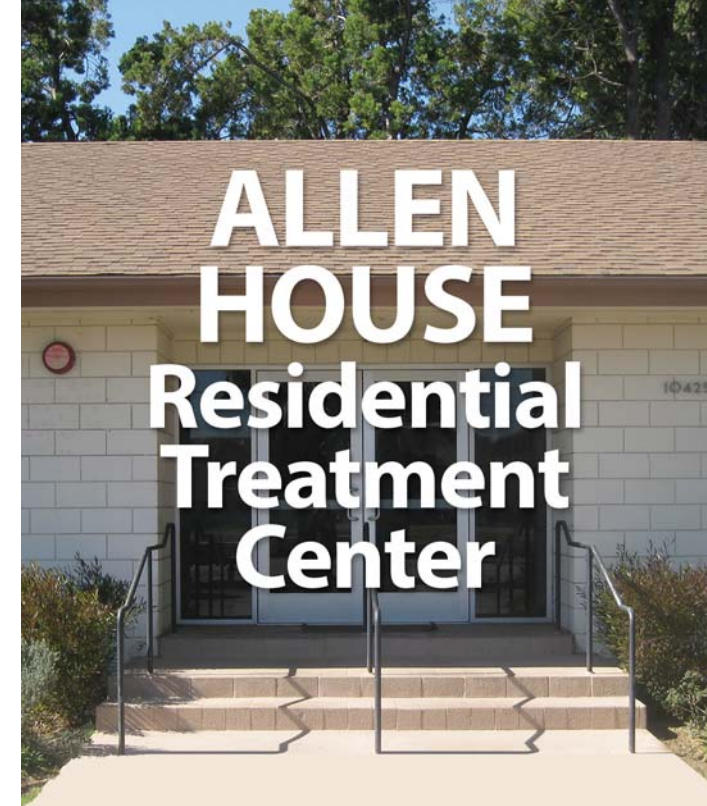
11121 Bloomfield Avenue • Santa Fe Springs, CA 90670
ph 562.236.9390 • fax 562.236.9396

HOW House Transitional Living

14100 Glengyle Street • Whittier, CA 90604
ph 562.777.1222



Bringing hope to families since 1971



**A premier alcohol and drug
rehabilitation facility
serving
Los Angeles County**

Bringing hope to families since 1971



Los Angeles Centers for Alcohol and Drug Abuse

About Allen House...

The Allen House is a premier, state-licensed and certified residential substance use treatment facility in Santa Fe Springs, CA. It was established by Dr. Ethan and Mrs. Alice Allen in 1971 in order to help court-ordered individuals successfully address their underlying addiction issues, heal completely, and avoid relapse. The serenity of Allen House has been developed to make it easier for male and female residents to commit to our treatment program as they work through an unparalleled continuum of care.

Allen House also accommodates the recovery needs of those in the HIV+ community and is LGBT-friendly.

Every credentialed Allen House staff member is an expert in long term recovery and works to encourage and motivate our residents throughout the process.

THE ALLEN HOUSE FACILITY:

- 10,925 sq. ft. sitting on over an acre.
- Comfortable, homelike environment.
- Semi-private bedrooms in separate wings for men and women.
- Living room with tv, cable, games and reading materials.
- Large conference room/day room for groups and special activities.
- Arts and crafts therapy for women every Friday.
- Nutritional meals include breakfast, lunch, dinner and snacks. Residents are required to assist with meal preparation.
- Visiting for family and friends, primarily on weekends.



Our Program...

The Allen House is L.A. CADA's premier residential treatment program, offering men and women, age 18 and over, a comprehensive and integrated treatment model to address the complex needs of persons with substance use and/or co-occurring disorders. A fully customizable program of recovery is provided with length of treatment varying, typically from three to six months.

A balanced program of exercise, nutrition, and recreation is offered to encourage lifestyle changes in health and use of leisure time. Residents learn about addiction, recovery, community resources, and resolving conflicts with peers and family. A complete after care plan is developed to respond to individuals' ongoing needs upon program completion.

LEVELS OF CARE CONSIST OF:

Residential Drug Treatment

An individualized treatment plan is tailored to the residents' specific needs. Residents are required to take part in one-on-one counseling, group counseling and individual therapy when needed.

Residents learn how to manage stress and develop new coping skills that allow them to live without substance use and maintain sobriety when they re-enter society.

Intensive Outpatient Treatment

After the Residential Drug Treatment phase is completed, many continue on and participate in Intensive Outpatient Treatment at L.A. CADA's premier addiction treatment programs.

Outpatient Treatment

L.A. CADA provides individualized counseling services, treatment planning, and case management for a variety of disorders. Clients can receive treatment/counseling for substance use disorders, domestic violence, anger management, and parenting.

Our Objectives...

Allen House assists individuals in finding tools to develop coping strategies and skills in order to live a substance-free lifestyle and become responsible, self-sufficient adults who contribute to the general health of families and the community.

We use a combination of assessment, crisis intervention, skill-building, education, and self-exploration through counseling to help achieve these objectives.



What We Provide...

- Evidence-Based Practices
- Co-occurring Mental Health Services
- Individual, Group Counseling
- Family Counseling
- Narcotics Anonymous Meetings
- HIV/AIDS Prevention Education
- Support and Relapse Prevention
- Recreational and Physical Fitness
- Leisure Time Activities
- Complete Psychosocial Assessment, Evaluation, and Referral
- Vocational Preparation

