



To: sebastian@caliparc.com

To Whom It May Concern,

On [REDACTED] I was discharged from the California Palms Treatment and Recovery Campus in Youngstown, Ohio. Prior to arriving at the Cali Palms, I had been a forty five day resident of an inpatient psychological facility through the Veterans Administration in North Carolina, where I was detoxified from chronic alcohol abuse secondary to severe Post Traumatic Stress Disorder. I arrived at the California Palms Campus in mid [REDACTED] and was instantly greeted by a warm and compassionate staff. Being that they interacted with my doctors and my fiancé directly prior to my arrival, they were completely prepared for my special needs. I require music therapy and cognitive motor skills to reduce my anxiety, and to help me cope with my PTSD.

The California Palms allowed me to have my music available twenty four hours a day and had adult coloring books available for me to help me with my motor skills therapy. They allowed me to have my music on any time I was not actively participating in a group or individual session, and even provided more than adequate wireless internet service for any and all online needs. The facility was immaculately clean and very warm. From the minute you walked into the door and see the large fire place, my favorite place to sit for hours, to being met at the door by staff who took care of unloading my luggage, I knew that I would be much more comfortable in this environment than any of the other many options that I had.

The in process was painless and seamless and I was immediately paired with a Clinical Social Worker who made me feel even more comfortable. I was introduced to a nurse who went over my medication, schedule for medication, and medical emergency procedures. The tour of the facility was impressive and upon my arrival it was diner time and my fiancé and I were greeted with a large spread of various Italian food choices and the food was plentiful and wonderful. Access to food and snacks twenty four hours a day was a complete surprise and the choices from cereal, to cold cuts and sandwich material along with microwavable items let me know that I would not want for anything. The rooms were very large, and had all the amenities I would need, and having a private room made my comfort level rise even more.

My treatment at the facility started with a meeting with my Counselor Mark the next morning. We spoke for approximately an hour in which time we went over my history, both medical and substance abuse wise and we began to formulate a treatment plan that would best benefit me. It was decided that I would attend the group therapy sessions with the other clients along with having individual sessions two to three times a week with Mark. I was also provided all the transportation I needed to continue my ongoing psychological treatment through the VA in Youngstown and the Serenity Center, a private trauma therapy service that was scheduled for me through the California Palms. The group sessions were very informative, well controlled, and topic oriented every day with Fridays sessions being an open forum session where any topic was open for discussion. I was also provided physical activities that ranged from pool aerobics, Tai Chi, gym time, and outdoor activities. These were provided in one fashion or another every single day of the week. We also participated in holistic treatments such as aroma therapy, meditation and mindfulness activities. Once a week we were provided with art therapy which I enjoyed the most.

On days when I was having difficulties with being around others or feeling as if I was having a hard time coping, I could see a counselor immediately if requested, or ask to be excused from a particular activity such as Tai Chi, and was allowed to sit at the fireplace and color, listen to music and get myself back to center with staff members constantly checking in on me. Knowing that if I were to go into crisis, there were people around who were paying attention made me more prone to ask for help and get it than in any other place I had been treated up to that point. We were provided weekend activities that included trips to local parks, and museums, a trip to the Football Hall of Fame, and movies. We had weekends that included therapy oriented activities that revolved around addiction recovery that was very unique. Professional comedians were brought to the facility for great shows along with bands that preformed as "Sober" events at the facility.

I never felt overwhelmed at the California Palms, and I never felt as if boredom would settle in like at most facilities due to mundane daily routines. I think I benefited from this treatment modality more and since I have left I have been able to continue all the skills that I had learned while at the California Palms. I have been sober for ten months and have had less incidences of panic attacks, flashbacks, and depression. I have continued my outpatient treatment by seeing a therapist weekly, attending meetings and have slowly assimilated myself back into a normal routine that has kept me on my recovery path. I could not thank the California Palms enough for what they have done for me, and for all that this type of facility and treatment plan has helped me in achieving this goal and maintaining it. I truly believe that I now, and finally, have the skills needed to remain sober and not allow by underlying psychological issues to interfere with my recovery. My thanks to Sebastian and his staff for all that they did for me and I look forward to visiting the facility in the near future as a continued example of what a smart, unique, and progressive treatment facility can do to help so many in need to achieve success. [REDACTED]