



**CALIFORNIA
REHAB CAMPUS**
Managed & operated by Alter Management LLC

RE-PRIZE RETREAT

Recovery is the Prize

Living with purpose and passion in recovery.

Featuring

TAMI TUCKER, PHD Licensed Clinical Psychologist

GAYLE POLSKY, MD

HOWARD GOODMAN, MA LMFT – Author of “The Staying Sober Handbook”

May 31st – June 2nd, 2019

Ritz Carlton – Laguna Niguel, CA

**Please join us, our graduating clients, and their families
for a weekend Retreat to help enhance your life in recovery!**

While many people think of addiction recovery as a short 30 or 90 day stint in treatment, true recovery extends for years beyond your time in the treatment facility. Addiction is a mental health disorder that affects the structure of the brain and recovering from it will not happen overnight.

It requires continuous care and support to successfully remain clean and sober. At California Rehab Campus, we want to continue to support you on your life path. We want you to have more than just sobriety, we desire you to have a life of abundance and productivity.

The true prize of recovery is living a life filled with passion and purpose.

**This event will help recharge your recovery and help you connect
deeper in your relationships.**



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THE RITZ-CARLTON



We are excited to invite you and your families to our very first Re-Prize Retreat, being held at the prestigious and picturesque Ritz Carlton Resort, located in beautiful Monarch Beach CA.

At California Rehab Campus, we want to continue to support you on your life path. We want you to have more than just sobriety, we desire you to have a life of abundance and productivity. The true prize of recovery is living a life filled with passion and purpose.

This retreat is for graduating clients, their families and loved ones. This is also for anyone interested in strengthening their recovery. We are dedicated to serving our clients far into the future, empowering them to reap the rewards of Recovery and Sobriety. Our clients are our family and being involved in their sobriety beyond their stay with us, is a key foundation of our philosophy. For families and loved ones of those suffering from addiction, this is an opportunity to learn more about the causes, triggers, and the support they can provide to ensure a sustained recovery for their loved ones.

**PROGRAM COST FOR CLIENTS:
\$995/person (+ Room Costs)**

**ATTENDING CLIENT GUESTS:
\$500/person, first guest,
\$250 each additional guest
(+ Room Costs)**

LOCATION:

Ritz Carlton Hotel, Monarch Beach CA

Check-in: May 31, after 3pm

Check out: June 02, 12:30pm

ROOM RATE:

\$299*/night (Discounted from Published rate of \$769/night)

Taxes and Fees*:

10% - Occupancy Tax, 0.5% - Tourism Assessment Fee,
\$3.00 - Tourism Business Improvement District, \$20.00-
Daily Resort Fee (reduced from \$50.00), \$50.00- Daily
Valet Parking (optional)

Pricing includes dinner for you and your guests on Friday night (Welcome Reception) at the Ritz Carlton.

FRIDAY

5:30 pm

Dinner Reception

7:00-8:30 pm

Orientation, Introductions, Initial Survey, Goals, Q&A

SATURDAY

9:30-9:45 am

Words of Wisdom and Lectio Divina;

All Attendees

Michael Castanon, California Rehab Campus, CEO

10:00 – 11:00 am

How to Develop Effective Strategies for Typical Challenges – All Attendees

Tami Tucker, PHD Licensed Clinical Psychologist

11:15 – 12:15 pm

What's Working and What's Not? Sharing Experiences and Tips – Clients

Howard Goodman, LMFT

1:30 – 2:30 pm

The Impact of Mental Health on Addiction

All Attendees

Gayle Polsky, MD

Break Out Sessions

2:45 – 3:45 pm

Group Discussions: Getting Sober and Staying Sober – Clients

Howard Goodman, LMFT

The Role of the Family in After Care

Family and Loved Ones

Tami Tucker, PHD Licensed Clinical Psychologist

4:00 – 6:00 pm

Individual and Family Follow Up Sessions

(30-minute Scheduled Sessions)

Tami Tucker, PHD Licensed Clinical Psychologist

8:00 – 10:00 pm

Free Time – Night Activities

SUNDAY

Break Out Sessions

9:00 – 10:00 am

Life Planning – Goals and Objectives – Clients

Tami Tucker, PHD Licensed Clinical Psychologist

How to Create an Environment that Supports Recovery – Family and Loved Ones

Howard Goodman, LMFT

10:15 – 11:15 am

Triggers; How to Recognize Them and Manage Them – Clients

Howard Goodman, LMFT

Life Planning – Goals and Objectives – Family and Loved Ones

Tami Tucker, PHD Licensed Clinical Psychologist

11:30-12:00 pm

Closing, Sobriety Milestones and Evaluation

All Attendees

Michael Castanon, California Rehab Campus, CEO

DAILY SCHEDULE

7:00-8:00 Rise N' Shine Yoga

8:00-9:00 Breakfast

9:10-9:30 Meditation

12:00-1:00 Lunch

schedule subject to change

ALSO INCLUDED

- Daily Yoga and Pilates classes in the Gazebo overlooking the Pacific Ocean
- Individual guest use of The Ritz-Carlton Spa's sauna and steam rooms
- Shuttle service to and from Salt Creek Beach on an individual guest request basis
- Access to resort's Beach Butler Service and use of beach recreation equipment including fins, towel service, umbrellas, and beach chairs
- Unlimited in-room High Speed Internet Access, wireless and wired (a value of \$19.95 per room, per night)
- Local telephone calls in Southern California
- 24-hour computer access to the Private Business Centers

Please RSVP by email:

saul@aleterrecovery.com

Toll Free: (877) 349-2371 • Mobile: (949) 763-9709

