



OUR MISSION

New Directions for Women is a safe, caring and sensitive residential treatment facility. By providing exceptional, gender-specific addiction treatment services that are grounded in the 12-Step principles, New Directions assists women, their families and their children to achieve sustained responsible recovery.



A Proud Member of



Internationally Accredited by



Commission on Accreditation of
Rehabilitation Facilities



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<http://www.newdirectionsforwomen.org>

Help Line: 800.93.WOMEN (939.6636)



NEW DIRECTIONS
FOR **WOMEN**

*Transforming women, families and
their children, one day at a time.*

WHERE IT ALL STARTED

New Directions for Women (NDFW) was founded, in part, by Pamela Wilder in 1977 through the Jr. League of Orange County. Pamela stood up in a Jr. League meeting, identified herself as a recovering alcoholic and asked for help and support in establishing a recovery program for women. Two other women, Marion Schoen and Muriel Zink, were also instrumental in NDFW's beginning. Each woman's family supported her in this project then and still today these families remain heavily involved in the organization. Our facility was created in response to a shortage of affordable and accessible rehabilitation treatment services for women suffering from alcoholism and other chemical dependency problems.

WHERE WE ARE TODAY

We are a high quality, exclusive residential program specializing in the treatment of women, women with children and pregnant women suffering from chemical dependency, whose results exceed the national average. Our leadership consists of a dedicated volunteer board of directors and a management team with over five decades of experience. Our attractive, home-like facility has expanded to meet the treatment needs of 30 women and families in Newport Heights. We are located one block from Newport Beach's Back Bay Nature Preserve and are near the local beaches.

New Directions for Women is CARF accredited, state licensed, and certified. We have been successful in assisting thousands of women and their families in entering their journey of recovery since 1977. We specialize in treating women who have a primary diagnosis of chemical dependency which is typically coupled with other co-occurring disorders such as mental health issues, trauma, sex addiction, family dysfunction and other addictive disorders.



WHAT WE BELIEVE

We believe in treating the whole woman in an affordable sanctuary where she finds independence and support while healing the wounds inflicted by addiction. Our recovery program is a spiritual journey combining age-old Eastern theories and Western practices using a holistic treatment approach. Our program is creative, invitational and employs proactive treatment methods to meet the special treatment needs of each patient and their family.

HOW CAN WE HELP

We can help you or someone you love into treatment. If the one you love is hesitant about asking for help, Family Intervention may be your answer. We have ready access to Interventionists nationally to assist you and your family. Please visit our website or call us to learn more about how we can help.

WHAT IS TREATMENT

Our gender-specific, culturally relevant treatment consists of a variety of proven programs. We teach our patients how to live a more holistic life and coach them on relapse prevention skills. Our program provides successive levels of residential care from Primary to Extended Care services in which our patients have the opportunity to learn necessary skills and coping mechanisms to live as sober, recovering women.

Each individual program includes daily educational and therapeutic group sessions combined with individual, family and adventure-based therapy tailored to meet each patient's needs.

Get Help Today
1.800.93.WOMEN



SERVICES OFFERED

- Individual and Group Therapy
- Challenge and Adventure
- Experiential Therapies
- Trauma Therapy
- Concurrent Medical Issues
- Children Services
- Family Treatment Services
- Psychodrama
- Spirituality and Meditation
- Exercise and Yoga
- Holistic Health Services



LEVELS OF CARE PROVIDED

- Residential – Primary and Extended
- Intensive Outpatient
- Intensive Sober Living
- Aftercare and Monitoring

