

THROTTLE & THRIVE

*Medical Detox,
Substance Misuse &
Mental Health Facility*

*Exclusively for
First Responders
& Veterans*



**Now Accepting
Workers' Compensation**



WHAT WE DO

Throttle & Thrive is a 12-step residential treatment program for substance misuse and mental health with a large focus on trauma EXCLUSIVELY for Veterans & First Responders. We also offer medical detox.

All clients receive individual EMDR therapy sessions at least TWICE per week in addition to the daily group therapy sessions.



CONFIDENTIAL

HIPAA compliant and 100% confidential. We won't tell anyone you're here.

COST

We bill medical insurance. Most PPO plans accepted. We are in-network with Anthem, Magellan, The Holman Group, TriWest, Tricare and Blue Shield of CA. We accept Work Comp

IN HOUSE CHEF

Home-made meals served fresh daily.

SIZE

Our 6-bed facility is highly private and provides specialized care for all clients.



Throttle & Thrive

Shavonne Thompson, Founder

Call/Text: 805 - 701 - 1309

info@throttleandthrive.com

www.throttleandthrive.com



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RECOVERY

Throttle & Thrive is a 12-step residential treatment program. As a dual-diagnosis facility, we treat substance misuse as well as PTSD, anxiety, depression and unprocessed trauma. All clients receive individual EMDR therapy sessions at least TWICE per week in addition to the daily group therapy sessions. We also offer family and couple's therapy sessions.

PEER SUPPORT

Our peer support volunteers are law enforcement, fire fighters and veterans who come in to share their message of hope and recovery through their own experience, strength and hope.

WORKING OUT

Bring lots of workout gear. We hit the gym twice a day.

AA MEETINGS

Most of our staff members are in recovery and you will participate in AA meetings to experience recovery firsthand.

Trauma Clinic

Sleep is fundamental to wellness and mental health. Our team will help you process trauma so that you can start sleeping well.

TRANSPORTATION

We will pick you up from LAX airport and bring you to our facility.



Addiction Defeated.
Trauma Healed.
Families Restored.



Throttle & Thrive's Substance
Misuse & Mental Health Program
is vetted by
The Overwatch Collective



Throttle & Thrive's
First Responder Program
is vetted by the
Firefighter
Behavioral Health
Alliance (FFBHA)

