

OUR TEAM



SCOTT SILVERMAN
CEO & FOUNDER



JAY WYLIE
OPERATIONS MANAGER



DR. DO, PSY.D.
CONTRACTED LICENSED PSYCHOLOGIST
ZENFUL THERAPY



DR. PLOESSER, MD
MEDICAL DIRECTOR



LAURI HESS, SUDCC IV-CS
CLINICAL SUPERVISOR



MEGAN GAFFORD
ADMINISTRATIVE COORDINATOR



MATT WARD
CASE MANAGER & SUD COUNSELOR



SHELBY PETERSON
OUTREACH COORDINATOR

PARTNERS WITH:



YPR
Young People in Recovery



SAN DIEGO VETERANS COALITION



THE PHOENIX
RISE | RECOVER | LIVE



Soleil Hepner
Mind and Body Therapy

HOURS OF OPERATION

DAY PROGRAM

MONDAY | WEDNESDAY | FRIDAY
10:00AM-1:00PM

NIGHT PROGRAM

MONDAY | TUESDAY | WEDNESDAY | THURSDAY
6:00PM-9:00PM



CONTACT US

7071 Consolidated Way
San Diego, CA 92121

619-776-9701

www.confidentialrecovery.com

CONFIDENTIAL RECOVERY

We provide outpatient drug counseling for executives, veterans, and first responders in a confidential setting in San Diego



JCAHO ACCREDITED

FOR CLINICAL EXCELLENCE IN EVIDENCE-BASED TREATMENT



WE ARE HERE TO HELP

CALL US: 619-776-9701

3 VALUES THAT MAKE CONFIDENTIAL RECOVERY UNIQUE:

1 CONFIDENTIAL & SUSTAINABLE RECOVERY

We serve people who are looking for confidentiality, whether it is because of their profession or their preference.

2 LASTING SUPPORT

Our caring counselors facilitate individual and group therapy sessions using state-of-the-art therapeutic processes and activities.

3 INDIVIDUALIZED & CONTINUED CARE

Individual Counselors: We know that your journey will be unique to your experience. Your individual counselor will work with you to set goals and stay on track.

Co-Occurring Disorders: Our clinical team will help you manage symptoms of trauma, anxiety, and depression to help you stay on track to reach your recovery goals. All treatment processes are evidence based. Some examples are Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Mindfulness Meditation.

Continued Treatment and Aftercare: There is a strong correlation between extended treatment and long-term sobriety. Our flexible scheduling and Telehealth option provide flexibility for busy professionals to continue receiving the support of their recovery team.

TELEHEALTH OPTION

Going online to get access to treatment has never been easier. Why sit at home and continue to drink and use when you can sit at home and get help with those issues?

The virtual intensive outpatient program (IOP) at Confidential Recovery varies in frequency based on clinical recommendations.

Telehealth/remote outpatient rehab can be effective for patients who aren't able to attend in-person due to transportation difficulties, lack of flexibility in their schedules, inability to get childcare, or for those who are experiencing alcohol or drug addiction treatment for the first time.



OUR FACILITY



GROUP ROOM



YOGA AND MEDITATION ROOM

PAYMENT OPTIONS

We are in-network with most major California health care providers and accept most PPO insurance plans including:



Self-pay Options:

Visa | Mastercard | Discover | American Express | Cash