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

**OUR TEAM**

- **Scott Silverman**
  - CEO & Founder
- **Jay Wylie**
  - Operations Manager
- **Dr. Do, Psy.D.**
  - Contracted Licensed Psychologist
  - Zenful therapy
- **Dr. Ploessner, MD**
  - Medical Director
- **Lauri Hess, SUDCC IV-CS**
  - Clinical Supervisor
- **Megan Gafford**
  - Administrative Coordinator
- **Matt Ward**
  - Case Manager & SUD Counselor
- **Shelby Peterson**
  - Outreach Coordinator

**CONTACT US**

7071 Consolidated Way
San Diego, CA 92121

619-776-9701
www.confidentialrecovery.com

**HOURS OF OPERATION**

**Day Program**

- Monday | Wednesday | Friday
- 10:00AM-1:00PM

**Night Program**

- Monday | Tuesday | Wednesday | Thursday
- 6:00PM-9:00PM

**JCAHO Accredited**

For Clinical Excellence in Evidence-Based Treatment

**We are here to help**

Call us: 619-776-9701
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.

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

- Aetna
- Anthem
- TriWest
- Cigna
- Optima Health
- Optum

Self-pay Options:
- Visa
- Mastercard
- Discover
- American Express
- Cash