

Continuing Care

- A full year of intensive post discharge support for all residential clients is offered as part of Bayside's commitment to helping alumni achieve successful recovery.
- The Recovery Choice® program includes a call from a staff member every two weeks for a full year post discharge, as well as access to additional support and resources, if needed.
- At intervals of 30, 60, 90, 180, 270, and 365 days, we gather outcome data (based on SAMHSA's national outcome measures).
- Lifelong Recovery and Renewal (R&R) eligibility, including a refresher, every 90 days for 1-2 days for all residential clients who complete treatment at Bayside Marin.

Alumni Support

- Weekly meetings, which are facilitated by Bayside staff member
- Alumni events include an annual alumni barbecue and other events
- Alumni invitation to share their path of recovery with current clients
- Continued connection with Bayside announcements and updates on social media

Peer/Community Support

- While not a 12-Step-based program, we do take clients to meetings (AA/NA/other), as well as expose them to alternatives such as Dharma Recovery, SMART Recovery, and LifeRing

Family Program

- Monthly 4-day workshop
- Facilitated by a nationally recognized interventionist and speaker

Phone & Electronics: Clients are restricted from phone use during the first three days of treatment. No laptops.

- Following this initial 3 day period, cell phones may be used between 3:30 pm and 7:30 pm daily.
- Bayside sometimes makes exceptions if personal devices are required for work or business based on review with on-site staff.
- There are landline phones in each home for use with unlimited long distance. MP3 players and other music storage devices are permitted during gym time and in bedrooms, provided they are *not* web-enabled.

Visiting Hours: Sundays from 1:00 PM – 3:00 PM



Bayside Marin Treatment Center

Located in San Rafael, California (Marin County), in the beautiful San Francisco Bay Area

Levels of Care: Medically Monitored Detox, Residential, Partial Hospitalization Program, and Intensive Outpatient

Treatment Offered: Adults who are suffering from primary substance use disorders and complex co-occurring mental health concerns, including depression, anxiety, PTSD/trauma, bipolar disorder, ADHD, secondary eating disorders, and sexual compulsivity. Capacity to also work with clients who have a traumatic brain injury diagnosis.

Residential Setting: Private, gated community in an upscale residential area with secluded hilltop homes. Bayside offers a tranquil and restorative setting with beautiful grounds and magnificent sweeping views of the San Francisco Bay and Mount Tamalpais.

Accommodations: Seven pleasantly appointed private homes with shared and private bedrooms. Private accommodations are available at an additional charge. Buildings and clients are not visible from the road or neighboring properties.

Maximum Number of Residents: 42 beds spread across seven private homes: Canyon Side (12 beds), Mountain Side (18 beds), Bridge View (6 beds), and Sky View (6 beds)

Staff-to-Client Ratio: 3:1

Length of Stay: Individualized based on medical necessity

- Typical stay is between 22-30 days (BCBS) or 30-90 days (Kaiser and TriWest)
- Admissions team can provide estimates based on payor source, acuity, and treatment history

Accreditation/Licensing: CARF accreditation – California DHCS licensure, as well as Incidental Medical Services (IMS) licensure

Years of Experience Providing Care: Operating since 2004. Founded by Sierra Tucson alumnus seeking to provide Sierra Tucson experience in Northern California.

Bayside Marin is In-Network with:



Other Insurances Accepted:



Marks of Quality Care:



Self-pay or private-pay rates: Available on request. Bayside works with both in-network and out-of-network insurance providers.

- Bayside handles all authorizations and billing for the client
- Typically, only deductibles, copays, and in some cases a deposit will be collected at admission



For a confidential consultation, please call (800) 757-7131
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Evidence-Based Treatment & Holistic Therapies

- Founded on clinical model, rather than a 12-Step facilitation program
- Five-phase treatment model with goals for each phase
- Two individual sessions weekly (more, if clinically indicated)
- Addiction-accredited counselors provide informal counseling with clients day and evening
- Therapists carry an average caseload of five to six clients

Distinguishing Program Features

- Highly trained therapists and medical staff, experienced with complicated substance misuse, psychiatric, and medical histories
- Therapeutic model offering 12-Step alternatives
- Psychiatric evaluation with ongoing psychiatric follow-up. Two individual psychotherapy sessions weekly.
- RNs and LVNs available 24/7
- Medication-Assisted Treatment (MAT): ASAM-certified physician fully utilizes MAT in accordance with the most current research and guidelines. MAT clients are assisted in setting up follow-up care, including Naltrexone, Vivitrol, and Suboxone.
- Access to Bayside's private, fully equipped gym, steam room, sauna, pool, and hot tub
- Private and serene treatment setting, with extensive SF Bay and mountain views, ideal for those who require discretion or are seeking a retreat-like setting.
- Exceptionally strong post-treatment continuing care support
- Leisure skills-building activities including basketball, ping-pong, board games, badminton, and swimming. Sober fun activities offered once a month.

Specialized Care for Unique Populations

Licensed Professionals – Specialized programming that is designed to serve the needs of individuals who are working in safety-sensitive roles, including physicians, nurses, pharmacists, and attorneys.

First Responders – Because there is a level of honor and expectation that defines these professions, Bayside strives to reduce the stigma of substance misuse while being careful to protect our clients' confidentiality.

LGBTQ+ Affirming Services – All staff receive training to meet the targeted needs of this community. Along with our clinical experts, Bayside is uniquely prepared to provide supportive services for these individuals within the treatment planning process.

Veterans – Bayside understands that members of the military may suffer from physical as well as mental health concerns and disabilities due to traumatic experiences while deployed, and that substance misuse is more prevalent in this population.

Treatment Modalities:

- Individual, group, and family therapy
 - DBT, CBT, CPT, EFT, IFS, Motivational Interviewing
- Trauma Informed Curriculum
 - Seeking Safety, TIC, ACT
- Holistic therapies
 - Melodic Intonation Therapy, Fascial Stretch Therapy, therapeutic massage, acupuncture, yoga, qigong, and mindfulness meditation.

Partial Hospitalization Program (PHP) for Veterans

- 6 days per week (Sun-Friday), 5.5 hours of group programming per day
- Weekly individual therapy
- Trauma informed yoga, anger management, Seeking Safety, DBT, and CBT/CPT groups
- Virtual check in with consulting psychiatrist once weekly
- Gym, sauna, & steam room access
- Participation in monthly family program

Intensive Outpatient Program (IOP)

- Located in downtown San Rafael
- Utilizes aspects of Somatic Therapy, Dialectical Behavior Therapy, and Motivational Interviewing
- Phase 1: 30 sessions over 10 weeks, Phase 2: 16 sessions over 8 weeks, Phase 3: 6 sessions over 6 weeks
- Day and evening programming, including weekly individual therapy
- Private, fully equipped gym, sauna, and steam room
- Group acupuncture and a coffee/snack station

Nationally Recognized Medical & Clinical Experts

- Board-certified addictionologist (MD)
- Consulting psychiatrist and full-time psychiatric nurse practitioner
- Nurse practitioners and physician assistants
- 24/7 registered nurses (RNs) and licensed vocational nurses (LVNs)
- Clinical psychologists
- Master's level clinicians and certified addiction counselors

Client Profile

- Clients with a primary substance use disorder with other co-occurring diagnoses.
- Average age is 35–45; males, females, and individuals who identify outside of traditional binary gender identities.
- Historically, clients have included business professionals, physicians, nurses, dentists, attorneys, athletes, public figures, and executive-level managers.
- While this population continues to be prevalent, the addition of in-network insurance contracts allows for diversification of the milieu in terms of socioeconomic status, profession, and geographic origin. Bayside has admitted clients from more than 30 states.
- Not suited for clients without a moderate to severe substance use disorder, with active eating disorders or psychosis/acute mental illness (cases will vary).
- Not recommended for patients who require ambulatory assistive devices (unable to walk up hills and steps).