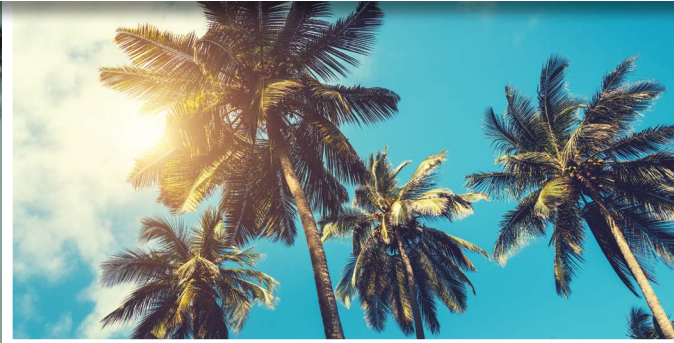




*A Better Way to a Better Life*

FACILITIES OF SOVEREIGN HEALTH



## Sovereign Health of Palm Desert Palm Desert, California

Sovereign's Palm Desert location offers measurement-based adult treatment programs for addiction, dual diagnosis and mental health. We offer individual and group therapy as well as anger management and family therapy. Additionally, alternatives to traditional therapy are available and encouraged, including art and equine therapy as well as music, meditation, exercise and yoga.

A full range of treatment is available, from medically supervised detox and residential programs to partial hospitalization (PHP) and intensive outpatient (IOP) programs for those who must balance treatment with other life obligations and financial considerations.

### Treatment Programs Offered:

- Detoxification
- Primary Mental Health
- Substance Use
- Dual Diagnosis
- Telehealth
- CROSS : Christian Recovery Offering Significant Success
- POWER : Primary Opportunities for Women Experiencing Recovery
- PRIME : Personal Recovery Integrating Men's Experiences

For more information, please visit  
[www.sovcal.com](http://www.sovcal.com)

24/7 ADMISSIONS HELPLINE  
**866.225.4582**

# Sovereign Health of Palm Desert

Our Palm Desert treatment center is nestled right at the base of the mountains. This location enjoys warm, sunny weather and stunning landscapes in one of the Mojave Desert's finest resort communities. We're approximately 107 miles away from Los Angeles and are only a short drive from Palm Springs International Airport, which makes our treatment center easy to access and a convenient destination for those coming from other areas.

## Patients Served

- Adults
- Older Adults (40 - 65 Years Old)

## Levels of Care

- Detoxification
- Residential Treatment
- Partial Hospitalization
- Intensive Outpatient
- Recovery Management

## Meet the Facility Program Director



### Helen Kienzle, Ph.D.

Dr. Kienzle is the Program Director for the facility in Palm Desert, California. She received her doctorate in clinical psychology from the School for Professional Psychology at Alliant University in Los Angeles.

Specializing in psychiatric crisis intervention and resolution, Dr. Kienzle focuses on providing individual and group therapy to clients and their families.

*"Palm Desert is truly committed to providing the best possible care for our patients. Our goal is to help patients transition to independent and healthy lifestyles."*

– Helen Kienzle, Ph.D.

## Treatment Modalities

- Individual, Group and Family Therapy
- Cognitive Rehabilitation and Brain Wellness
- Neurofeedback
- Eye Movement Desensitization and Reprocessing (EMDR)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Experiential Therapy
- Nutrition and Exercise Programs

## Multidisciplinary Team

- Psychiatrist
- Primary Therapist
- Case Manager
- Family Therapist
- Clinical Concierge

## Ancillary Services

- Court / Legal Services
- Financial Counseling
- Life Skills / Vocational Planning
- Advanced Laboratory Services (Pharmacogenetic Testing)

*"Sovereign Health is transforming how addiction and mental illness is understood and treated. Our brain wellness approach to recovery integrates the brain's ability to heal itself within a multidisciplinary treatment plan. Beginning with a comprehensive evaluation of cognitive and emotional functioning, we create truly individualized treatment plans designed to preserve cognitive skills and repair those that have been impaired due to addiction or mental illness. Sovereign Health is pioneering how neuroplasticity will help create and sustain recovery."*

– Dr. Anthony J. Mele  
Chief Clinical Officer

**Most Private Insurance Accepted.** Call us today at **866.225.4582** to speak with a treatment specialist, complete a confidential assessment and review financial options.



**CORPORATE HEADQUARTERS**  
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