



Evidence Based Treatment

Healing starts with understanding the root causes of mental health and substance use challenges. At Beach House, we provide individualized, evidence based care that addresses co-occurring disorders and supports long term recovery.

As a nationally recognized provider, Beach House delivers a full continuum of care supported by a multidisciplinary team. Our approach combines proven therapies with compassionate expertise, emphasizing connection, purpose, and meaningful relationships as essential elements of recovery.



Treatment begins with a comprehensive psychiatric assessment at admission, allowing our team to understand each patient's unique history and needs. From there, a customized treatment plan is developed and adjusted throughout the course of care to support meaningful, lasting progress. Dual diagnosis treatment is integrated at every stage, ensuring that mental health conditions and substance use disorders are addressed together rather than in isolation.

Our clinical team brings together medical, psychiatric, and therapeutic professionals who deliver evidence based therapies such as Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Motivational Interviewing, and psychoanalysis. Each patient benefits from a patient directed and outcome informed approach that encourages active participation in recovery. This model is strengthened by education groups that explore nutrition, physical wellness, coping strategies, the biology of addiction, and skills for independent living. Central to all of this is the therapeutic alliance—an empathetic, honest, and supportive relationship between patient and therapist—which research has consistently shown to be one of the most reliable predictors of long term success.