



PINNACLE PEAK

R E C O V E R Y

Addiction | Trauma | Mental Health

Arizona's Premier Treatment Center within Reach

Treating Mental Health, Trauma, and Addiction



Our Promise: Clinical Excellence, Compassionate Care, Family Feel

(888) 910-8596 | www.PinnaclePeakRecovery.com



What We Treat

Healing Begins Here

At Pinnacle Peak Recovery, we recognize that the path to healing is as individual as you are. That's why our comprehensive programs are tailored to meet you where you are, whether you're facing challenges with **substance use disorders**, **mental health** issues like depression, anxiety/bi-polar disorder, personality disorders, or **Trauma**-related conditions such as PTSD. For those dealing with both addiction and mental health disorders, our specialized dual diagnosis program provides an integrated approach to treat both issues concurrently.

Utilizing cutting edge modalities, our team of specialized trained professionals is committed to helping you achieve lasting recovery. We go beyond symptom relief to address the root causes of your struggles, offering the support and tools you need to reclaim control of your life and embark on a sustainable toward recovery and wellness.

“We go beyond symptom relief to address the root causes of your struggles...”

What We DO Treat

- *Substance Use Disorder*
- *Dual Diagnosis*
- *Depression*
- *Anxiety*
- *Bi-polar disorder*
- *Personality Disorders*
- *Emotional Trauma*
- *PTSD*
- *And more...*

What We DO NOT Treat

- *Active Suicidal Ideation*
- *Active Eating Disorder*
- *Active Psychosis*
- *Active Aggression*

Alumni Experience

“My most memorable day at Pinnacle Peak was overdose awareness day. A topic that hits very close to home because I've experienced it more than a handful of times.”

Types of Therapy

Miracles Happen Here

Trauma Therapy

Accelerated Resolution Therapy is an innovative approach that facilitates rapid processing of traumatic memories, allowing you to reframe and move beyond past experiences. **Thought Field Therapy** employs tapping techniques to disrupt the emotional charge of traumatic events, aiding in immediate relief. **Dialectical Behavior Therapy (DBT)** equips you with skills to regulate emotions and handle distressing situations, empowering you to face life's challenges head-on. Lastly, **Cognitive Processing Therapy** guides you through understanding your traumatic experiences, enabling you to break free from the mental and emotional chains that hold you back.

Experiential Therapy

Expressive Arts Therapy uses mediums like painting and sculpture to help clients externalize their emotions. **The sensory room** provides a tranquil environment that helps deactivate the nervous system, offering a supportive space for processing deep-seated traumas. **Music Therapy** utilizes the therapeutic power of melody and rhythm to foster self-expression and emotional well-being.

Holistic Therapy

Yoga provides a physical practice that complements traditional treatment, offering benefits like increased mindfulness and decreased stress. **Reiki** aims to rebalance energy fields, promoting emotional and physical healing. **Acupuncture** targets specific points on the body to relieve pain and stress, while **Meditation** practices focus on mental clarity and inner peace.





Detox

Let's get you feeling good again.

As you begin your journey towards recovery from drug or alcohol addiction, Pinnacle Peak Recovery's detox center offers a safe and comfortable haven. Our team of experienced medical professionals is passionate about providing high-quality care and support as you navigate the detox process.

With a focus on your safety and well-being, we are staffed around the clock with nurses and other medical professionals to ensure that you receive the highest level of care. We are dedicated to helping you overcome withdrawal's physical and psychological symptoms with comfort and expertise.

While you focus on your recovery, Pinnacle Peak Recovery offers a warm and welcoming environment that includes nutritional meals, comfortable beds, and other amenities that will help you unwind and relax. The center's holistic approach to detoxification includes counseling, and other experiential therapies like yoga, meditation, gentle movement, sound healing, art, and acupuncture to support your physical, emotional, and mental well-being.

“...helping you overcome withdrawal's physical and psychological symptoms with comfort and expertise.”

Whether you're seeking a fresh start or a new beginning, Pinnacle Peak Recovery's detox center provides the ideal setting to help you safely detox from drugs or alcohol and start your journey toward long-term recovery.

Alumni Experience

“My experience at Pinnacle Peak has been amazing!! From the therapist to the staff and others in recovery, everyone has been great to me! The people here have definitely saved my life and opened my eyes that I am worth it...”

Residential

We get it, we've been there too.

Welcome to Pinnacle Peak Recovery, where we offer a transformative residential program that combines evidence-based clinical treatment with a variety of engaging and restorative activities. Our beautiful and comfortable campus,

nestled in the heart of the McCormick Ranch, provides the perfect setting for our clients to focus on their recovery in a peaceful and serene environment.

“...highly skilled and experienced professionals who are dedicated to helping our clients achieve lasting recovery.”

Our clinical program is led by a team of highly skilled and experienced professionals who are dedicated to helping our clients achieve lasting recovery.

We use a range of evidence-based and cutting-edge therapies to address the underlying issues that contribute to trauma, mental health, and addiction.

In addition to our evidence-based therapies, we also offer a range of holistic treatments such as yoga, acupuncture, sound healing, equine, drumming, tai chi/qi gong, and art. Each of these modalities is designed to complement our evidence-based approaches, aiming to harmonize the physical, mental, and emotional aspects of your well-being during the recovery process.

Alumni Experience

“My experience at Pinnacle Peak Recovery was nothing I expected in all of the best ways! Some of the groups such as equine therapy, yoga, meditation and recovery art were not things I would expect at a treatment center. All of these things impacted my recovery in such a positive way and I continue to do them still to this day.”



Outpatient Treatment

Compassion at every stage.

Monday - Friday

Day Treatment:

8:30 am - 3:45 pm

Intensive Outpatient:

8:30 am - 12:15 pm

Alumni Experience

"I was really nervous to go to treatment. I wasn't sure I was going to be able to connect with anyone but it turned out to be very different. Everyone was very kind, caring, and supportive to help me become the best version of myself!"

Our outpatient program includes process groups that focus on building healthy coping skills, identifying triggers, and developing relapse prevention strategies. Individual therapy is an essential component of our program, and our team of Master's Level Clinicians provides personalized trauma healing modalities to each client. Fostering healthy communication and support within the family unit is vital to the recovery process, which is why our therapists provide family therapy. We offer comprehensive case management services, ensuring our clients receive tailored resources and guidance. Our holistic treatments include yoga, meditation, acupuncture, sound healing, gentle movement, drumming, tai chi/qi gong, and art.

We also offer optional supportive housing for clients who need a safe and structured living environment while they focus on their recovery from trauma, mental health, and or substance use disorders.

Alumni Experience

"Pinnacle Peak has given me my life back through introducing me to recovery. I have been able to foster a lasting fellowship through the center that has lasted me well beyond my graduation date."



Daily Outpatient Schedule	
TIME	GROUP
9:00 AM	Primary Group
10:30 AM	Break
10:45 AM	Yoga
10:45 AM	Qi Gong
12:15 PM	Lunch
1:00 PM	Emotional Regulation
2:30 PM	Break
2:45 PM	Communication Skills



Pinnacle Peak Recovery
Mental Health Services | Community Care | Trauma Care

Outpatient Sample Schedule

Evening IOP

No judgments, just excellent care.

Monday, Tuesday, Thursday

5:30 pm – 8:30 pm

Our Evening IOP program is a flexible and comprehensive treatment option for those seeking intensive outpatient care. With a focus on holistic healing and evidence-based therapies, this program offers a range of services including group and individual therapy, family therapy, art therapy, educational groups, and relapse prevention.

Our experienced and compassionate clinicians work with each client to create an individualized treatment plan tailored to their unique needs and goals. The program is designed to help clients develop the skills and resources necessary for lasting recovery while maintaining their daily responsibilities outside of treatment.

Alumni Experience

“Pinnacle Peak has given me my life back through introducing me to recovery. I have been able to foster a lasting fellowship through the center that has lasted me well beyond my graduation date. Because of my recovery, my life is something I thought I might not ever achieve and I have made life long relationships that I am forever grateful for.”



Aftercare

This is what real support looks like.

Our aftercare group is a welcoming space for all alumni to gather and connect on a weekly basis. This check-in group provides a supportive environment to share experiences and receive ongoing encouragement, as well as a chance to develop new friendships in recovery. This group is open to all alumni, and best of all, there is no cost to attend. Our aftercare program aims to support and guide our clients throughout their recovery journey, even after completing our formal program. We believe that ongoing support is a vital component of lasting recovery, and we're proud to offer this resource to our alumni for the rest of their lives.

Alumni Experience

"Since becoming an alumni at Pinnacle Peak Recovery, I have noticed a dramatic improvement in all of my relationships. I learned how to become more efficient with my communication (more listening than talking), and because of the program at Pinnacle Peak Recovery, I also learned how to be more consistent in the lives of the people I hold dearly."





Alumni Program

Any mountain can be climbed.

We believe that recovery is not just about completing a treatment program, but about building a strong foundation for a fulfilling life. That's why we offer a robust alumni program that continues to support our graduates long after they've completed their treatment. Our alumni program is designed to help our graduates stay connected to their recovery community, providing them with opportunities to socialize, have fun, and continue to grow in their recovery journey.

Our alumni program hosts a variety of regular activities, such as bowling, Top Golf, and other outings. These events provide a great opportunity for our alumni to connect with one another in a fun and supportive environment, strengthening their relationships and reinforcing the bonds of their shared recovery experience. We also offer workshops and educational events to help our graduates continue to learn and grow in their recovery, with topics ranging from stress management to relapse prevention.

Our alumni program is open to all graduates of our center, and best of all, it's free of charge. We believe that supporting our graduates in their ongoing recovery is an essential part of our mission, and we're committed to being there for them every step of the way.

Alumni Success Metrics

For clients who successfully completed our proven process

69.21% response rate

70.30% made it to at least 1 year of continuous sobriety

91.86% are compliant with their medication

71.84% have regular contact with their Primary Care Physician

83.11% are currently employed

HEROES

H A V E N



Holistic Healing for Veterans

Introducing “Heroes Haven,” our specialty program tailored to support the unique needs of veterans at Pinnacle Peak Recovery. We understand that service members often face distinct challenges, including trauma, PTSD, and other mental health concerns resulting from their time in the military. Our dedicated program aims to address these challenges while providing comprehensive addiction treatment in a supportive and understanding environment.

“Heroes Haven isn’t just a program; it’s a promise from one veteran to another—your well-being is our mission.”

— Bryan Williams (Air Force Veteran), Primary Therapist

lasting recovery. Our program is designed to incorporate such evidence-based therapies such as: cognitive processing therapy (CPT), accelerated resolution therapy (ART), thought field therapy (TFT), and dialectical behavior therapy (DBT), which are highly effective in treating trauma-related disorders. We also offer group sessions led by experienced clinicians who understand the unique struggles of service members.

These veteran-specific groups provide a safe space for participants to share their experiences, connect with their peers, and develop coping strategies to manage the challenges they face. This sense of camaraderie and mutual understanding is invaluable in fostering personal growth and recovery.

At Heroes Haven, we recognize that veterans require specialized care and resources to help them overcome addiction and achieve

Tour The Facility

Welcome to our state-of-the-art addiction treatment center nestled in the heart of picturesque Scottsdale, Arizona. Our luxurious facility combines cutting-edge therapeutic techniques with a serene and supportive environment, allowing our guests to fully focus on their recovery journey.



In-Network Insurance

We are in-network with the following insurance providers.



At Pinnacle Peak Recovery, we believe that everyone should have access to high quality treatment for mental health, trauma, and substance use disorders. That's why we are in-network with most insurance providers. This helps to make our programs more affordable and accessible to those who need them. We understand that navigating insurance coverage can be overwhelming, which is why we have a dedicated team of experts who can help guide you through the process. Whether you have questions about your benefits or need assistance with claims, we're here to help. Our goal is to ensure that cost is not a barrier to getting the care you need and build a better life.