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## **NEW UCSF STUDY INDICATES BREAKTHROUGHS IN EVIDENCE-BASED SUBSTANCE ABUSE TREATMENT AT BAY AREA RECOVERY CENTER**

*Renowned Addiction Researcher, Dr. James L. Sorensen, of UCSF  
and Dr. Jasmin Llamas, of Santa Clara University  
collaborated on new study of a unique program offering  
“multifaceted outpatient addiction treatment” in Sonoma County*

**Sebastopol, California, November 14, 2016** – CHI Recovery, Inc. announced the release of a study on their substance abuse treatment program. The retrospective review, *Services to Clients in a Multifaceted Outpatient Addiction Treatment Program, 2016*, focuses on CHI Recovery’s innovative integrative healthcare program which incorporates a comprehensive set of treatments recommended by the Center on Substance Abuse and Addiction at Columbia University, (CASA Columbia), published in their [groundbreaking report](#).

The study, just released by Dr. James Sorensen of University of California, San Francisco and Dr. Jasmin Llamas of Santa Clara University, found that CHI Recovery’s program participants:

- 1. Demonstrated unprecedented compliance to treatment**
- 2. Participated for significantly longer durations than standard treatment programs**
- 3. Received far more evidence-based treatments than are traditionally offered in Intensive Outpatient Programs (IOPs) or rehabs**

Current research in addiction treatment emphasizes the need for qualified providers, multi-disciplinary care and longer-term therapies when treating substance abuse.

Upon reading the final report, CHI Recovery’s Executive Director, Robin Stuart, said, “We are thrilled to have such respected researchers interested in CHI

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Recovery's program and we are very proud of our participants who have demonstrated such remarkable commitment to changing their lives through recovery. Seeing them today, displaying such success, is inspirational!"

Nancy Vogl, Case Manager for CHI Recovery added, "Our methods are cutting edge because we have thrown out the template for addiction treatment; instead, we developed services based on what science has proven works. We have worked hard to offer the highest level of evidence-based care at the lowest price possible."

The study's aim was to determine whether the high ideals of such an innovative program could actually be successfully delivered in a community-centered outpatient program, rather than in a brick and mortar building. Another curiosity was whether this particular population would successfully adhere to a regimented schedule spanning six months. The resounding answer was "yes," on all counts. Researchers Sorensen and Llamas were impressed with the fact that CHI Recovery provided customized treatment in an outpatient setting using a blend of highly qualified and licensed providers rather than the standard service providers seen in inpatient programs.

Stuart said that in 2012, the National Center on Substance Abuse and Addiction (CASAColumbia) made numerous "essential recommendations" for treatment for those delivering evidence-based care, pointing out that this may be one of the keys to CHI Recovery's success. According to Dr. Sorensen's report, "CHI Recovery has an innovative approach that combines services from a network of well-qualified medical, mental health, and alternative health care providers from the local community. The clients seen were varied in age, with considerable use of substances. Nearly 90% had been in prior treatment for substance use disorder." Among the study findings was the realization that CHI Recovery clients actually received "more than the contracted services, which indicated the ability of the program to flex as the needs of the clients change."

The entire study report and additional information on the CHI Recovery Treatment Program are available on the [CHI Recovery website](#) along with detailed graphics and industry statistics. Drs. Sorensen and Llamas, and CHI Recovery Executive Director – Robin Stuart, are available for interviews. Please use the contact information above for all follow up, for images or to schedule an interview.

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#### **About CHI Recovery:**

**CHI Recovery** is a holistic, integrative and Evidenced-Based, Intensive Outpatient Program (IOP) that rocks the status quo and transitions participants successfully towards lifelong emotional, physical, and spiritual health. CHI Recovery, has been recognized as an innovative leader in the Addiction Treatment community. Their affiliate mental and

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physical health providers hold advanced degrees and expert in the field of addiction and integrative care.

**Robin Stuart** is a 30 year licensed Marriage and Family Therapist and the developer and Director of CHI Recovery. Robin specializes not only in addictions and codependency, but works extensively with adolescents, adults abused as children, couples and families. Robin is also a clinical expert in sexual abuse, physical, sexual and emotional trauma, PTSD, and family systems. She has served as a clinical consultant and trainer for private and corporate sectors, as a guest lecturer at numerous universities, and is available for public speaking.