

COLLEEN ECKER AA, BS, CADC-II, CCDP, CIP

Recovery solutions for struggling families.

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It's never easy to admit that you or someone you care about has an addiction to alcohol or drugs. But once you recognize the problem, the road to recovery appears at your feet. The first step down that road is to find professional help. If that's where you are now, you've come to the right place. As you may already know addiction and overdose are currently at epidemic levels. For more than 15 years, Colleen's proven treatment services have been helping adults and adolescents get back on the path to a full, rewarding life – free of alcohol and drugs. She is very passionate about offering hope and healing to families affected by substance use disorder. Through her unique blend of knowledge, experience, and understanding, she offers a surprisingly affordable array of services that range from individual/family counseling to interventions. From her extensive experience working as an educational consultant, alcohol and drug counselor and interventionist, Colleen has a variety of services available for all struggling families.

- Certified Alcohol and Drug Counselor (**CADC-II**)
- Certified Co-Occurring Disorders Professional (**CCDP**)
- Certified Interventionist Professional (**CIP**)
- **Educational Consultant** for Struggling Students
- **Affordable Interventions** for Families in Need
- Certified Alcohol and Drug Tester
- **BASICS**: Brief Alcohol and Screening and Intervention for College Students

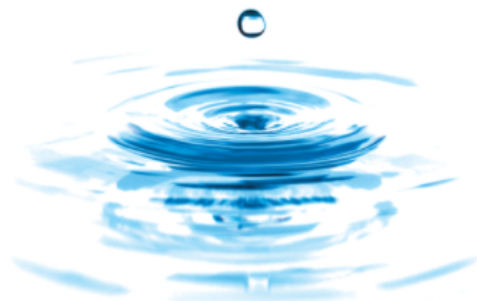
To find out more information about the kinds of services that Colleen offers, click on the Services tab on the left.

Call Now: (310) 874-6416

"Give us one reason why we should hire you?"

Truth. We tell you the truth every step of the way. **Honesty** and **integrity** are key components of our business and we attribute much of our success to these highly valued character traits.

+ SHARE



"It is never too late to be what you might have been."

T.S. Eliot

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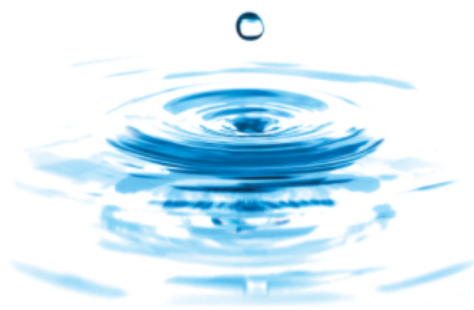
"Dear Colleen,
I wanted to take more time with this, but this clearly has been a whirlwind. It changes in the hour. Thank you from the bottom of my heart for everything you have done and continue to do for our family. God Bless"

"Thank you for making a difference in our lives. We appreciate your time!
-Los Hermanos 2014"

"Colleen,
Thank you for all you do for our youth!
-Los Hermanos 2016"

"Dear Colleen,
Thank you so much from the Peninsula Chapter of NCL Class of 2016 for coming to speak about drug and alcohol related issues. Your message was powerful and I am sure had an impact on our girls. Thank you again and I hope to see you 'on the hill' again soon.
-Diane GLA 2016"

"Hi Colleen,
Thank you so much for the gift of your time and advice. It really meant the world to me to be able to talk about 'my stuff'. I will keep you posted on the progress"
-Client 2007



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Colleen offers a variety of services and referrals to better help you and your family's needs. As an independent counselor in private practice, Colleen works exclusively for individuals and families. Over the past 17 years she has built relationships in the behavioral health care field. However, she does not work for treatment centers or rehab facilities, and does not receive any financial compensation from them, by law. When recommending appropriate treatment solutions she remains neutral and focused on what is best for the client.

Colleen is able to provide her clients with a selection of effective evidence-based treatment modalities. She is familiar and experienced in Motivational Interviewing, 12-step Recovery, Celebrate Recovery, Smart Recovery, MAT, CBT, ACT, and DBT (mindfulness).

Listed below are descriptions of these services and a general pricing to help you choose the option that would best fit your needs.

Colleen's Qualifications:

CADC-II

As a **Certified Alcohol and Drug Counselor** for over 15 years, Colleen has had extensive experience counseling and finding recovery solutions for her clients. Typical services consist of an Intake Session (\$125) to assess personal needs and goals and subsequent Individual Counseling Sessions (\$85-\$125) or Family Counseling Sessions (\$150-\$250) are recommended to discuss progress and support for additional steps toward recovery. Phone sessions are also available for immediate support and information, but face-to-face appointments are preferred. With her extensive experience in the field, Colleen is equipped to assist any individual with any level of needs.

CCDP

As a **Certified Co-Occurring Disorder Professional**, Colleen is experienced with assessment and counseling for those with co-occurring mental and substance use disorders. Common mental disorders that co-occur with substance use include mood-related disorders: major depression and bipolar disorder, anxiety-related disorders such as social anxiety and obsessive-compulsive disorder.

CIP

Colleen is also a **Certified Intervention Professional** specializing in support, education, guidance, direction and training for families in need. The process includes researching and visiting many treatment facilities to find the best fit for the client.

BASICS

BASICS stands for **Brief Alcohol and Screening and Intervention for College Students**. It is a service available for students who need to learn more about alcohol and drug use and is designed to assist students in examining their behaviors in a judgement-free environment. Colleen has helped students in the past who have been either curious about their own drug and alcohol use and possible risks to using, or students who have been mandated to complete BASICS after a violation of school policy.

Educational Consultant

Through her experience working in various school districts, Colleen is knowledgeable with educational consulting for struggling students. She specializes in finding alternative environments for students with special learning circumstances. She can advocate for your adolescent to get the services that they need to succeed.

General Pricing (sliding-scale):

Intake Session (\$150)

Individual Counseling Session (\$100-\$200 per session)

Phone Session (first 10 min free for New clients, \$50+)

Family Counseling Session (\$150-\$250)

Price depends on length of time and family size.

Crisis Counseling Services (\$500+ per week)

Weekly and Monthly retainer fees are available upon request.

Case Management (\$200+ per week)

Colleen advocates for a client's care while they are in treatment. These services include clinical collaboration, family communication and aftercare transition. The fee is dependent upon client's length of treatment. This does not include crisis management or required relocation.

Certified Alcohol and Drug Testing (\$50 + lab fee if needed)

Court Mandated Alcohol/Drug Assessments (\$150-\$200)

Interventions + Transportation expenses (\$800-\$6,000)

Price reflects length of counselor involvement and staffing requirements. Some interventions are more expensive due to time and involvement requirements, which is defined as case management. Counseling support services are nonrefundable. If needed, Colleen can provide transporters to assist with the placement of your loved one. Transports are an additional fee.

Treatment Research and Options List (\$50-\$300)

Colleen and her staff research and compile a list of treatment options for you or your loved one based on each individual's needs, cost/insurance, and location. This takes resources and time to create the best information and options for each client's individual care/treatment. Colleen has established a relationship and toured with an array of different treatment facilities to better assist her clients with proper placement.

Offsite Meetings (\$150-\$300)

Colleen is known to be available for clients at any location. She can accompany clients to Meetings, makes house calls and meet clients while they are in the hospital. Whatever your needs are, Colleen will do her best to accommodate them with confidentiality.

Additional Services

Colleen is a trained crisis counselor. It's unfortunate, but sometimes in life, crisis situations happen. Sadly a crisis is not uncommon in the addictions and behavioral health field. Crisis situations are time sensitive, often requiring immediate attention and action. Families are emotional and fearful for their loved one. They are often ill equipped and uncertain of what to do in an unfamiliar situation.

This is when you need Colleen's expertise. When there is a crisis, her experience is invaluable. Navigating through the medical/recovery system is challenging. Colleen will guide you, while advocating for your loved one. Each case is unique, which requires a variety of resources and custom care. Therefore pricing will vary and be different and specific for each case.

Colleen's involvement includes services such as providing alternative referral resources and treatment options, verification of insurance benefits, payment plans, clinical collaboration, counseling support, family mediation, facilitating transports, releases of information, and coordinating treatment/discharge plans.

Colleen has a relatively large case load. If you are an existing client, you will receive priority. Whatever support services are provided in her office, in your home, or on the phone, they are considered additional, billable items. An invoice will be emailed when the services are rendered.

"It is never too late to be what you might have been."

T.S. Eliot

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Colleen Ecker has served a variety of clients from every walk of life. She specializes in alcohol and drug counseling but also has extensive experience in treating behavioral addictions and staging interventions. In addition, through her employment under multiple school districts, she also has experience in education counseling for struggling students.

We would welcome the opportunity to earn your trust and deliver you the best service in the industry.

Cell Phone:

(310) 874-6416

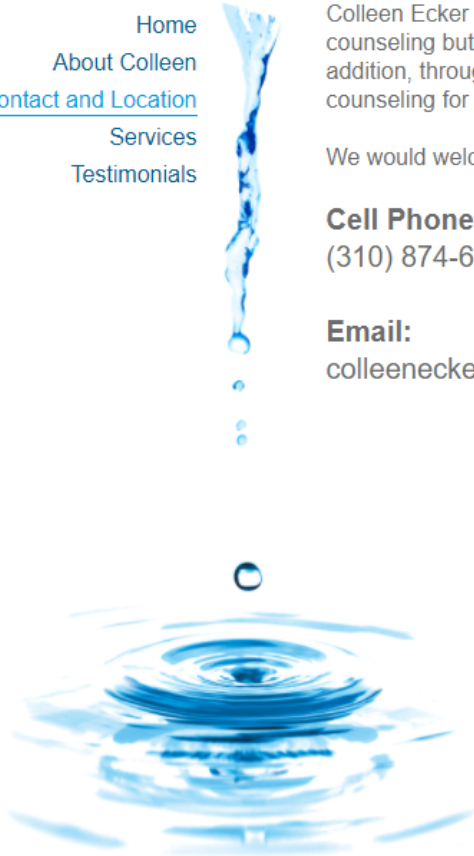
Email:

colleenecker@gmail.com

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Colleen Ecker, AA, BS, CADC-II, CCDP, CIP, Ed.D



Colleen Ecker is from The Palos Verdes Peninsula in California, which is a suburb of Los Angeles. Colleen is a Certified Alcohol and Drug Counselor, Certified Intervention Professional, Certified Co-Occurring Disorder Professional and Educational Consultant. After seeking her own treatment, she found her calling in the recovery field, where she has spent the last eighteen years as a Sober Coach, Life Skills Counselor, Educational Consultant, family/group Counselor, and as an Advocate assisting families navigate through alcohol/substance abuse and co-occurring disorders. Her private practice specializes in treatment solutions and recovery options.

Colleen spent several years working at Marymount California University in the Student Development Services Department as the Wellness Counselor. She organized health related events, facilitated recovery groups and presented on topics related to substance abuse/addiction. As an adjunct faculty member she taught a psychology course called 'The Art of Being Human'. Additionally she was the faculty advisor for the Sober Solutions Student Club, which facilitates a safe rides program and substance free dorms.

The students have endearingly nicknamed her 'Buzz Kill', from her lively student centered presentations. In addition she has spent over 14 years as an alcohol and drug counselor for adults/teens at the Thelma McMillen Center, an intensive outpatient program, at Torrance Memorial Medical Center. Colleen is currently working part time at Clear Recovery in Redondo Beach, facilitating process groups, and presenting lectures on educational/recovery topics.

Colleen volunteers her time speaking to parents and teens at local schools, churches and philanthropic organizations to inform and educate the community about substance abuse. A popular request is for her lecture entitled 'Just Say Know'. She also volunteers at the House of Hope in San Pedro, on the fundraising committee, to raise funds for under-served women seeking treatment. Colleen is committed to educating and informing people about addictions and mental health issues. Her goal is to help remove the stigma and shame associated with this issue. Her message is... there is hope, healing and help available.

Personally, Colleen and her husband have been married over 40 years and have four sons. She enjoys tennis, gardening and reading. She has degrees in advertising, marketing, sociology and psychology. As a former Cruise Director she has traveled extensively and has also lived in the Mid-West, on the East Coast and on the West Coast.

As a Counselor and Interventionist, Colleen is committed to providing custom care for her clients. She utilizes CBT, DBT, and mindfulness treatment modalities. She integrates her own battle with and triumph over addiction into providing the most effective, rehabilitative care for struggling families. She helps people go "from hole to whole." Her passion and purpose is to provide quality treatment and to help families find recovery. She is known for being direct and humorous, while maintaining a reputation for providing excellent and ethical clinical care.



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