



We empower people facing substance abuse and mental health challenges through surfing and outdoor activities

What Do We Offer?

- Surf & Adventure Therapy
- Group Facilitation
- Alumni Events
- Staff Wellness Events

Who Do We Serve?

- SUD & MH Recovery Programs
- Treatment & Corporate Staff
- Alumni
- Private Clients (1 on 1)

Where Do We Work?

- At scenic beaches, parks, and hiking trails in coastal Orange County, CA

(949) 464-7123 | [Serenewatersrecovery.com](https://serenewatersrecovery.com)



Surf Therapy



Mindfulness



Bonfires



Hiking



SUP & Kayaking



Beach Clean Ups



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Qualifications

- EMT Competition Certificate, Pro-Tech, EMT School
- Drug & Alcohol Studies Certificate (CADC-II)
- CPR/ AED/ First Aid Certificate
- Carries Liability Insurance
- Registered LLC in California
- A.S. in Human Services, Saddleback College
- Provided services for over 24 programs
- SUD field experience since 2011
- Surf instruction experience since 2014

How Does the Participant Benefit?

- Feel a sense of purpose and connection.
- Become more empowered and self confident.
- Learn to challenge their comfort zone.
- Create new healthy neural pathways.
- Reduce cravings, anxiety, and depression.



How Does Your Program Benefit?

- Provides alternative modalities to help engage your clients holistically.
- We can complete the charting in your EMR.
- Higher client satisfaction reviews.
- We do the planning w/ your staff.
- You can post our services on your site & socials.

What Do The Experts Say About Water?

Dr. Wallace J. Nichols, author of *Blue Mind*, emphasizes the therapeutic benefits of water activities like surfing for individuals with mental health challenges, including PTSD. He states "Surfing and other water sports provide alternative rewards by satisfying the brain's desire for stimulation, novelty, and a neurochemical 'rush', while also getting addicts out of their typical environments."

Learn more at: www.sohohouse.com/en-us/house-notes/issue-006/soho-health-club/blue-mind-theory-the-healing-powers-of-water



According to Deakin University, "Surfing connects people with nature and can be a mindful practice, allowing surfers to focus on the present moment. This can help reduce stress and anxiety, improving overall mental well-being."

Learn more at: www.deakin.edu.au/research/research-news-and-publications/articles/why-learning-to-surf-can-be-great-for-your-mental-health-according-to-a-psychologist#:~:text=Evidence%20showing%20the%20mental%20health,from%20specific%20surf%20therapy%20programs



What's Included?

- Group Facilitation for 2 hrs. max. 6 clients.
- Up to 2 instructors (depending on group size).
- Wetsuits, surfboards, instruction.
- Mindfulness & physical activity.
- Photos (if requested).
- Larger group sizes can be accomodated for hiking, kayaking beach clean ups, etc.

Pricing

- Competitive pricing from \$99-\$999 depending on service, size of group, & frequency you want to apply to your program.
- Private clients can book 1 on 1 therapeutic surf lessons for \$149 (non group/ tx setting)

Value Comparison

- Most surf schools hire high school or college students as instructors, offering safe water practices, friendly staff, quality equipment, and solid reputations. However, they often lack training or credentials in the Substance Use Disorder (SUD) and Mental Health (MH) recovery fields. Additionally, they may have limited knowledge of HIPAA, ethics, and boundaries.
- In contrast, Serene Waters incorporates specialized group topics, therapeutic modalities, alternative activities, and tailored strategies to better engage and support clients in their recovery journey. In addition to safe water practices, friendly staff, quality equipment



Testimonials



Serene Waters provides invaluable support to our clinicians and clients, offering adventure therapy that combines California's natural beauty with skills training that enhances the overall treatment process. -**Doug Plieman, M.S.W., CADC-II Program Director of New Method Wellness** (as seen on Dr. Phil and A&E).

We have been utilizing Serene Waters Adventure Therapy for our clients that are newly in recovery for Mental Health, Chemical Dependency, and Trauma. The therapeutic value that they have found through their surfing experiences have made a huge difference in our clients' lives.- **Marissa Murray, Program Director, Rising Roads Recovery for Women.**

James is a wonderful, patient teacher who gives a tailor-made lesson to what you are looking for. My daughter was struggling with depression, and he helped her find the quiet in her mind and how to be in the present moment, which was exactly what she needed.- **Parent of a Client.**

How to Get Started?



- Book a call, and discuss your programs needs.
- Give a few us potential time slots that may work for scheduling
- Sign agreements and complete onboarding tasks
- Allow James to have a brief zoom meeting with your staff that will be coordinating these groups; to discuss safety protocols, staff roles, expectations, what clients will need to bring, groups rules, meet up location, and a general itinerary

