

All In Solutions California Introduces Year-Round Outdoor Therapy Program for Addiction Recovery

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SIMI VALLEY, CA - October 28, 2025 -
All In Solutions California has expanded its treatment offerings with the introduction of year-round outdoor group therapy sessions, providing clients with therapeutic experiences that combine evidence-based addiction treatment with the healing benefits of nature.

The Simi Valley-based addiction treatment center now offers quarterly outdoor workshops that include group therapy circles, nature meditation sessions, and structured sober social activities. These sessions complement the center's existing comprehensive treatment programs, which include partial hospitalization, intensive outpatient, and outpatient services.

"Healing doesn't have to be confined to four walls?by taking therapy outdoors, clients rediscover groundedness and community in fresh, meaningful ways," said Jerry Bruce, Group Facilitator, RAC at All In Solutions California.

The outdoor therapy program represents an evolution in addiction treatment methodology, recognizing that recovery flourishes when both environment and therapeutic support work in harmony. Sessions take place in carefully selected outdoor settings that provide natural sunlight exposure, opportunities for mindfulness practice, and spaces conducive to peer connection and support.

All In Solutions California addiction therapy now incorporates these outdoor elements as optional components within existing treatment plans. Participants in the program engage in traditional group therapy techniques while benefiting from the calming effects of natural environments. The outdoor setting has been shown to reduce stress, improve mood, and enhance the therapeutic process for individuals working through substance use disorders.

Michael Maddaloni, COO, emphasized the program's role in comprehensive recovery. "Our outdoor therapy sessions create unique opportunities for clients to practice coping skills in real-world environments while maintaining the structure and support essential to recovery. The natural setting helps reduce the institutional feel that can sometimes create barriers to engagement."

The quarterly workshops are designed to align with seasonal changes, offering varied experiences throughout the year. Spring sessions focus on renewal and growth, summer workshops emphasize community building, fall programs center on gratitude and reflection, and winter sessions address resilience and inner strength. Each workshop maintains the center's commitment to evidence-based practices while introducing environmental elements that enhance therapeutic outcomes.

Treatment at All In Solutions California continues to address various substance use disorders, including alcohol, cocaine, methamphetamine, heroin, opiates, prescription drugs, and benzodiazepines. The addition of outdoor therapy sessions extends healing opportunities beyond traditional clinical settings, fostering long-term engagement and supporting sustained recovery.

The outdoor therapy program integrates seamlessly with the center's existing specialty components, including faith-based recovery options, integrated family therapy, trauma-focused treatment, and alumni support services. This holistic approach ensures that clients receive comprehensive care tailored to their individual needs while benefiting from innovative therapeutic modalities.

All In Solutions California operates as a premier addiction treatment center serving the Simi Valley area and surrounding communities. The center's multidisciplinary team of addiction specialists, therapists, and medical professionals provides personalized treatment plans that address both substance use disorders and co-occurring mental health conditions. Through its combination of traditional evidence-based therapies and

innovative approaches like outdoor group therapy, the center continues to evolve its treatment offerings to meet the diverse needs of individuals seeking recovery from addiction.

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All In Solutions California

All In Solutions California, along with sister facility All In Solutions Detox, provides a full continuum of addiction treatment services in Simi Valley. We offer detox, inpatient, and outpatient rehab programs designed to promote long-term sobriety.

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