We believe everyone deserves the opportunity to live a healthy life, which is why our fully credentialed and experienced staff provides unparalleled addiction treatment to serve each person’s unique journey towards a lifetime of recovery.

Futures utilizes an integrated multidisciplinary approach that is extensive and life-changing. Our staff works at both the core emotional level to uncover the central issues driving the addiction or co-occurring disorder and at the practical level, creating coping skills and a detailed aftercare plan that encourages the individual to approach life from a new, well-balanced perspective.
We are committed to providing an atmosphere of safety, respect, compassion, and dignity. Our program is structured and clinically intensive, yet flexible to accommodate 12-step recovery or alternative preferred models of sober support. Individual work is provided each week with Masters level therapists and medical professionals.

Case management and relapse prevention work is tailored to the individual needs of each client. This combination, along with an extensive continuing care program, is the most effective outcomes-based model for the treatment of alcoholism, addiction, and co-occurring disorders.

"From the moment I arrived fresh from the hospital to the morning I got to go home, this experience changed my life. The therapists, nurses, case managers and resident assistants made me feel cared for and safe when I was going through such a scary transitional period in my life. I would highly recommend Futures to anyone looking to take back control of their life from addiction."

Chrissi W.
Our treatment program incorporates Dialectical Behavior Therapy or DBT. Recent research shows that DBT is an effective approach for sustainable recovery from addictions and co-occurring disorders.

**Dialectical Behavior Therapy (DBT)** is an evidence-based approach that assists people with chronic emotional dysregulation problems and impulsivity which results in behavioral difficulties. We provide group and individual sessions to promote all four core principles of DBT treatment.

**The Core Principles of DBT**

- Building acceptance and distress tolerance skills
- Improving interpersonal effectiveness
- Learning and improving emotional regulation skills
- Cultivation of mindfulness and thought observation

The most important goal of DBT is to assist in long-term abstinence by making positive moment-to-moment choices. Through DBT, clients learn the required skills to make these important choices.

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“Futures is a treatment facility that genuinely cares for its clients, and creates an environment that builds a foundation for real recovery. They treat the whole person and it offers an education in self-awareness. I highly recommend Futures for those who are serious about recovery from drug or alcohol addiction.”

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Jamie N.
Futures of Palm Beach offers clients a comfortable, relaxing atmosphere in which to receive top-quality treatment for substance abuse, addiction and co-occurring disorders. With an experienced and credentialed staff, we provide clients with the emotional, physical and clinical support to end the cycle of addiction and become part of a lifelong recovery community.

**WHY CHOOSE FUTURES OF PALM BEACH?**

Futures of Palm Beach offers clients a comfortable, relaxing atmosphere in which to receive top-quality treatment for substance abuse, addiction and co-occurring disorders. With an experienced and credentialed staff, we provide clients with the emotional, physical and clinical support to end the cycle of addiction and become part of a lifelong recovery community.

**Comprehensive quality care, with inviting amenities:**

- All suites have private bedrooms and private baths, with walk-in closets and a shared living space
- Private suite options available
- Wide screen TV in each living room
- Meals prepared daily by a professional culinary team
- Pool and jacuzzi on site
- State-of-the-art media room and theater
- Numerous and spacious outdoor sitting areas with meditative koi pond
- Use of laptops, wifi and cell phones*  
  - NuCalm® relaxation therapy
  - Physical therapy
  - Massage**
  - Acupuncture**
  - Hypnotherapy
  - Yoga
  - Recreational therapy
  - Full fitness center with private trainer*
  - Volleyball courts
  - Tennis courts

* As clinically appropriate  
** Additional costs apply

"Their mindful based instruction, one on one meditation, personal training and healthy eating rejuvenated my mind and body. They helped me with an incredible after care plan that has helped me stay sober and live a new wonderful life. I owe my life to Futures and will recommend them to anyone that ever needs help that I encounter. Thank you everyone at Futures for everything."

Tim F.
When clients are supported in their treatment and recovery by family, they significantly increase their chances of long-term success. Through educational workshops designed to provide information to family members, therapy sessions both with and without the patient, and visitation days, families can be involved in the recovery process from start to finish. They become effective and vital in helping their loved one stay the course.

Our family focused core sets our program apart:
• Two-day family intensive program
• Contact with the client’s primary therapist by invitation from the client
• Family counseling sessions included at some program levels
• Remote participation in family sessions via secure online portals

FAMILY INVOLVEMENT

“This place is wonderful. My son went here a broken man and came home a new person. I can never thank this place enough for making this wonderful change in my son’s life. Thank you Futures and staff.”

Jennie S.
Our residential program is designed to be the beginning of a process that is supportive as the client re-enters life without dependency. Continuing care is a fully integrated aspect of our treatment program and is designed around the specific needs of the client to ensure long-term recovery success. Clients work closely with their primary therapist and case manager to define their personal values and goals, then develop an individualized plan to provide a road map for a meaningful and rewarding path beyond treatment. Recovery with dignity and purpose is achieved with positive encouragement, accountability, and constant support long after the client departs our residential program.

Days of Ascent™
Active members of our Alumni community are also welcomed to attend Days of Ascent™. Attendees are welcomed back to Futures several times a year for this free two-day event, in which they can join in therapies, enjoy sober activities and reconnect with their therapists and fellow Alumni.

Intensive Outpatient & Outpatient Services
As a complement to inpatient residential treatment, outpatient care is a crucial step on the road to recovery. Through our Intensive Outpatient Program (3-day/week) and Outpatient Program (1 day/week), Futures offers options for care after leaving treatment that reinforce the foundation for sobriety.
To learn more or to help a loved one, call us today.
855.HOPE.300

701 Old Dixie Highway, Tequesta, FL 33469
www.futuresofpalmbeach.com