



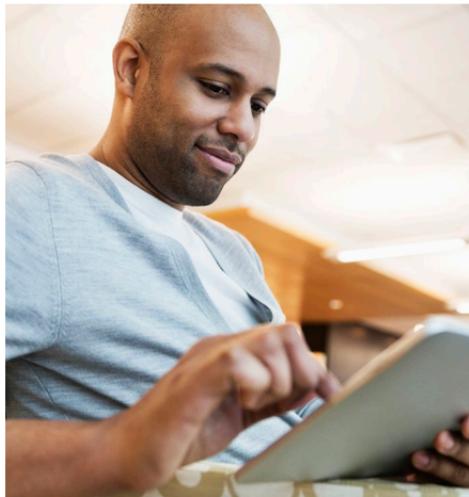
DETOXIFICATION | RESIDENTIAL INPATIENT | PARTIAL HOSPITALIZATION | INTENSIVE OUTPATIENT

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# OWN YOUR RECOVERY.

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 discourages the individual from revisiting old patterns and temptations.

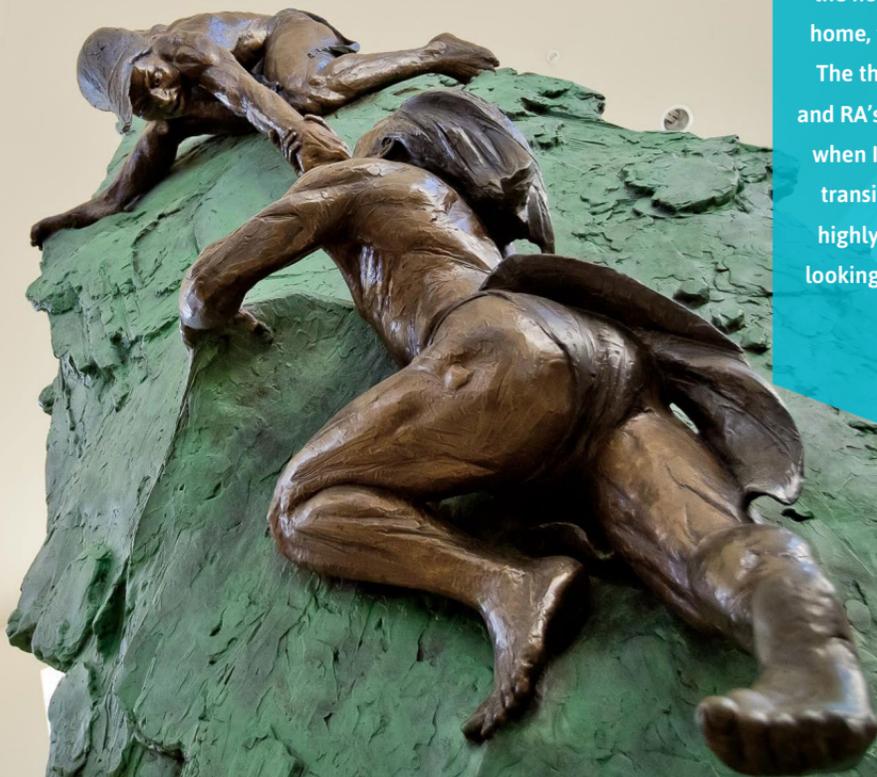


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## OUR TREATMENT PROGRAM

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 treatment. A minimum of 3 - 5 hours of individual work is provided each week with Masters or PhD level therapists and Medical Doctors.

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 RA’s 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 control of their life back from their addiction.”

Chrissi W.



“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.”

Jamie N.

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# FOCUS ON MINDFULNESS AND EMOTIONAL REGULATION

Our program has several major components which are specifically supported by research as being strong approaches for recovery from addictions and co-occurring disorder issues. These include:

## **Dialectical Behavior Therapy (DBT)**

An evidence-based approach targeting people with chronic emotional dysregulation problems and impulsivity which results in behavioral difficulties. We provide one, two-hour skills group per week, as well as addressing all of the four core principles of DBT treatment.

## **The Core Principles of DBT**

DBT is practiced through both group and individual sessions. The four main components are:

1. Building acceptance and distress tolerance skills
2. Improving interpersonal effectiveness
3. Learning and improving emotional Regulation skills
4. Cultivation of mindfulness and thought observation

One of the most important goals of DBT, is to create long-term abstinence by making positive moment-to-moment choices. Through DBT, clients learn skills to make these important choices.

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# WHY CHOOSE FUTURES RECOVERY HEALTHCARE?

Futures Recovery offers residents a comfortable, relaxing atmosphere in which to receive top-quality treatment for substance abuse, addiction or co-occurring disorders. With a 13 to 1 staff to client ratio, we provide you with the emotional and clinical support you need to end the cycle of addiction and the opportunity to become a part of a lifelong recovery community.



## Comprehensive primary treatment, with spa-like amenities:

- Private bedrooms with shared living space, walk-in closet and option for private suite
- All suites have private baths with shower
- Wide screen TV in each room
- Meals prepared daily by a private chef
- 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

## A Full Wellness Center With:

- Massage
- Acupuncture
- Hypnotherapy
- Yoga
- Recreational Therapy
- Full fitness center with Private Trainer\*
- Volleyball courts
- Tennis courts

\*as clinically appropriate



"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 T.



“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 sons life. Thank You Futures and staff.”

Jennie S.

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# FAMILY INVOLVEMENT

When patients 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 and become effective in helping their loved ones stay the course when they return home.

## **Our family intensive and counseling sessions set our program apart from others with:**

- 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 web portals



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# COMMITTED TO CONTINUING CARE

Our residential program is designed to be the beginning of a process that is supported as the client re-enters the world. 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, and develop an individualized plan to provide a roadmap 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 Alumni are also welcome 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 some sober fun and reconnect with their therapists and fellow Alumni. With two dedicated staff to Alumni, support is always within reach.

## **Intensive Outpatient & Outpatient Services**

As a complement to inpatient residential treatment, an 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 provides you with plenty of support and therapy as you transition from residential care back to your regular life.



**“Futures is definitely life changing!  
My experience at Futures was  
phenomenal. I couldn’t have asked  
for a better group of people. The staff  
is just amazing. My Futures family will  
stay with me forever.”**

**Nora M.**



RECOVERY HEALTHCARE

701 Old Dixie Highway, Tequesta, FL 33469

[www.futuresrecoveryhealthcare.com](http://www.futuresrecoveryhealthcare.com)



NAATP



To learn more or to help a loved one, call us today.

**855.HOPE.300**