

*Comprehensive Care for the  
Complicated Disease of Addiction  
& Co-occurring Conditions*



CORE at FUTURES  
RECOVERY  
HEALTHCARE

BY SIMPLY READING THESE WORDS AND THINKING SERIOUSLY  
ABOUT GETTING HELP FOR YOURSELF OR A LOVED ONE, YOU  
ARE TAKING A CRUCIAL STEP TOWARD LIFE-SAVING CARE AND  
THE BENEFITS OF LASTING RECOVERY.



Addiction and co-occurring mental health are progressive, life-threatening conditions that do not get better without the appropriate care. Treatment works, and Futures' Core Program and its team of skilled and compassionate caregivers are ready to help. Our experienced doctors, clinicians, and array of services allow Futures to address a broad range of substance use disorders and mental health conditions. If we determine that someone seeking treatment at Futures requires services outside our scope of clinical or medical appropriateness, we refer to other high-quality, specialized care providers around the country.

The moment during which individuals or loved ones are willing and able to ask for help is precious and fleeting. The people of Futures Recovery Healthcare are committed to making the most of this life-affirming opportunity.



*Michael Holloway*  
*Chief Executive Officer*

THE ENTIRE FUTURES RECOVERY HEALTHCARE TEAM appreciates your interest in our program and hopes to earn the opportunity to provide you or your loved one with exceptional, effective, and comfortable care.

Caring for every patient and family member we have the privilege to serve gives every member of our team the ability to answer their calling. We take great pride in providing excellent evidence-based treatment, assistive wellness services, and compassionate service.

The disease of addiction and its co-occurring mental health conditions are complicated diagnoses. These conditions touch every aspect of our lives and fundamentally affect our physical and mental health, relationships, and prospects for the future. We understand how deeply ingrained these issues are for our patients and we strive to be compassionate partners working to restore health, teach practical tools, and set patients on a path toward continuous improvement and a fulfilling life in recovery.

Warm Regards,

A handwritten signature in black ink, appearing to read "Michael Holloway", written in a cursive style.

**MICHAEL HOLLOWAY**





## COMPLEXITY

Substance use disorders, addiction, and co-occurring mental health conditions are complicated illnesses that affect every aspect of individual and family life. Combinations of many factors contribute to the development of these conditions, including traumatic life experiences, family history and genetic disposition, physiological and psychological problems, socioeconomic challenges, and more. Every person experiences these conditions uniquely, and no single approach to treating these conditions is effective for everyone. Futures offers an array of coordinated medical, psychotherapeutic, wellness, and support services and tailors therapy to individual patient needs.



## WHO WE HELP

Futures' Core treatment program, curriculum, wellness services, and campus environment are ideally suited to meet the needs of emotionally-mature adults. When patients share life experiences and challenges, they can feel a greater sense of camaraderie and openness and allow care providers to better tailor treatments to patient needs. Futures helps patients learn to navigate the everyday challenges of adult life, including work stress, parental and family relationships, financial pressures, and legal issues that can trigger and exacerbate addiction and mental health conditions.





## WHAT WE TREAT

Core at Futures Recovery Healthcare is a dual-diagnosis treatment program helping patients with substance use and co-occurring mental health conditions. Addiction and mental health conditions are related and intertwined diagnoses. People suffering from substance use disorders often experience depression, anxiety, mood disorders, psychosis, and other mental health conditions. Mental health conditions can lead some people to self-medicate — fueling substance misuse. The lifestyle and symptoms of active addiction can also cause mental health conditions — perpetuating the damaging cycle of psychological and physical pain. Futures uses thorough assessment to develop holistic care plans that address the complete person.



## MEDICAL AND CLINICAL LEADERSHIP

Effectively treating addiction and helping people establish a strong foothold in recovery takes high-quality, evidence-based integrated medicine, and clinical programming. Futures employs a team of talented, licensed care providers, including specialized medical doctors, nurses, psychotherapists, physical therapists, and

wellness professionals. This experienced and credentialed team collaborates to provide effective and coordinated care. Futures' patients are referred to specialized care providers when necessary. Futures is a proud member of the Florida healthcare community and works to build a strong local recovery community.



## QUALITY, LICENSURE AND ACCREDITATION

Futures holds itself to the highest quality standards and works hard to help patients, families, and referring professionals feel confident in choosing this program. Futures Recovery Healthcare is accredited by The Joint Commission, the nation's largest medical accrediting body. Our Core Program is licensed by the Florida Department of Children and Families and we are primary sponsors and active members of Treatment Professionals in Alumni Services (TPAS), the nation's leading recovery alumni professionals organization. Our staff members take part in continuing education, attend professional conferences, and contribute to the field's shared knowledge of effective treatment practices.





## PERSONALIZED CARE

Core patients are welcomed upon their arrival, given a tour, and registered to begin their treatment. Patients receive a thorough medical and psychological assessment, and other diagnostic tests to establish baselines and identify medical issues requiring treatment. Some Futures' patients receive medical detoxification in our state-of-the-art medical suite. The Futures' care team collaboratively develops a personalized care plan based on the assessment, assigns a case manager, and schedules appropriate therapies and services. Patients receive integrated medical care, medication management, individual and group therapy sessions, physical therapy, and fitness programming. They may also take part in wellness services, including yoga, mindfulness, meditation, and massage.





## **FAMILY INVOLVEMENT AND SUPPORT**

Addiction affects the entire family, and loved ones can often play a crucial role in the lives of people in recovery. Addiction and its side-effects can strain familial relationships and reduce the ability of loved ones to support recovery. Family therapy in our Core Program focuses on educating family members about the disease of addiction, advises them how to establish and maintain helpful boundaries that support recovery, and helps them access helpful resources to address their own issues resulting from experiencing an active addiction.



## WELLNESS AND NUTRITION

Wellness services improve physical and mental health to support lasting recovery. Futures' trained staff, and well-equipped facilities help patients benefit from physical fitness and exercise, yoga, therapeutic massage, hypnotherapy, and meditation. Being physically fit, improving mobility and strength, and proactive self-care improves mood and self-image, and eases physical pain. Proper nutrition is also an essential component of recovery as the use of substances and alcohol can damage the body and deplete its resources. Futures provides nutritionally-appropriate and delicious meals and snacks carefully prepared by our culinary professionals.





## THE FUTURES' CORE EXPERIENCE

Core at Futures Recovery Healthcare program and campus is designed to make the process of participating in our intensive holistic clinical and wellness therapies as convenient, efficient, and enjoyable as possible. Futures' patients receive a high number of individual and group therapy hours, receive medical checks, and take part in physical therapy and wellness activities throughout each day. Time here is spent receiving high-quality care. Leisure and fun are

also important for our patients. Schedules include personal time, off-site group activities, and time outside of the intense clinical work, to reflect and relax by the pool or to talk with friends. Learning to strike a balance between the work of treatment and enjoying life without substances is a helpful lesson for people in early recovery. All patient suites offer private bedrooms and bathrooms, television, internet, and a shared common space. Private single suites are also available.





## ALUMNI PROGRAMMING AND COINING IN

Futures emphasizes the role and importance of becoming part of a vibrant and supportive alumni community. As a primary sponsor of TPAS (Treatment Professionals in Alumni Services), Futures is leading the way in the development of effective alumni programming. The Futures' "coining-in" process welcomes patients to the alumni program early in their treatment stay. Futures' alumni coordinators build rapport with patients and keep in touch after discharge to ensure that they have access to additional treatment if it is needed. They also encourage alumni members to take part in alumni activities, outings, and support groups. Days of Ascent is a unique program that offers Futures' alumni the opportunity to return to campus multiple times per year to visit with members of the care team, practice recovery skills and reconnect with peers.





## **DISCHARGE PLANNING/ CONTINUUM OF CARE**

Addiction, like other chronic health conditions, requires a lifetime of regular management. While Core patients can gain a foothold in recovery during their time at the residential program, establishing a strong and accessible continuum of coordinated healthcare is essential to continue making progress. Futures' discharge planning specialists help patients identify and connect with the specialized aftercare programs or care providers in their home communities that will continue treatment. They may also identify safe recovery housing options for patients needing such services. Through careful planning, patients can make a smooth and seamless transition between Futures and the network of ongoing care providers that will help patients maintain recovery and good health.



## **COST OF TREATMENT AND INSURANCE**

Our Core patients typically pay for their treatment using a combination of insurance benefits and private payments. The portion of care that patients cover varies depending upon their insurance plan, deductible, and other factors. Futures helps patients utilize their available benefits to minimize out-of-pocket expenses. We recognize that our unwavering commitment to providing high-quality, coordinated health services can come at a significant cost to our patients. Futures strives to be an effective treatment provider, to represent an exceptional healthcare value, and to make our care as accessible as possible.



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TREATING ADDICTION AND MENTAL HEALTH CONDITIONS THOROUGHLY AND EFFECTIVELY TAKES SIGNIFICANT EXPERTISE AND RESOURCES. FUTURES IS COMMITTED TO PROVIDING THE HOLISTIC, EVIDENCE-BASED TREATMENT THAT WE BELIEVE BEST HELPS OUR PATIENTS. WE UNDERSTAND THAT THE COST OF MEDICAL CARE CAN BE A CHALLENGE FOR INDIVIDUALS AND FAMILIES, AND WE WORK WITH PATIENTS AND INSURERS TO MAKE OUR PROGRAM AS ACCESSIBLE AS POSSIBLE.”

— Futures Recovery Healthcare Chief Operating Officer, Deja Gilbert



## ADMISSIONS

We very much look forward to your call. Seeking treatment for addiction takes courage, and the time in which a person is able and willing to accept help is precious and fleeting. Futures' admissions counselors are available at all times and ready to listen and advise. The Futures' admissions team is comprised of experienced and knowledgeable professionals. They can help individuals, referring professionals, or loved ones seeking care determine if Futures can best help, or refer to alternate providers if their clinical or medical criteria indicate they would be better served by another provider.





FUTURE

RECOVERY  
HEALTHCARE



FUTURES RECOVERY HEALTHCARE  
701 OLD DIXIE HWY  
TEQUESTA, FL 33469  
ADMISSIONS: 855.HOPE.300

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



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**Treatment Professionals  
in Alumni Services**  
Recovery through Collaboration

ACCREDITED BY  
THE JOINT COMMISSION

