



*Hero's Ascent* —  
For First Responders and Veterans



## CHALLENGING TIMES ON THE FRONT LINES

The nation's struggles with COVID-19 and events related to negative contacts between police and the public put the mental, physical, and spiritual health of front line responders at higher risk. The fear of contracting or spreading infection, stigma, adverse public interactions, the trauma of witnessing deaths and negative health outcomes, strenuously long shifts, and other stressors can trigger and exacerbate mental health and substance use disorders. For military veterans, law enforcement, firefighters, emergency medical personnel, corrections officers, dispatchers, and parole and probation officers who are already at high risk for substance use disorders and suicide, the need for effective and accessible mental healthcare has never been greater.



## PRESERVING LIFE IS THE GREATEST HONOR

**FIRST RESPONDERS AND MEMBERS OF THE MILITARY WORK RELENTLESSLY TO HELP OTHERS. HERE, WE HELP THEM DO THE HARDEST WORK OF ALL — TRANSFORMING THE ADVERSITY OF MENTAL HEALTH AND SUBSTANCE USE DISORDERS INTO THE STRENGTH AND RESILIENCE WITH WHICH TO SAVE THEMSELVES, THEIR FAMILIES, PARTNERS, AND COMMUNITIES.**

While substance use disorders, PTSD, and suicide are prevalent among these professionals, appropriate treatment is exceedingly rare and can be difficult to access. The Futures Recovery Healthcare Hero's Ascent treatment track offers first responders and military personnel safe, relevant, and effective treatment in a comfortable and discreet setting.

## **A TEAM THAT UNDERSTANDS THE JOB**

An advisory board of veteran first responders and military personnel helped design the Hero's Ascent track, and its members continue to provide ongoing support and consultation. Our experienced staff members are trained to meet the needs of first responders and military professionals, and many have family and friends in uniform. The tight-knit worlds of the military and first responders can be as protective as they are impenetrable. Members of these communities can find it hard to form an effective therapeutic relationship with caregivers unfamiliar with their professions' demands and experiences.

## **DESIGNED TO HELP THE FRONT LINE FEEL AT EASE**

First responders and veterans face unique barriers to seeking care. Many have trepidations related to mandatory reporting requirements and organizational ideology. Others worry about encountering people they know at local treatment providers. Futures offers partnership and safety to make treatment accessible, comfortable, and effective. Our experienced care team can help patients manage work-related issues and facilitate paperwork and communication with employers, insurers, and other agencies to help patients focus on treatment and make it easier to return to work. Located on a private, nine-acre gated campus in Tequesta, Florida, first responders and military personnel can expect discretion, and a safe space to relax, heal and work with experienced professionals. Our spacious environment and low patient-to-staff ratio provide ample privacy and allow the treatment team to individualize care. Comfortably appointed private bedrooms and bathrooms, nutritious chef-prepared meals, an on-campus swimming pool, a fitness center, tennis courts, and other amenities help patients feel at ease and at home.

## **HIGH-QUALITY HOLISTIC TREATMENT, FAMILY PROGRAMMING, AND PEER-SUPPORT**

Futures Recovery Healthcare is accredited by The Joint Commission, employs experienced, licensed professionals, and uses evidence-based therapies. Our Hero's Ascent track focuses on identifying and addressing underlying trauma, chronic pain, and other issues shared by first responders and military members. Coordinated and personalized care plans incorporate medical treatment, psychiatry, individual and group psychotherapy, physical therapy, wellness services, family programming, and neurostimulation. Therapy and education are provided to help family members address their mental health needs and learn to support their loved one's recovery. Futures strives to help front line workers find like-mindedness, camaraderie, and support by connecting with peers in recovery. Our thriving alumni community is a source of ongoing inspiration and connection.

**FUTURES RECOVERY HEALTHCARE IS COMMITTED TO OFFERING HIGH-QUALITY, EFFECTIVE, AND RELEVANT TREATMENT TO OUR NATION'S VETERANS AND FIRST RESPONDERS.**

## EDUCATION AND TRAINING FOR POSITIVE CHANGE

Futures is working to increase the awareness and accessibility of treatment for military veterans and first responders. Our Hero's Ascent Advisory Board is a panel of expert veterans, advocates, and researchers actively involved with our treatment track and offering mental healthcare and suicide-prevention training and education to first-responder and military organizations nationwide. Advisory board members also participate in "The Enemy Within": International Symposium on Law Enforcement and First Responder Stress, PTSD, and Suicide, which focuses on individual, organizational, and policy solutions to the problems of trauma, addiction, and suicide.



## REFERRALS AND ADMISSIONS

Futures Recovery Healthcare admits patients 24 hours per day, seven days per week.

### **Dedicated Admissions Team Will:**

- Reassure individuals of their decision to engage in treatment
- Explain track details and benefits to prospective clients and family members
- Conduct pre-admission assessment
- Coordinate logistics of transportation

### **Dedicated Case Management Team Will:**

- Complete FMLA, disability, and other necessary paperwork as requested
- Address related insurance forms
- Maintain appropriate communication between client and employer organization
- Coordinate a comprehensive aftercare plan



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THE JOINT COMMISSION

