

CARE DESIGNED FOR CAREGIVERS

Working on the front lines of healthcare has always been a profoundly rewarding yet exceptionally demanding occupation. Working long hours, remaining objective through countless traumas, and helping patients and families in their most fragile moments can take a significant toll.

The challenges of today's healthcare workplace can increase exposure to stresses and traumas that threaten mental health. Caregivers battling emergent threats like COVID-19 must contend with the constant fear of infection, few effective therapies to treat patients, limited protective gear, and a high number of patient deaths. Yet others face financial insecurity and uncertain futures due to epidemic-related closures, furloughs, and layoffs.

Pandemics are not the only new causes for concern among our nation's care providers. Rates of medication-resistant infections, sepsis-related deaths, and opioid-overdose emergencies are but a few of the growing number of public health problems affecting front-line healthcare workers in recent years. Many also face traditional struggles related to equitable pay, high student loan debt obligations, and ever-growing insurance premiums that can make it harder for healthcare workers to succeed and feel fulfilled.

Given their constant exposure to trauma and hardship, it is no surprise that more than twenty percent of nurses and ten percent of doctors have a diagnosable substance use disorder — *among the highest rates of any profession.*

Mandatory reporting requirements, the risk of license suspension, and reputational harm are some of the barriers that can prevent healthcare professionals with substance misuse problems from getting help. Paradoxically, these individuals are more likely than the general public to know that treatment works and that they have rights and protections that make it possible to seek care safely.

When it's time for health professionals to entrust their own care to colleagues, it's comforting to know that those colleagues deeply and personally understand their issues, have their best interests at heart and have the skills, resources, and experience to help.

The Futures Recovery Healthcare Professional Program offers a safe and comfortable environment, privacy, and comprehensive programming to help healthcare professionals establish a foundation in recovery and restore their personal and professional trajectory.



ATTENTION, DISCRETION, AND QUALITY

Futures Recovery Healthcare is accredited by The Joint Commission, employs experienced, licensed professionals, and maintains a high staff-to-client ratio to ensure highly personalized care. Located on a nine-acre gated campus in Tequesta, Florida, clients experience — many for the first time in years — the complete remove and personal attention needed to relax, look within, and focus on healing. Comfortably appointed private bedrooms and bathrooms, nutritious chef-prepared meals, and on-campus swimming pool, fitness center, tennis courts, and other amenities help clients feel at ease and at home.

OUR SERVICES

Futures helps healthcare providers with dual-diagnosis conditions access a complete continuum of care for improved overall health and a better chance at lasting recovery. The entire Futures' Team is proud to be a resource to our fellow healthcare professionals and strives to adhere to the highest standards of care.

Futures practices holistic, evidence-based care that includes somatic medicine, trauma-informed individual and group psychotherapy, physical therapy, personal fitness training, family programming, wellness services, and aftercare planning. Each aspect of programming is tailored to the individual needs of healthcare professionals, and special emphasis is placed on identifying and addressing underlying issues such as unaddressed trauma and chronic pain. We introduce clients to a variety of support group options and help them find peer-support in their local communities to help sustain recovery after completing treatment. The Futures' Alumni Community offers regular communication and inspiration. Futures can also collaborate with employers, licensing boards, and other entities to satisfy treatment completion and relicensing requirements.

REFERRALS AND ADMISSIONS

Futures Recovery Healthcare is available around the clock to speak with prospective clients and referring professionals to begin the admissions process.

Our dedicated admissions team will:

- Reassure individuals of their decision to engage in treatment
- Explain program information
- Verify benefits
- Coordinate logistics of transportation
- Conduct pre-admission assessments
- Communicate relevant program information to both patient and family members as appropriate
- Update identified individuals of admission progress through arrival

Our dedicated case managers will:

- Complete required employer forms
- Initiate FMLA and disability paperwork as requested
- Address related insurance forms as needed
- Maintain communication between any outside groups
- Ensure communication between treatment team and designated employer contacts

