



ORENDA at FUTURES  
RECOVERY  
HEALTHCARE  
ATHLETE TRACK

Helping athletes find recovery at every stage of their game.



## TRACK OVERVIEW

The fact that athletes can overcome adversities that would sideline most people can sometimes work against them. Extraordinary perseverance can make it harder to recognize problems and less likely to seek care. The Orenda Athlete track at Futures helps athletes of all types and any level address mental health and substance use disorders to restore the physical, mental, and spiritual health needed to perform at one's best. Our experienced care team can help whether the goal is maintaining peak performance at the height of one's career or successfully navigating life in retirement. Orenda offers comprehensive programming, including thorough assessments, individualized evidence-based therapies, family programming, extensive wellness services, and personalized nutrition with the flexibility to accommodate fitness training and necessary business communications.



## AN EXPERIENCED TREATMENT TEAM

When it comes to knowing the needs and mentality of athletes, there is no substitute for experience. Having worked with elite professional athletes in the NBA, MLB, and MLS, teams, and leagues for years, we understand how the ethos and lifestyle of competitive sports and the demand to perform can affect one's mental health, lead to problematic self-medication, and complicate relationships. We also know that adhering to contractual stipulations can be as vital to success as continued training. Orenda can collaborate with team management, doctors, lawyers, agents, and other client support team members to provide essential information and allow clients to focus on healing. Here, we partner with clients to ensure that treatment appropriately addresses all areas of personal and professional health.





## CLINICAL PROGRAMMING & THERAPEUTIC ALLIANCE

At Orenda, we believe that excellent outcomes are the result of exceptional medical and clinical care, informed and compassionate caregivers, and a thoughtfully curated environment. Orenda Athlete clients receive comprehensive, evidence-based clinical care including advanced medical and neurological assessments, individual therapy, trauma therapy, family therapy, extensive wellness services and physical therapy, and neurofeedback. Thorough aftercare planning provides a safe and supportive bridge to life after treatment by aligning clients with a full range of care providers in their home community. The Orenda care team understands the challenges faced by athletes just starting out, established pros at the top of their form, and those who have left the spotlight. Helping athletes learn that pursuing excellence in sport does not have to be their sole source of purpose is a central tenet of our practice.

## A PEACEFUL SPACE TO LIVE, HEAL, AND TRAIN

Orenda is situated on a nine-acre gated campus in Tequesta, Florida. Client privacy and professional discretion are paramount. Clients receive private suites and private transportation to and from campus for treatment- and training-related activities. Chef-prepared meals are taken in the Orenda private dining room. The well-equipped Orenda business center provides a quiet, private space to conduct essential business. On-campus fields, pool, a fully equipped fitness center, and integrated physical therapy make it convenient to receive treatment while continuing training. Nearby fitness centers and golf courses offer world-class training and recreation opportunities. The Orenda environment is maintained to foster positivity, tranquility, and holistic well-being.



# KEEPING RECOVERY AND TRAINING ON TRACK

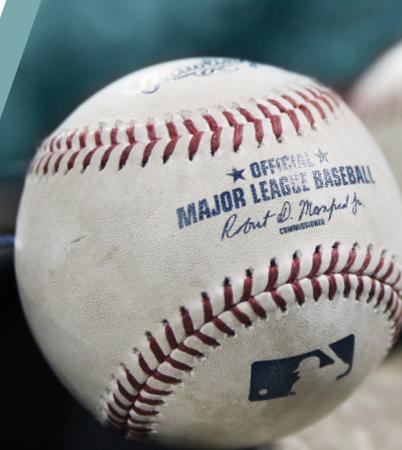
The Orenda team knows that helping active athletes maintain their training and fitness regimen can provide a sense of grounding comfort for clients and ensure that they are prepared to return to the field after treatment. Here, a team that has provided training and physical therapy to MLB, PGA, and more helps athletes heal and train while receiving comprehensive care for mental health and substance use disorders.



## MOTIVATED TO MAKE CHANGE

If you or a loved one is open to change, the Orenda Athlete track is driven to help. The people of Orenda recognize that a chance to treat addiction represents a crucial lifesaving opportunity. We are committed to ensuring that each person we care for receives excellent clinical treatment, engaging experiential therapy, deep spiritual motivation, and community connection to support lasting recovery.

The Orenda Athlete track at Futures is part of the Futures Recovery Healthcare family of behavioral healthcare programs. Futures Recovery Healthcare is a state-licensed, Joint Commission accredited behavioral healthcare provider with locations in Tequesta, Florida, and Palm Beach County. Futures treats addiction and co-occurring mental health disorders using an evidence-based, holistic approach that integrates somatic medicine, psychotherapies, physical therapy, and wellness services. Futures emphasizes individualization, quality, compassion, continuing care, and alumni involvement.



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