



*Discover a Healing, Therapeutic Treatment
Experience Focused on Engagement in
Adventure-based & Experiential Therapy*

RISE at FUTURES
RECOVERY
HEALTHCARE



RISE at FUTURES RECOVERY HEALTHCARE

Rise 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 in Tequesta, Florida, Palm Beach County. Futures treats addiction and co-occurring mental health conditions using an evidence-based, holistic approach that integrates medicine, psychotherapies, physical therapy, and wellness services. Futures emphasizes individualization, quality, compassion, continuing care, and alumni involvement.



*WELCOME
TO RISE AT
FUTURES*

The Rise Program at Futures Recovery Healthcare is a unique, adventure-based, experiential therapy program. The Rise Program invites men and women who are ready to dedicate themselves to their recovery—with perseverance, determination, and hard work—to join us. Recovery from addiction is possible, the Rise Program can help.

DISCOVER THE RISE PROGRAM

Backed by evidence-based programming, the Rise Program utilizes both adventure-based and experiential therapies in addition to other clinical modalities to safely push patients past their comfort zone, support the exploration of underlying issues in a therapeutic environment, and begin to engage in life in ways they never thought possible. Patients become active participants in therapy programs, rather than spectators. An unwavering commitment to pushing beyond preconceived limits—both physically and therapeutically—is crucial to this program.





WHO THRIVES AT RISE

Millions of people live with addiction to alcohol and drugs. Each person has a one-of-a-kind story and needs comprehensive, evidence-based treatment tailored to their specific challenges for the best chance at long-lasting recovery.

The Rise Program is geared to both men and women over the age of 18, who have been unsuccessful in traditional treatment or who seek a different path to recovery. Treating individuals with addiction and dual diagnosis, all patients must be medically cleared and complete a stabilization period here at Futures before they can begin to participate. Daily life in the Rise Program is packed with purposeful, intentionally-focused excursions and therapy both on and off-site.

The out-of-box thinker, creator, explorer, adventurer, daredevil, and athlete—as well as all those who aspire to rediscover their competitive nature, or get active again—are well suited for this program. The Rise Program is not for everyone but for individuals who are ready to actively engage—with grit and determination—in their recovery through intensive therapy and physical challenges. Our program inspires patients to dig deep and find the courage to live in recovery and move beyond their self-imposed limits of what recovery should look like.

DISCOVER EXCEPTIONAL MEDICAL & CLINICAL CARE

The Rise Program patients benefit from comprehensive medical and clinical treatment for addiction with a team that sets the standard of excellence in care. Led by our dedicated full time Medical Director, Dr Gloria Dunkin, all patients are evaluated and stabilized prior to fully participating in the Rise Program. This evidence-based programming paired with adventure-based and experiential therapy results in patients having active schedules enjoying challenging and fun excursions, as well as therapy sessions all specifically designed to build self-confidence, self-worth, self-control, self-reliance, and connections with others.

The Rise Program challenges patients to rediscover their true selves and find forgotten inner strengths and resources. Through planned and purpose-driven schedules, therapy sessions, and adventures, patients learn at a deep level what drives them, their likes and dislikes, and embrace both their strengths and weaknesses.

Skills learned in the Rise Program not only help to solidify recovery, they are also easily adapted to patients' personal and professional lives. These skills provide immeasurable benefits when Rise patients leave treatment and help them to effectively and responsibly participate in—and enjoy—life beyond treatment

MEDICAL

Onsite medical detox, Physical Evaluation, Medication Management, 24 Hour Nursing Care, Physical Therapy Evaluation

OUTSTANDING CLINICAL CARE SETS RISE APART

Successful addiction treatment programs must encompass proven, evidence-based psychotherapy. Rise Program participants benefit from the experienced, caring clinical team at Futures, composed of licensed and credentialed therapists and providers. Accredited by the Joint Commission, Futures' team is committed to providing each patient with multiple-pathways to recovery as well as compassionate, individualized care.

Clinical program components treat not only the alcohol or substance use disorder but also any co-occurring mental health conditions like trauma, anxiety, depression, mood conditions, grief and loss issues, and more. Patients learn about their mental health and gain coping skills and techniques to effectively identify, manage, and reduce associated symptoms.

Futures' caring multidisciplinary team includes licensed clinicians specializing in these areas. The holistic approach to treatment integrates medicine, tailored psychotherapies, and wellness to promote healing of the whole person. Psychotherapies at Futures and in the Rise Program include cognitive-behavioral therapy (CBT), dialectical-behavioral therapy (DBT), motivational interviewing, eye movement desensitization reprocessing (EMDR), and experiential therapy. The Rise Program utilizes all of these therapies, as indicated, with a focus on activity-based physical engagement as part of the comprehensive program.

The Rise Program's adventure-based, experiential therapy coupled with these evidence-based psychotherapies empowers patients to overcome challenges, adopt new behaviors, and build resilience. All vital for long-lasting, sustained recovery.



A CONNECTED, INSPIRED COMMUNITY OF RECOVERY

Addiction is a disease that isolates. For many in the last days of active addiction, they are alone and hopeless. The Rise Program transforms these desperate, painful feelings into connection and hope. A sense of belonging is found and connections with others on the same journey are formed—many to last a lifetime.

Rise at Futures provides patients with an opportunity to connect with others and the community in new ways. Fostering positivity along with sound mental, physical, and spiritual health, the Rise team understands how important each of these components are to recovery. Facing fears, understanding thought and behavior patterns, challenging oneself, and finding connections to others driven by the same purpose all support personal growth as well as respect of self and others.

The unique program components of Rise help patients to relate, connect, communicate, and forge bonds many have never before experienced. Adventures and outings have a related skill theme which is discussed before, during, and after the event. This approach helps patients to be active participants in therapy and increases the ability to transfer these skills to their own lives. This is therapy in real-time. As emotions come up during excursions, therapists are able to work with patients as they occur to discuss them, understand them, and ultimately gain control of them.

Group therapy is an important component of the Rise Program. The excursions in the program push patients safely past their comfort zones. This can bring up fears, phobias, past trauma, and more. The nature of this program allows for these times to be learning experiences. Engaging in these adventures with therapists present provides the chance to look deep within oneself and heal.





EXPERIENTIAL THERAPY: BECOME AN ACTIVE PARTICIPANT IN YOUR RECOVERY

Experiential therapy is different from traditional ‘in-office’ therapy. Experiential is defined as something based on or involving experience. This type of therapy employs actions, movements, and activities as a therapeutic technique to help to identify underlying emotions and subconscious issues.

Patients in the Rise Program engage in not only adventure-based excursions they also take part in psychodrama, equine therapy, art therapy, music therapy, and mindfulness practice. Participation helps individuals, under the guidance of clinicians, to explore negative feelings such as anger, hurt, shame, guilt, etc. and release these lingering feelings.

Clinical insights and teachable moments occur when patients push themselves to step outside of their comfort zone. They become more aware of how they handle stressful situations and respond to interpersonal relationships. Identifying these often negative responses enables patients to immediately and directly address issues like poor self-image, mistrust of others, trauma, and harmful competitiveness. Real-time therapy helps patients to discover positive response alternatives in the moment.

RISE GROUP THERAPY CURRICULUM TOPICS INCLUDE:

Relapse Prevention, Recovery Skills,
Health & Wellness, Coping Skills, Behavior
Analysis, Guilt & Shame, Cognitive
Restructuring, Planning for Success, Fears,
Mindfulness, Medication Education



THE RISE PROGRAM & ADVENTURE-BASED EXCURSIONS

Adventure-based therapy is challenging, fun, and promotes trust, problem-solving, communication, and perseverance. From snorkeling and sailing to exploring the everglades and hiking, the Rise Program provides fun, hands-on experiences that teach patients how to be present in the moment. And while these adventures are a part of the program they are effectively paired with evidence-based therapies driven by informed data and clinical excellence.

Each excursion and adventure is purposefully planned and focused to develop certain skills. Engaging in events and overcoming fears—through various therapies—provides patients with feelings of growth and accomplishment.

Perseverance, trusting oneself and others, facing fears, having sober fun, being in the moment, improving focus, and dealing with frustration are some of the most common lessons learned through these adventure-based outings.

HEAL IN A LUXURY, **ALL-INCLUSIVE CAMPUS**

Patients in the Rise Program at Futures stay on our serene, beautiful, nine-acre campus in Tequesta, Florida. Situated just blocks from the pristine, relaxing Florida beaches, this zen-like campus inspires peace of mind, healing, and nurtures the soul.

Patients receive a comfortable and well-appointed private room that includes a bedroom, bathroom, and sitting area. Cable television and internet access are available. A business center allows patients to manage necessary work or personal business needs. The Futures' Recovery campus offers many opportunities to relax with peers or to spend quiet time alone between activities and therapy sessions. Nutritious and delicious meals are served throughout the day, and healthy snacks and beverages are also available.



A close-up, first-person perspective shot of a scuba diver underwater. The diver is wearing a black wetsuit, a blue and silver diving mask, and a regulator in their mouth. Bubbles are rising from the regulator. In the background, another diver is visible, and the seabed with some coral or seaweed is at the bottom. A solid green horizontal banner is overlaid across the middle of the image.

A DAY IN THE LIFE OF THE RISE PROGRAM

Waking up motivated for the day's therapy, engaging in new, invigorating excursions, forming connections with others, and learning about yourself are all experiences patients in the Rise Program have every day. Boredom, lack of motivation, and restlessness aren't found in the Rise Program. A typical day is anything but 'typical'.

Engaging in off-site activities and adventures three days a week, patients also take part in daily, intensive individual and group therapy sessions. Specific group therapy topics and adventures are tailored to each specific group in the Rise Program at that time. Patients are never pushed to do things that will cause physical or psychological harm. While anxiety sometimes increases prior to tackling a new event or diving into repressed feelings, patients report a significant overall decrease in their anxiety and depression and an increase in self-confidence and self-worth after completing Rise excursions.



ADVENTURE THERAPY

Snorkeling, Surfing, Kayaking, Ropes Course,
Indoor Skydiving, Rock Climbing, Sailing, Hiking,
Deep Sea Fishing, Air Boats, Off Road Cycling,
Scuba, Paddle Boarding, Golfing, Jet Skis

MOTIVATED TO MAKE CHANGE

If you or a loved one are ready for change, Rise is driven to help. The team at Rise recognizes 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.





LIFETIME BONDS... LONG-LASTING RECOVERY

Developing connections with the community and others in recovery is critical in maintaining a healthy recovery. The Rise Program remains deeply connected to all of their alumni and provide numerous opportunities for alumni to reconnect—both in person and virtually—with one another. Hosting frequent alumni meetings, sober activities, and volunteer opportunities locally in Florida and other cities around the country, alumni stay connected to not only the Rise Program but to each other too.



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ACCREDITED BY:
THE JOINT COMMISSION

