



## PROGRAM OVERVIEW



**Futures Recovery Healthcare** offers Core, a comprehensive detox and residential program for substance abuse and co-occurring conditions, a residential program for primary mental health needs, the Rise experiential program, the Orenda concierge program, and intensive outpatient and assessment services. Futures offers specialized tracks for our First Responders and Veterans, those with trauma, and those with chronic pain. Futures emphasizes individualized approaches to address the complexity of behavioral healthcare concerns, high-quality and compassionate care, the importance of establishing an ongoing continuum of integrated care, and the value of alumni involvement.

**Core:** The Comprehensive Residential Substance Abuse 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. Care plans are personalized to meet individual treatment needs. Specialized first responder, trauma, and chronic pain tracks were developed to support patients with more complex recovery.

**Mental Health Program:** The Comprehensive Residential Mental Health Program at Futures effectively treats mental health conditions and helps people learn to manage conditions long-term takes high-quality, evidence-based psychotherapy, psychiatry, and case management. Futures employs a team of talented, licensed care providers, including specialized medical doctors, nurses, psychotherapists, case managers, and wellness professionals. This experienced and credentialed team collaborates to provide effective and coordinated care and help patients minimize and manage their ongoing mental health symptoms.

**Rise at Futures:** The Comprehensive Residential Adventure Therapy Substance Abuse Program emphasizes experiential and adventure-based programming to help patients get outside of their comfort zone. Rise patients take part in fishing, paddle boarding, scuba diving, wave running, and other outdoor activities. Mindful participation in new and challenging activities can yield clinical insights and teachable moments. Paying close attention to the ways in which we respond to stressful situations and interpersonal interactions can identify issues like negative self-image, mistrust, competitiveness, and others that can be addressed in real-time, and during therapy sessions.

**Orenda:** The Concierge Residential Substance Abuse Program is unique in the understanding of the negative impact of addiction in the patient, family and performance. Orenda is a completely individualized treatment program tailoring a comprehensive range of medical, clinical, wellness, and neuro-restorative services to each client. High staff-to-client ratio, concierge-level service, and high programmatic flexibility provide clients with the most intensive and personalized care experience available.



RECOVERY  
HEALTHCARE

## TRACK/SERVICES OVERVIEW



**Hero's Ascent First Responders Track** at Futures focuses on identifying and addressing mental health conditions such as underlying trauma, chronic pain, addiction, and other issues shared by first responders and veterans. The track's coordinated and personalized care plans incorporate medical treatment, psychiatry, individual and group psychotherapy, physical therapy, wellness services, and neurostimulation. Family services is an integral part of the Hero's Ascent track. Education is provided to help family members address their mental health needs and learn to support their loved one's recovery. Futures strives to help frontline workers find like-mindedness, camaraderie, and support by connecting with peers in recovery.

**Trauma Track** at Futures is designed to help patients for whom trauma plays a major role in dual-diagnosis conditions. Patients with trauma receive all Core medical, clinical, and wellness services, but with an intensified and specialized focus on trauma-specific therapies. Specialized trauma therapies include eye movement desensitization and reprocessing (EMDR), dialectical behavioral therapy, and a trauma-specific program called Seeking Safety.

**Pain Track** at Futures is designed to diagnose and treat the underlying causes of pain that contribute to and exacerbate substance use disorders. The track incorporates specialized physical therapy and fitness, cognitive behavioral therapy, graduated narcotic detoxification, and nutritional meal planning.

**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.

**Alumni Services** at Futures welcomes patients into our vibrant alumni community upon completing treatment. Alumni programming plays a vital role in a successful recovery continuum of care. Support within the program helps alumni remain accountable to their recovery, establishes a supportive network, provides ongoing care opportunities, and collects outcomes data to improve clinical program performance.