

CORE <small>of FUTURES RECOVERY HEALTHCARE</small>	MENTAL HEALTH PROGRAM <small>of FUTURES RECOVERY HEALTHCARE</small>	RISE <small>of FUTURES RECOVERY HEALTHCARE</small>	ORENDA <small>of FUTURES RECOVERY HEALTHCARE</small>
Insurance	Insurance	Some Insurance	Private Pay
Private Room Standard	Private Room Standard	Private Room Standard	Private Suite Standard
2 Sessions / Week with Primary Therapist	3 Sessions / Week with Primary Therapist	2 Sessions / Week with Primary Therapist	3 Individual Sessions / Week w/ Primary Therapist
EMDR / Accelerated Resolution Therapy	EMDR / Accelerated Resolution Therapy	EMDR / Accelerated Resolution Therapy	2 EMDR Sessions / Week
Trauma Treatment	Trauma Treatment	Trauma Treatment	Trauma Treatment
Spiritual Counseling	Spiritual Counseling	Spiritual Counseling	Spiritual Counseling
Group Therapy	Group Therapy	Group Therapy	Group Therapy
Case Management	Case Management	Case Management	Case Management
Nutritional Consult and Counseling	Nutritional Consult and Counseling	Nutritional Consult and Counseling	Nutritional Consult and Counseling
Gym	Gym	Daily Gym	Daily Gym
On-site Outdoor Activities	On-site Outdoor Activities	On-site Outdoor Activities	On-site Outdoor Activities
Chronic Pain Treatment	Chronic Pain Treatment	Chronic Pain Treatment	Chronic Pain Treatment
A La Cart Massage & Acupuncture	A La Cart Massage & Acupuncture	Massage, Acupuncture, & IV Therapy	Massage, Acupuncture, & IV Therapy
Physical Therapy	Physical Therapy	Physical Therapy	Physical Therapy
1 x Week Hypnotherapy	1 x Week Hypnotherapy	Hypnotherapy	Hypnotherapy
Family Program	Family Program	Family Program	Individualized Family Program
Family Support Services	Family Support Services	Family Support Services	Family Support Services / 2 Family Sessions / Week
On-site Medical Team	On-site Medical Team	On-site Medical Team	On-site and Off-site Medical Options
Physical Exam	Physical Exam	Physical Exam	Physical Exam
Aiberry Screenings	Aiberry Screenings	Aiberry Screenings	Aiberry Screenings
Medication Management	Medication Management	Medication Management	Medication Management
Admission Labs and f/u	Admission Labs and f/u	Admission Labs and f/u	Admission Labs and f/u
On-site Nail / Hair Services	On-site Hair Services	On / Off-site Nail / Hair Services	On / Off-site Spa
On-site Recreation and Sporting	On-site Recreation and Sporting	On / Off-site Recreation and Sporting	On / Off-site Recreation and Sporting
Family Style Dining with Menu Choice	Family Style Dining with Menu Choice	Family Style Dining with Menu Choice	Private Dining, Group or Off-site Dining
On-site Mutual Support Groups	On-site Mutual Support Groups	On / Off-site Mutual Support Groups	On / Off-site Mutual Support Groups
Alumni Program	Alumni Program	Alumni Program	Alumni Program
Soberlink / CMN Available	Soberlink / CMN Available	Soberlink / CMN Available	Complementary Soberlink / CMN Subscription
Standard Electronic and Work Policy	Standard Electronic and Work Policy	Expanded Electronics Policy	Executive Electronics and Work Policy
Recreational Therapy	Recreational Therapy	Off-site Immersion Meals	Off-site Immersion Dinner
	Sleep Track	Off-site Adventure Therapy	Clinical and Social Concierge
		Water Sports and Activities	Golf, Water Sports, and Activities
		Recreational Therapy	Executive / High Performance Training Schedule
		Music Therapy	Business Center
		Art Therapy	Sleep Wellness Services
		Equine Therapy	Somatic Experiencing
			Comprehensive Clinical Assessments
			Comprehensive Psychological & Personality Testing
			Specialty Clinical Evaluations
			Full day Neuropsychological Testing
			Pharmacogenomics Testing
			Brain Mapping / Neurofeedback
			10+ Wellness Services / Week
			- Aquatic Therapy
			- Tai Chi
			- Pilates
			- Personal Training
			- Electroacupuncture
			- Cupping
			- Sound Bath
			- Cryotherapy
			- Reiki
			- Trauma Informed Yoga
			- Mindfulness/ Meditation
			- Eastern Medicine

HERO'S of FUTURES RECOVERY HEALTHCARE

The Futures' Hero's Ascent program focuses on identifying and addressing behavioral health conditions such as underlying trauma, chronic pain, addiction, and other issues shared by first responders, front line responders and veterans. The program's coordinated and personalized care plans incorporate medical treatment, psychiatry, individual and group psychotherapy, physical therapy, and wellness services. Family programming is an integral part of the Hero's Ascent program. 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 our Heros find like-mindedness, camaraderie, and support by connecting with peers in recovery. Our thriving alumni community is a source of ongoing inspiration and connection.

Group Therapy *Case Management* Nutritional Consult and Counseling *Gym *On-site Outdoor Activities * Chronic Pain Treatment *A La Cart Massage & Acupuncture*

