

CHALLENGING TIMES ON THE FRONT LINES

The nation's struggles with COVID-19 and events related to negative contacts between police and the public put the mental, physical, and spiritual health of frontline responders at higher risk. The fear of contracting or spreading infection, stigma, adverse public interactions, the trauma of witnessing deaths and negative health outcomes, strenuously long shifts, and other stressors can trigger and exacerbate mental health and substance use disorders. For law enforcement and military personnel, firefighters, emergency medical personnel, corrections officers, dispatchers, and parole and probation officers who are already at high risk for substance use disorders and suicide, the need for effective and accessible mental healthcare has never been greater.



PRESERVING LIFE IS THE GREATEST HONOR

FIRST RESPONDERS AND MEMBERS OF THE MILITARY WORK RELENTLESSLY TO HELP OTHERS. HERE, WE HELP THEM DO THE HARDEST WORK OF ALL — TRANSFORMING THE ADVERSITY OF MENTAL HEALTH AND SUBSTANCE USE DISORDERS INTO THE STRENGTH AND RESILIENCE WITH WHICH TO SAVE THEMSELVES, THEIR FAMILIES, PARTNERS, AND COMMUNITIES.

While substance use disorders, PTSD, and suicide are prevalent among these professionals, appropriate treatment is exceedingly rare and can be difficult to access. The Futures Recovery Healthcare Hero's Ascent program offers first responders and military personnel safe, relevant, and effective treatment in a comfortable and discreet setting.

A TEAM THAT UNDERSTANDS THE JOB

An advisory board of veteran first responders and military personnel helped design the Futures' Hero's Ascent program, and its members continue to provide ongoing support and consultation. Our experienced staff members are trained to meet the needs of responders and military professionals, and many have family and friends in uniform. The tight-knit worlds of the military and first responders can be as protective as they are impenetrable. Members of these communities can find it hard to form an effective therapeutic relationship with caregivers unfamiliar with the experiences and complexities of their professions.

DESIGNED TO HELP THE FRONT LINE FEEL AT EASE

Responders and military personnel face unique barriers to seeking care. Many have trepidations related to mandatory reporting requirements and organizational ideology. Others worry about encountering people they know at local treatment providers. Futures offers partnership and safety to make treatment accessible, comfortable, and effective. Our experienced care team can help clients manage work-related issues and facilitate paperwork and communication with employers, insurers, and other agencies to help clients focus on treatment and make it easier to return to work. Located on a private, nine-acre gated campus in Tequesta, Florida, first responders and military personnel can expect discretion, and a safe space to relax, work with experienced professionals, and heal. Our spacious environment and high staff-to-client ratio provide ample privacy and allow the treatment team to individualize care. Comfortably appointed single bedrooms and bathrooms, nutritious chef-prepared meals, and an on-campus swimming pool, a fitness center, tennis courts, and other amenities help clients feel at ease and at home.

HIGH-QUALITY HOLISTIC TREATMENT, FAMILY PROGRAMMING, AND PEER-SUPPORT

Futures Recovery Healthcare is accredited by The Joint Commission, employs experienced, licensed professionals, and uses evidence-based therapies. Our Hero's Ascent program focuses on identifying and addressing underlying trauma, chronic pain, and other issues shared by first responders and military members. The program's coordinated and personalized care plans incorporate medical treatment, psychiatry, individual and group psychotherapy, physical therapy, biofeedback, hypnotherapy, wellness services, and neurofeedback. 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 frontline workers find like-mindedness, camaraderie, and support by connecting with peers in recovery. Our thriving alumni community is a source of ongoing inspiration and connection.

EDUCATION AND TRAINING FOR POSITIVE CHANGE

Futures is working to increase the awareness and accessibility of military- and responder-informed treatment. Our annual "The Enemy Within": International Symposium on Law Enforcement and First Responder Stress, PTSD, and Suicide unites the nation's leading first-responder and military mental health advocates to discuss individual, organizational, and policy solutions to the problems of trauma, addiction, and suicide. Members of the symposium's advisory board provide mental healthcare and suicide-prevention training and education to first-responder and military organizations and policymakers nationwide.



REFERRALS AND ADMISSIONS

Futures Recovery Healthcare admits patients 24 hours per day, seven days per week.

Dedicated Admissions Team will:

- Reassure individuals of their decision to engage in treatment
- Explain program and benefits to prospective clients and family members
- Conduct pre-admission assessment
- Coordinate logistics of transportation

Dedicated Case Management Team will:

- Complete FMLA, disability, and other necessary paperwork as requested
- Maintain appropriate communication between client and employer organization
- Coordinate a continuing care plan

Dedicated Clinical Team will:

- Conduct assessments
- Meet with clients 3 x week for individual sessions
- Facilitate Hero's group therapy
- Initiate EMDR therapy (if indicated)
- Provide family support, resources, and education

