

## 96-HOUR PROFESSIONAL ON-SITE ASSESSMENT

Futures Recovery Healthcare proudly presents our innovative 96-hour assessment through the Hero's Ascent program. In various scenarios, individuals may find themselves in need of an independent comprehensive evaluation. Particularly common among those in safety-sensitive occupations, such as healthcare professionals. This evaluation serves as a crucial step in understanding and addressing complex challenges and to assess whether you have a mental, physical, or substance abuse disorder that may pose a danger to your ability to practice with reasonable skill and safety.

Hero's Ascent at Futures Recovery Healthcare leverages the collective expertise of leading medical, psychiatric, and behavioral health professionals to provide unparalleled insights and guidance. Our interdisciplinary team offers a holistic understanding of the unique journey faced by healthcare professionals, ensuring personalized recommendations and compassionate care. With a focus on breaking down complex cases and providing actionable recommendations, our evaluation team is dedicated to guiding individuals toward effective solutions. For some, participation in the 96-hour assessment may represent the initial phase of a voluntary intervention, an alternative to disciplinary proceedings administered by regulatory bodies such as the DOH, the Department of Business and Professional Regulation (DBPR), and respective professional boards.

### Our Assessment

Our independent evaluation takes place over 4 days, and individuals enrolled reside on our tranquil nine-acre campus, in well-appointed private rooms. 96-Hour Assessments are designed to provide a broad range of useful information that can be used by referring agencies, advocates, lawyers or other professional. This objective evaluation will also help participants to identify opportunities and develop strategies improve their health and wellbeing. Assessments include:

- An Addiction Medicine Evaluation
- A Psychiatric Evaluation
- A Comprehensive History and Physical Examination
- A Battery of Comprehensive Psychological Tests
  - Biopsychosocial History
  - Psychometric Assessments
  - Brief Addiction Monitor (BAM)
  - Columbia-Suicide Severity Rating Scale with Risk Scale with Risk Factors (CSSRS-RF)
  - Big Five Personality Inventory
  - Family Assessment Device (FAD)
  - University of Rhode Island Change Assessment Scale (URICA)
  - Inventory of Psychosocial Functioning (IPF)
- A Biopsychosocial Assessment
- Comprehensive Lab Work
- Family Assessment
- Initial Case Management Session
- Individual Therapy Session
- Up to 8 Hero's Ascent Specialty Groups
- Up to 3 Trauma Specialty Groups
- At Least 6 Additional Groups Focused on Coping Skills & Psychoeducation

Following each evaluation, a briefing is conducted with the multidisciplinary team, the participant, and any involved third parties. Subsequently, an evaluation summary is provided to all concerned parties, with a comprehensive report delivered within three days.



**Tammy Malloy, PhD,  
LCSW, CSAT**  
*Chief Operating  
Officer, Executive  
Director*



**Gloria Dunkin, MD**  
*Executive Medical  
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**Danara Nelson, MSN,  
APRN, NP-C, PMHNP-BC**  
*Lead Medical and  
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**Willa Keel, RN**  
*Director of Nursing*



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*Assistant Director  
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**Angela Bustamante,  
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*Clinical Director*



**Stacey LoSardo,  
LCSW, QS**  
*Primary Therapist*



**Ben Mihacevich, BS**  
*Clinical Case  
Manager*



**Dr. Cristine Drake,  
DPT**  
*Wellness Director*

## What to Expect

**Interdisciplinary Expertise:** Our assessment is conducted by a specialized team comprising top medical and psychiatric providers, alongside experienced clinicians and evaluators. By utilizing validated and objective screening tools, we can report and make informed recommendations based on your specific circumstances.

**Dedicated Clinical Suite:** Throughout your assessment, you will have access to a dedicated Hero's Ascent clinical suite, offering a supportive and exclusive environment. Here, you can engage in group sessions to connect with peers, share experiences, and receive invaluable support from individuals who understand the challenges you're encountering.

**Wellness Program Access:** As part of your assessment experience, you will have access to our comprehensive Wellness program. Targeting areas of the mind and body impacted by historical and on-the-job trauma and stressors, our program offers services such as personal training, massage, acupuncture, and more.

**Comfortable Accommodations:** Rest and recharge in comfortably appointed private bedrooms and bathrooms, ensuring a peaceful and rejuvenating environment throughout your stay.

**Safe and Caring Environment:** Your wellbeing is our top priority. We provide a safe, caring, and compassionate environment where you can feel supported and understood every step of the way.

Our intention is to facilitate an objective and comprehensive assessment, offering actionable insights and a roadmap to both participants and other stakeholders. We aim to guide you through this assessment process within a safe, caring, and comfortable environment, thereby enhancing not only your overall health but also your personal and professional life.

## Hero's Ascent at Futures Recovery Healthcare

Hero's Ascent at Futures was created by first responders for first responders. Futures offers specialty services for police, fire, corrections, military, EMS, healthcare professionals, and more. These individuals face unique barriers when seeking care, such as concerns about mandatory reporting requirements or encountering familiar faces at local treatment providers. Futures aims to make treatment accessible, comfortable, and effective for these frontline heroes. If you or someone you know falls into this category, consider exploring the Hero's Ascent program as a supportive resource on the path to recovery.

The Futures' Hero's Ascent Veterans, First Responders, and Healthcare Professionals program is enriched by the insights and ongoing guidance of esteemed leaders in first-responder, military, and healthcare mental health advocacy. These advisory board members, distinguished thought leaders in their respective fields, advocate for individual, organizational, and policy solutions to combat trauma, addiction, and suicide within the first responder, military, and healthcare communities. Members of the Futures Hero's Ascent Advisory Board play a pivotal role in delivering crucial mental healthcare and suicide-prevention training and education to first responder and military organizations, as well as healthcare professionals and policymakers across the nation.

The Hero's Ascent program offered by Futures Recovery Healthcare is specifically designed to address the substance abuse and mental health needs of veterans, first responders, and healthcare professionals. We focus on identifying and treating conditions such as underlying trauma, chronic pain, addiction, and other issues commonly shared by these individuals. The program provides a comprehensive approach, including medical treatment, psychiatry, individual and group psychotherapy, physical therapy, and wellness services. Importantly, family programming is an integral part of Hero's Ascent, ensuring that family members receive resources and education to support their loved one's recovery. By connecting with peers in recovery, frontline responders can find like-mindedness, camaraderie, and ongoing support. Additionally, Futures Recovery Healthcare emphasizes the importance of preserving life, recognizing that first responders healthcare professionals and military personnel tirelessly work to help others. The Hero's Ascent program aims to transform the adversity of mental health and substance use disorders into strength and resilience, benefiting not only the individuals themselves but also their families, partners, and communities. Located on a private, tranquil, nine-acre gated campus in Tequesta, Florida, the program provides a discreet and comfortable environment for healing and recovery. Patients can expect privacy, individualized care, and amenities that help them feel at ease and at home. Futures Recovery Healthcare is accredited by The Joint Commission and employs experienced, licensed professionals who utilize evidence-based therapies to provide high-quality holistic treatment. If you or someone you know is a first responder or veteran in need of mental health support, the Hero's Ascent program may be a valuable resource.

## Referrals and Admissions

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

**Our Dedicated Admissions Team will:** reassure individuals of their decision to engage in treatment, explain the program and benefits to prospective patients and family members, conduct pre-admission assessment, and coordinate logistics of transportation.

**Our 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.

**Our Dedicated Clinical Team will:** provide individual therapy and address current psychosocial stressors, utilize a variety of techniques including EMDR, CBT, DBT, hypnotherapy, and biofeedback as appropriate, and conduct group sessions focused on trauma, safety, identity, and co-occurring issues. They offer family support, resources, and educational materials, and organize family programming and support groups.