





**MICHAEL HOLLOWAY**  
*Chief Executive Officer*



thers described our family as blessed. The real estate business started by my father grew into a publically-traded company employing thousands and radically altering my family's trajectory and lifestyle. My siblings and I were raised to understand the importance of hard work, value the joys of success, and set high expectations. Awareness of our many advantages and humility were instilled at a young age to ensure that our means did not define us nor deter us from our sense of personal mission and purpose.

I feel blessed to have been afforded the opportunity to start Futures Recovery Healthcare in 2012. My family has been moved by the spiritual devastation, trauma, and loss of addiction and understand that despite one's resources, perfect insulation from this disease does not exist. Orenda acknowledges the often fraught

relationship between protecting the artifice of notoriety and privilege and experiencing the fragility of our shared human condition. This program is designed for those with an inexhaustible drive to perform, the need to support the hopes and dreams of others, and those less able to escape the pressures of an exceptionally complex life.

Recovery is a deeply personal journey. The team at Orenda considers it their calling to ally with each person and family to restore peace, rebuild mind and body, and learn to manage the conditions of addiction and dysfunction to achieve lasting recovery. It would be our privilege to be your partners in the pursuit of your best life and a legacy of good health.

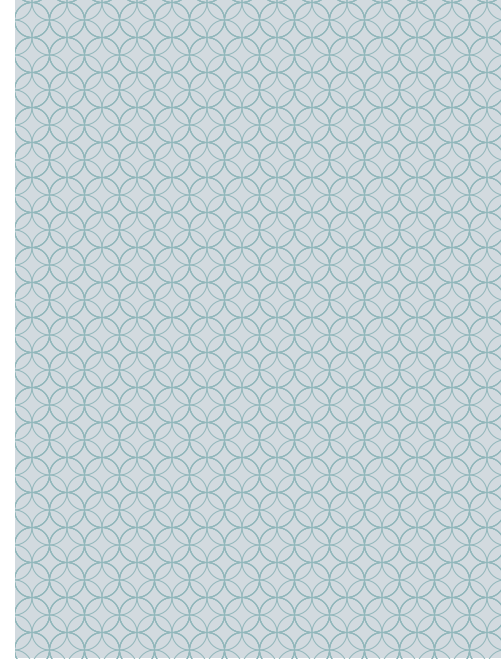
Sincerely,

**Michael Holloway**

## DESIGNED FOR THE LIFE YOU LEAD

Succeeding in recovery often necessitates fundamental changes to lifestyle, surroundings, and relationships. Orenda is designed to help those for whom these changes can be especially difficult. We facilitate recovery in-place for individuals and families inextricably linked to a public persona, committed to high-

demand occupations, and unable to remove themselves from the stressors and situations that trigger and perpetuate addiction and dysfunction. While Orenda clients have the resources to roam the world, they frequently lack the freedom to escape their expectations and the demands of their everyday lives.







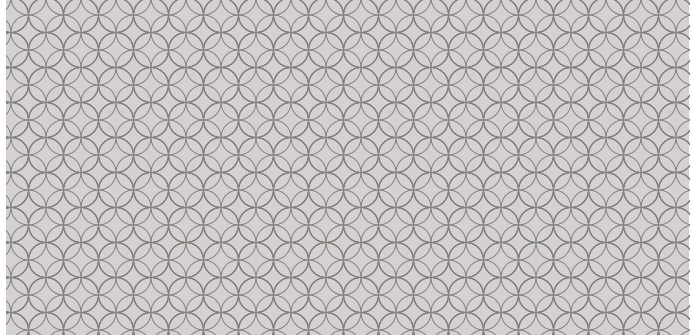


## BUILDING SUSTAINABLE RECOVERY

*R*esilience is essential when learning to live in sobriety amidst stresses and triggers. The necessities and trappings of performance, travel, entertaining, and public life, expose us to emotions, relationships, and situations that can exacerbate the desire to self-medicate or engage in harmful behaviors. Maintaining a demanding lifestyle while sustaining healthy recovery

is possible with specialized treatment, education, and support services that reduce the likelihood of relapse and reinforce a life-long commitment to good health. Orenda coordinates intensive medical, clinical, neurorestorative, and wellness interventions to build a strong foundation of holistic mental, physical, and spiritual well-being to restore positive outlook, and empower lasting recovery.





## EMBRACING COMPLEXITY TO ENHANCE RECOVERY

*A*ddiction and the mental health disorders that accompany this disease are especially complex conditions, and each person experiences them uniquely. The roots of addiction grow from many seeds — traumatic life events, stress and dysphoria, exposure to triggers, and genetics. Treatment is more effective and recovery better assured when the underlying issues that perpetuate addiction and its symptoms are diagnosed and treated.

At Orenda, getting to know you personally isn't just our pleasure, it is our purpose. The more deeply we understand the interrelated thoughts, experiences, and conditions affecting you and your loved ones, the more fully we can restore your quality of life and rekindle the love of self that propels good health. Orenda team members are talented and compassionate allies who understand the complicated and multifaceted nature of your life and your conditions to affect real and lasting change.





PRESENTATIONS OF SUBSTANCE USE AND MENTAL HEALTH DISORDERS ARE AS UNIQUE AS THE PEOPLE WHO SUFFER FROM THEM. IN MANY WAYS, ADDICTION IS A RESPONSE TO DEEP PSYCHOLOGICAL OR PHYSICAL PAIN. MAKING REAL CHANGE MEANS GETTING TO THE HEART OF THE EXPERIENCES, EMOTIONS, AND PERCEPTIONS THAT LEAD US TO FEEL THE OVERWHELMING NEED TO SELF-MEDICATE.”

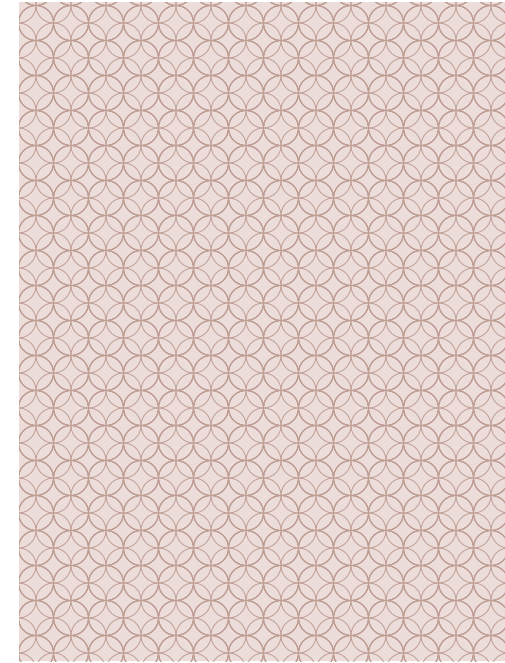
– MICHAEL HERBERT CASAC, ICADC, CIP, CSFRC



## THE POWER OF MEDICAL FREEDOM

*P*atients benefit when doctors and healthcare professionals have complete clinical freedom and unfettered access to advanced diagnostic tools and interventions. Effectively treating addiction and co-occurring mental health disorders requires a level of intensity and coordination of medical and wellness services, psychotherapy, education, and aftercare demanded by few conditions. Most people will receive more personalized healthcare services during their time in residential addiction treatment than at any time in their lives.

At Orenda, the goal is to deliver maximum systemic benefit in the time we have together. To accomplish this, we envelop clients in a program of analysis, treatment, and wellness services that are informed by clinical innovation rather than insurance limitations. The latest whole-body diagnostics are used to gain actionable clinical insights. Promising medical technologies such as genomic testing and transcranial magnetic stimulation are available, and a wide range of world-class therapies are utilized to ensure that no barriers stand between Orenda clients and clinically recommended care.







OUR CLIENTS NEED COMPLETE SUPPORT FOR BODY, BRAIN, MIND, AND SPIRIT. ORENDA'S IN-DEPTH ASSESSMENT AND FOUR-PILLAR FRAMEWORK PROVIDES A COMPLETE PICTURE OF CLIENT NEEDS AND A SEAMLESS ABILITY TO MEET THEM WITH QUALITY. THIS PROGRAM DELIVERS A DIVERSE RANGE OF MEDICAL, CLINICAL, NEURORESTORATIVE, AND WELLNESS THERAPIES, AND MORE HOURS OF TREATMENT THAN MOST PROGRAMS TO MAKE THE GREATEST POSITIVE IMPACT ON OVERALL HEALTH, AND TO SET THE COURSE FOR CONTINUING CARE."

— TAMMY MALLOY, PHD, LCSW





## TREATING INTERCONNECTED SYMPTOMS WITH FOUR PILLARS OF INTEGRATED CARE

The disease of addiction affects the mind, brain, and body. Organ function, metabolism, digestive health, neurochemistry — even our genetic makeup — can be impacted by long-term alcohol and drug use. Treating the interconnected physical and psychological symptoms of addiction reduces the reasons we self-medicate and removes barriers to long-term recovery.

Orenda's four pillars of integrated care promote total health to establish a strong foundation in recovery.

Medical services provide safe detoxification and stabilization,

and treat underlying conditions to alleviate pain, improve overall functioning, and support a positive outlook.

Clinical neuropsychology and psychotherapy assess and improve cognitive function, educate, and build resilience.

Neurorestorative care retrains maladaptive brain patterns to better recognize triggers and promote positive behaviors.

Wellness programming that includes physical care, physical fitness, nutritional counseling, hypnotherapy, bodywork, and mindfulness practice unifies mind and body healing and restores spiritual connection.

## MEDICAL LEADERSHIP

Treatment is most effective when client and clinician share the same vision. At Orenda, that vision extends to every aspect of mental and physical well-being and realizing it is a team of experts collaborating to optimize care in real time. Orenda's high staff-to-client ratio and collegial dynamic allow every care team member to identify and meet patient needs quickly.

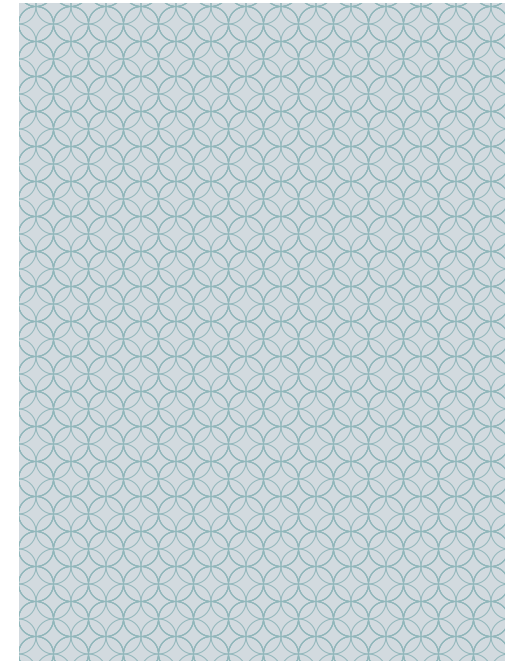
Overseeing each client's comprehensive health is medical director, Dr. Gloria Dunkin, an experienced addiction psychiatrist who is a member of the Florida Psychiatric Society, the

American Medical Association, the American Academy of Addiction Psychiatry, and the American Society of Addiction Medicine with more than 15 years of experience treating patients for addiction and mental health disorders. Dr. Dunkin and her team of medical professionals regularly monitor the health and clinical advancement of each client and work to reduce discomfort safely.

Orenda's twenty-four-hour on-site medical team works alongside Dr. Dunkin and in close tandem with clients to provide a wide range of services including medically-supervised detoxification,

infusion therapy, psychotropic medication management and stabilization of chronic and acute conditions. Complete medical history, physical, psychiatric diagnostic surveys, and pharmacogenomic and neuropsychological testing inform patient care plans. Orenda partners with Florida's premier hospital systems and specialized care providers if additional medical services are required.

Each member of the Orenda care team is a compassionate professional with years of hands-on client experience and is attuned to the culture and purpose of the program's values and mission.



GLORIA DUNKIN, MD  
*Medical Director*





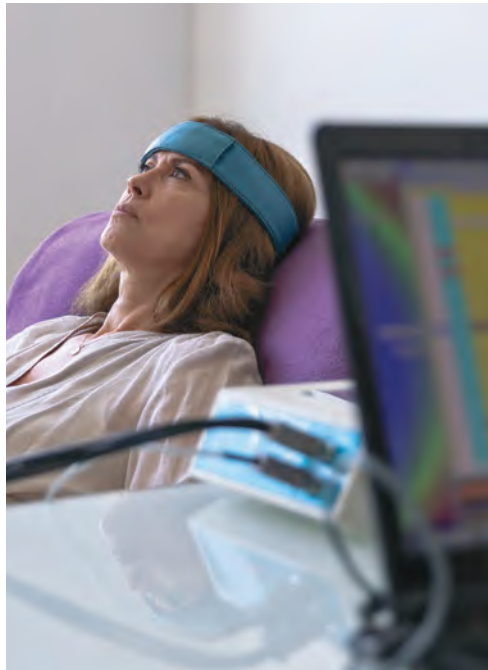
## CLINICAL NEUROPSYCHOLOGY AND PSYCHOTHERAPY

Neuropsychology assesses brain function to identify needs and inform care. Substance misuse and the side effects of active addiction can impact multiple areas of brain function and performance. Orenda uses neuropsychological testing to assess intellectual functioning, memory function, attention, concentration, and executive function. Available neuroimaging, such as MRI and CT scans, may also be evaluated as part of neuropsychological testing.

Psychotherapy is a mainstay of addiction and mental health treatment. Insights gleaned from neuropsychological evaluations are incorporated into client psychoeducation and psychotherapy care plans.

Orenda clients receive intensive individual and group therapy. Orenda therapists are experts in multiple psychotherapy modalities and take a flexible approach that can make treatment more comfortable and productive.





## NEURORESTORATIVE CARE

*A*ddiction is a disease of the brain. Ironically, the brain is also the most powerful tool with which to manage addiction and mental illness, maintain holistic health, and better engage with the world. Restoring and optimizing brain health increases the chances of sustained recovery, and enhances personal acuity and overall quality of life.

Addiction's endless, damaging cycle of craving, use, and withdrawal can seem inescapable without

specialized help because it ingrains deep maladaptive patterns in the brain. Neurorestorative care is the process of retraining these patterns to make it easier to resist old harmful behaviors and adopt new positive responses.

Orenda uses brain mapping, biofeedback, therapeutic gaming, and medical devices to instill and strengthen positive pathways. Neurorestorative care also aims to improve overall cognitive function damaged by substance use disorder.



## WELLNESS SERVICES, ACTIVITIES, AND OUTINGS

**R**easserting control over our thoughts, behaviors, and responses to stress returns personal freedom and the ability to experience authentic joy. Spiritual, emotional, and physical well-being are deep sources of solace, purpose, and comfort that support a life of sobriety and meaning. Orenda considers wellness services essential components of effective treatment.

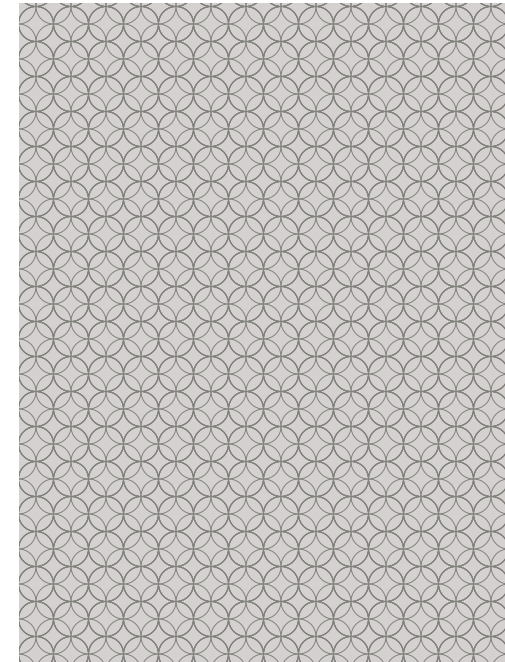
Personalized physical therapy and fitness training reduces pain and optimizes exercise to rebuild strength. Heart rate variability training improves

autonomic nervous system response, and sleep coaching helps clients realize the many benefits of high-quality sleep. Therapeutic massage, yoga, and acupuncture reduce the symptoms of stress, anxiety, and trauma. Hypnotherapy, mindfulness, meditation, and eastern medicine practices teach self-healing skills and renew the power of spiritual connectedness.

Learning to enjoy life in a safe, sober, and supportive environment builds resilience and relationships. Orenda clients can take part in golf and spa services at nearby clubs, and staff-supervised

ocean kayaking, polo, fishing, parasailing, and snorkeling excursions. Trips to the area's beautiful museums, lighthouses, and events provide stimulation and sober socialization.

Clients wishing to maintain peak athletic performance, continue an exercise regime, or improve physique can receive professional training at Orenda's well-equipped and expertly-staffed fitness center or other local facilities. Orenda will adjust therapy schedules to accommodate training and arrange appointments and transportation to and from professional training partner locations.







## FOR SOME, FAMILY IS FUNDAMENTAL

*F*or people living with family members or who wish to restore familial relationships, family therapy can play a crucial role in recovery. Living with a person suffering from active addiction puts family members at risk for emotional distress, physical and mental trauma, and legal and financial hardship. The symptoms of addiction can erode the foundations of trust that form strong family bonds. Educating family members, involving them in one's care, and

helping them find appropriate treatment are primary elements of the Orenda family program. Family members who understand the nature of addiction, how to maintain appropriate boundaries, and when to seek help can be one's strongest recovery allies and supporters. Orenda's experienced family therapists facilitate family education and therapy sessions, and work with families to find support groups and qualified care professionals.





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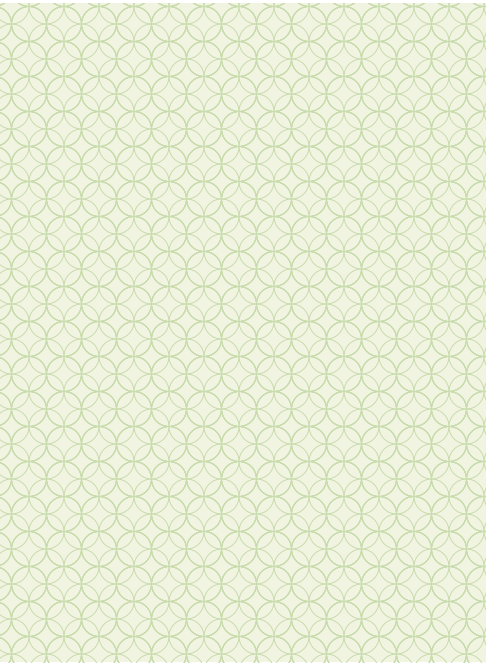
LIVING WITH ADDICTION CAN BE TORTUOUS. WHEN SOMEONE WITH ADDICTION DECIDES TO SEEK TREATMENT, WE MUST CAPTURE THE OPPORTUNITY TO TREAT AND EDUCATE EVERY MEMBER OF THAT PERSON'S FAMILY. SPOUSES AND PARTNERS, CHILDREN, SIBLINGS, EXTENDED FAMILY, AND CLOSE FRIENDS MAY HAVE SUFFERED TERRIBLY, AND THEY NEED HELP AND CARE. WITH TRAINING, FAMILY MEMBERS CAN ALSO BECOME THE MOST ARDENT AND ACTIVE SUPPORTERS OF THEIR LOVED ONE'S RECOVERY.”


– AMY EFFMAN, LMFT, CAP





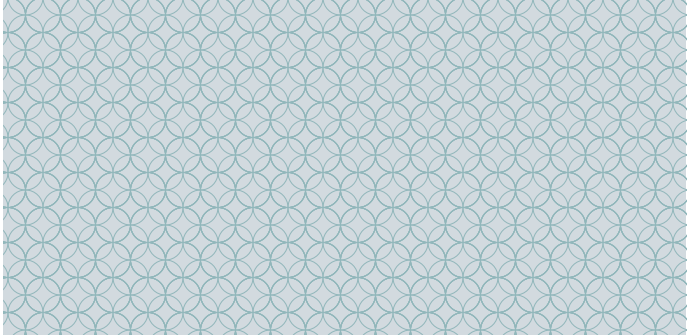
## A PRIVATE SANCTUARY




renda occupies the top floor of the Futures Recovery Healthcare center in Tequesta, Florida. Situated on a gated nine-acre treatment campus, Orenda keeps all essential medical, clinical, and wellness services close at hand. Its pool, meditation koi pond, tennis and basketball courts, and relaxation and fitness center help clients invigorate the body and calm the mind. The all-inclusive

nature of the Orenda facility increases the convenience of receiving treatment, allows more time for therapy and wellness, and immerses clients in a comfortable, safe, and supportive environment. Orenda maintains a high staff-to-client ratio to ensure maximum access to care, comfort, and support. Every aspect of the Orenda experience is carefully managed to foster a tranquil and positive healing environment.





## CENTERED ON SERVICE

 Orenda is a service-oriented program. Freeing clients to concentrate fully on therapy produces better outcomes. Orenda's specialized concierge assists clients in getting the most from their treatment experience by providing helpful information, meeting individual needs, and proactively managing personal care services, activities, private transportation, and other requests.

Client suites are comfortable, private spaces offering the chance to rest and relax after a day of intensive treatment,

wellness, and self-work. Suites feature a private bedroom and bathroom, a lounge area with couches and seating, an eat-in breakfast nook, a workspace with desk and wireless internet access, and cable television.

Orenda helps clients feel comfortable and relaxed while receiving treatment. Room appointments include luxury linens and duvets, private-label toiletries, plush bathrobes, a safe, and maid service. The relaxation room, spa, business center and lounge are readily available.











## DINING AND NUTRITION

The lifestyle of addiction and misuse of substances can lead to poor nutritional health and degrade the body's natural balance. A healthy diet is the foundation of good physical and mental health and well-being. Orenda's executive chef works with nutritionists

to prepare meal plans that are delicious and healthy. Orenda can accommodate special dietary needs such as gluten-free, dairy-free, kosher, and restrictive diets. Clients take meals in the Orenda private dining room or their suite, and healthy snacks and beverages are available throughout the day.



IN A PERFECT WORLD, PATIENTS WOULD EXTRICATE THEMSELVES FROM THE RIGORS OF EVERYDAY LIFE AND FOCUS SOLELY ON THE DEMANDS OF THEIR RECOVERY. ADDICTION, HOWEVER, THRIVES IN AN IMPERFECT WORLD AND SO MUST OUR EFFORTS TO TREAT IT. RECEIVING EFFECTIVE TREATMENT AND MAINTAINING OUR CAREERS ARE NOT MUTUALLY EXCLUSIVE AND LEARNING TO INTEGRATE THEM WHILE WORKING ON RECOVERY CAN HELP CLIENTS MAINTAIN SOBRIETY ONCE THEY LEAVE OUR CARE. WE BELIEVE WE CAN HELP CLIENTS BALANCE THE DESIRE TO WORK AND THEIR NEED TO BE HEALED.”

– DERICK ANDERSON, PSY.D





## KEEPING CRUCIAL BUSINESS MOVING

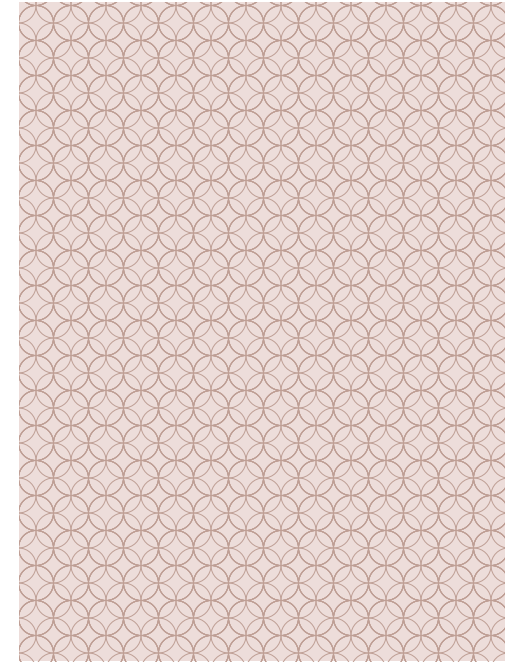
*R*ecovery is an intense inward journey. Time in treatment should be solely focused on learning, healing, and restoring the spirit. Leaving behind the stress and pace of work allows complete focus on health and well-being. But for some of us, the ability to provide colleagues with time-sensitive information or weigh in on important decisions can reduce anxiety and reinforce one's sense of purpose.

Orenda clients have the flexibility to take on necessary business communications. Case managers can help clients strike a healthy balance between work and therapy. The Orenda business center is a dedicated private office space where clients can comfortably and confidentially handle calls and conduct business communications. Clients may also use personal computers in their suites, but are encouraged to limit work involvement while receiving care.

## INTERPROFESSIONAL COMMUNICATION

*A*ppropriately sharing client information with approved parties can make a crucial difference to the health and well-being of clients during and after treatment. At client request, Orenda team members can communicate confidentially with employers and licensing boards to

help restore client medical licenses and professional accreditations, and provide relevant information to family lawyers, agents, and business managers. Orenda also shares medical records and other helpful insights with client doctors and other care providers to ensure ongoing care that supports recovery.









## BUILDING BRIDGES TO CONTINUING CARE

Recovery is a life-long pursuit requiring regular management and care. Establishing a strong network of services and supporters is essential to remaining in recovery and good health following residential treatment. Finding the right medical specialists, therapists, recovery coaches, and wellness resources can be challenging. Developing ongoing treatment plans for each client is an integral part of our process.

Orenda maintains relationships with healthcare professionals around the country to help its clients access the most qualified, reputable, and effective providers. Discharge planning specialists identify the types of healthcare and wellness resources each client needs, locate the best available resources, and work with each care provider to transition clients into their care, transfer medical records, and set appointments. Orenda clients receive complete continuity of care.





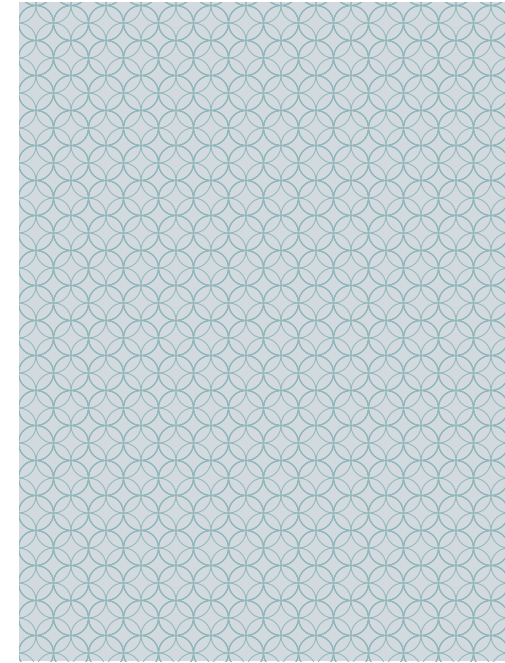
## A COMMUNITY OF ALLIES

From the moment an Orenda client arrives, they join an empowering community of like-minded individuals and families who refuse to succumb to the symptoms of addiction and dysfunction.

Orenda emphasizes the importance of alumni programming, and of being an active member of the alumni community. Clients are introduced to the program early in their treatment stay and are encouraged to take advantage of the curriculum, activities, and events available to alumni members. Alumni participation keeps the lessons and benefits

of recovery close at hand, builds strong supportive relationships, and keeps an open channel of communication if additional care is needed.

Our Days of Ascent Program welcomes alumni back to campus several times per year to reconnect with care team members, and to refresh and deepen skills. Alumni gatherings and correspondence also present the opportunity to inspire and be inspired. When people who have gained experience living in recovery share personal stories of success, they become beacons of hope for individuals, families, and communities.





SOCIETY SEES PUBLIC FIGURES GETTING TREATMENT AS A SHAMEFUL FALL FROM GRACE. THE OPPOSITE IS TRUE. ADDICTION AND ITS CONSEQUENCES ARE INTENSELY PAINFUL. PEOPLE LIVING UNDER THE MICROSCOPE OF PEERS AND THE PUBLIC OFTEN STRUGGLE SILENTLY WITH ISOLATION, PERFORMANCE ANXIETY, AN INABILITY TO CONNECT AUTHENTICALLY WITH OTHERS, AND LOSS OF PERSONAL IDENTITY. SEEKING TREATMENT SHOULD BE SEEN FOR WHAT IT IS — A COURAGEOUS, LIFE-SAVING ACT AND AN UNYIELDING DESIRE TO UNDERSTAND AND IMPROVE THE HUMAN CONDITION WE ALL SHARE.”

— JOHN EGAN, MSW, CADAC



## ABSOLUTE DISCRETION

*R*ecovery is a personal and challenging journey. The Orenda program is committed to ensuring comfort, safety, and tranquility for each client so that time here can be

focused entirely on healing. Client privacy is respected and enforced. Private suites, managed communications, secure campus access, and private transportation ensure a peaceful and personal experience.





PRIVATE CONSULTATION WITH AN ORENDA  
REPRESENTATIVE IS AVAILABLE AT ALL TIMES.

**PLEASE CALL US AT 561.257.5880**



