



HERO'S at FUTURES
RECOVERY
HEALTHCARE

For First Responders and Veterans



RECOVERY
HEALTHCARE

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 front line 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 military veterans, law enforcement, 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 treatment track 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 Hero's Ascent and its members continue to provide ongoing support and consultation. Our experienced staff members are trained to meet the needs of first 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 their professions' demands and experiences.

DESIGNED TO HELP THE FRONT LINE FEEL AT EASE

First responders and veterans 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 patients manage work-related issues and facilitate paperwork and communication with employers, insurers, and other agencies to help patients 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, heal and work with experienced professionals. Our spacious environment and low patient-to-staff ratio provide ample privacy and allow the treatment team to individualize care. Comfortably appointed single bedrooms and bathrooms, nutritious chef-prepared meals, an on-campus swimming pool, a fitness center, tennis courts, and other amenities help patients 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. Hero's Ascent focuses on identifying and addressing underlying trauma, chronic pain, and other issues shared by first responders and military members. Coordinated and personalized care plans incorporate medical treatment, psychiatry, individual and group psychotherapy, physical therapy, wellness services, and family programming. 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 front line 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.



CLINICAL INTERVENTIONS: EVIDENCED-BASED, HOLISTIC CARE

Individual Therapy: By developing specialized treatments for trauma, first responders and military veterans needs and underlying pain, Futures can better address drivers of behavioral healthcare conditions. Futures adapts to the changing needs of its patient populations and to advances in healthcare medicine to remain highly effective. The track uses measurement-based care to optimize individual and operational outcomes continually.

Family Support Services: We will walk alongside of the family member and provide education, support, and resource building that will enhance personal self-care. Our team approach is here to assist in building resilience, and setting healthy boundaries, while creating wellness plans. This allows the family system to move forward into healing and recovery.

EMDR: A trauma based treatment modality that focuses on opening up neurotransmitters in the brain to address past and current issues. EMDR is also used in the treatment of performance anxiety for high functioning individuals, as well as those with chronic pain. The track has facilitators as part of the treatment team to address and work with our patients in these areas.

Hypnotherapy: Hypnosis is used to create a state of focused attention and increased suggestibility during which positive suggestions and guided imagery are used to help individuals deal with emotional dysregulation, symptoms of addiction (including post-acute withdrawal), and other mental health conditions to include trauma. In the hypnotic state an individual can easily make positive changes because the self-conscious mind is more open to suggestions.

Seeking Safety: An evidenced-based treatment model that treats co-occurring issues to include PTSD and substance use. Like DBT, Seeking Safety focuses on the present so they can move forward versus traditional modalities used to treat trauma where they focus on the past. The focus is on creating coping skills they can use in the present moment to create a safe space. Seeking Safety is effective in both individual and a group setting.

Self-Awareness in Recovery - Red Flags/Green flags: Compassion vs harshness, skills, drill and coping skills, asking for help.

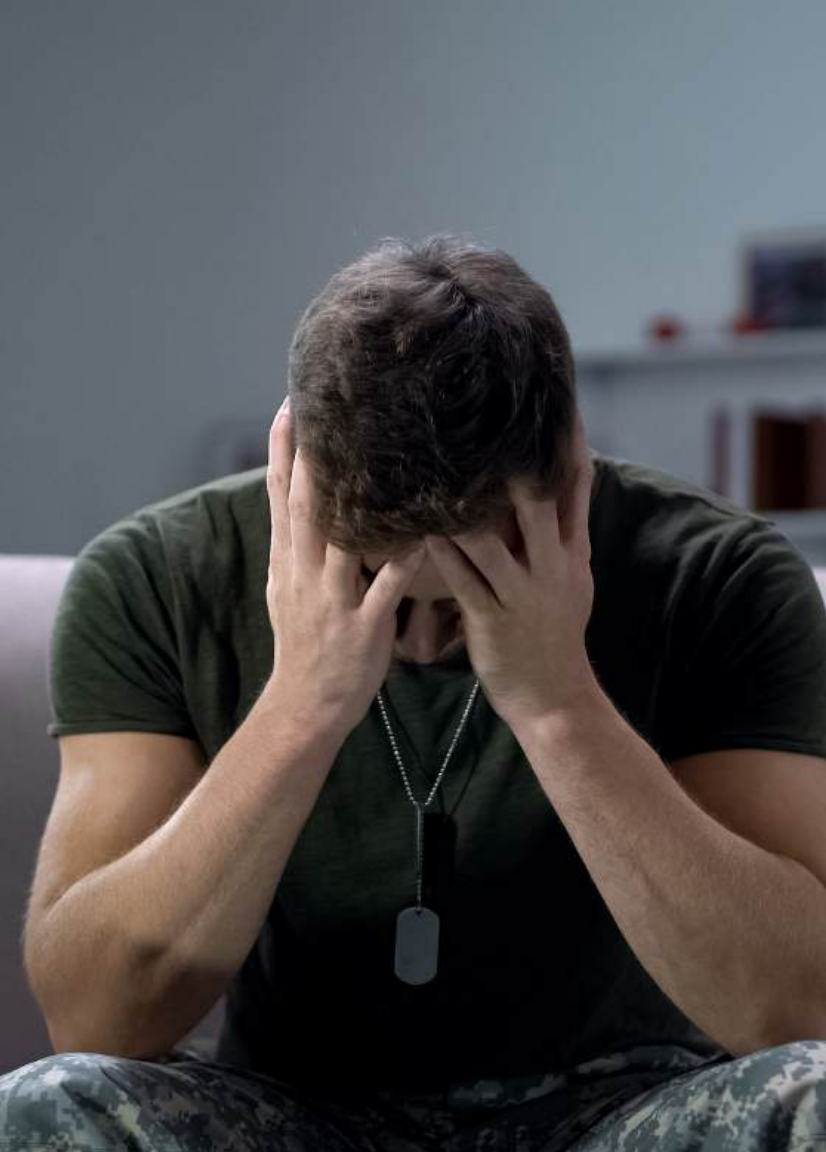
Mindfulness: A state of being nonjudgmentally present and aware of thoughts and emotions in our day to day lives. Mindfulness has become more prevalent in studies and conversations in the mental health field due to its various health benefits. Mindfulness groups help patients work towards an increased sense of connection within themselves and their environment in order to be fully engaged in their lives.

DBT Groups: Dialectical Behavioral Therapy (DBT) teaches effective and practical skills to replace unhealthy and maladaptive behaviors four sets of skills: mindfulness, distress tolerance (the process of learning how to tolerate challenging situations without trying to change them), interpersonal effectiveness (the ability to build and maintain healthy relationships while maintaining self-respect), and emotion regulation (the ability to manage emotions so that you can think and act effectively).

Grounding: A set of simple strategies that can help you detach from emotional pain and reconnect you with the present moment through distraction and focusing on something other than the difficult emotions you are experiencing. Grounding helps separate you from the distress of your emotional state or situation.

Psychoeducation: A therapeutic focus in which clients learn practical and positive emotional and behavioral skills to improve life adjustment, management of emotions and self-awareness. A psychoeducational approach appreciates the importance of education in changing unhealthy or negative emotional and behavioral patterns.

Family Dynamics: Family dynamics groups emphasize the importance of understanding how family systems function in context, specifically in maintaining patterns that may contribute to addiction. Family dynamics impact nearly all areas of life, making understanding them incredibly important to individuals who are working towards living an healthy emotional life. Family dynamics can be generationally passed on and can impact relationships from childhood and throughout adulthood. Having a better grasp on family dynamics can help patients understand potential factors of unique triggers, values, and characteristics that may present in their addiction, relationships, and general lives.



SYMPTOMS OF PTSD:

When it comes to trauma, and post-traumatic stress disorder (PTSD), many people simply "push through", thinking they are coping with the trauma when in reality they are suffering. Understanding PTSD, its symptoms, and how to get the right treatment are key to recovery.

Symptoms may include:

- Flashbacks
- Nightmares
- Agitation
- Impulsivity
- Anxiety
- Uncontrolled thoughts about events
- Emotional numbness
- Substance use issues
- Mental health issues
- Sleep issues

FUTURES RECOVERY HEALTHCARE IS COMMITTED TO OFFERING HIGH-QUALITY, EFFECTIVE, AND RELEVANT TREATMENT TO OUR NATION'S VETERANS AND FIRST RESPONDERS.

EDUCATION AND TRAINING FOR POSITIVE CHANGE

Futures is working to increase the awareness and accessibility of treatment for military veterans and first responders. Our Hero's Ascent Advisory Board is a panel of expert veterans, advocates, and researchers actively involved with our treatment track and offering mental healthcare and suicide-prevention training and education to first-responder and military organizations nationwide. Advisory board members also participate in "The Enemy Within": International Symposium on Law Enforcement and First Responder Stress, PTSD, and Suicide, which focuses on individual, organizational, and policy solutions to the problems of trauma, addiction, and suicide.



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 track 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:

- Provide individual therapy and family connection
- Provide in depth continuing care plan and address current psychosocial stressors
- EMDR, hypnotherapy, biofeedback
- Initiate EMDR therapy
- Provide family support, resources, and education
- Family programming and support groups
- Provide groups focused around trauma, safety, identity, co-occurring issues

HERO'S ASCENT ADVISORY BOARD

Futures' Hero's Ascent Veterans and First Responders programming uses insights and ongoing guidance from some of the nation's leading first-responder and military mental health advocates. These advisory board members are experienced thought leaders championing individual, organizational, and policy solutions to address first responder and military personnel trauma, addiction, and suicide. Members of the Futures Hero's Ascent Advisory Board provide mental healthcare and suicide-prevention training and education to first-responder and military organizations and policymakers nationwide. They also participate in our annual "Enemy Within Symposium," an educational event that attracts military and first responder leaders from around the country working to reduce stigma and increase access to care.



**RET. LT. COL.
TANYA JUAREZ**

Over 20 years of experience leading and managing various programs that focus on behavioral and mental health.



**CHRISTOPHER
PROCHUT**

Mental health awareness advocate and law enforcement suicide prevention trainer.



**DOCTOR ROGER
SOLOMON**

Clinical Director of the South Carolina PCIS and Police Psychologist with South Carolina Department of Public Safety.



**JEANNIE KELLY –
NYPD RETIRED**

Director of 9/11 Outreach and Education assisting 9/11 first responders and their families.



**IN MEMORY OF
JANICE MCCARTHY**

We would like to thank Janice McCarthy for her great passion and dedication for helping police officers and those affected by police suicide.



**UNDERSHERIFF
JOHN GREENAN**

Oversees the Erie County Sheriff's Department and its Administrative Services Division.



**RET. OFFICER
THOMAS CINO**

Born in Buffalo, New York, Thomas Cino is an advocate for addiction recovery and mental health.



**RICK MATHEWS,
MS**

The Mathews Group provides consulting, training, education, and a host of other services within the broad homeland security enterprise.



**MATTHEW
MCCAULEY**

Representing 9/11 first responders and civilian survivors who have developed illness during the 9/11 attack.



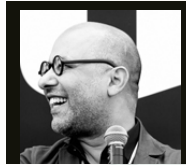
**COL. EDUARDO
A. SUAREZ**

An outspoken supporter and advocate for the overall wellness of service members and their families.



**MR. BRUCE
CHAPMAN**

The Past-President of the Police Association of Ontario (PAO) and a passionate advocate for mental health and wellness of the first responder community.



**DR. NEWTON
HOWARD**

Founder of ni2o, Inc.—a start-up developing novel, AI-driven, brain-computer interfaces to treat a wide range of debilitating neurological disorders.





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PROUD SUPPORTERS OF



ACCREDITED BY
THE JOINT COMMISSION

