

## Outpatient Services



### OUR MISSION

To provide a compassionate and spiritual environment where those suffering from the disease of addiction can begin the journey to recovery by providing enlightenment and education to the individual and their family.

#### DAY AND NIGHT TREATMENT

Day and Night Treatment offers enhanced structure and additional therapy for those who need daily treatment while still residing at home or in a sober living environment.

#### INTENSIVE OUTPATIENT

Offered daily, this program allows for continued treatment in a structured environment. Flexible programming, including evening sessions, accommodates any work or school schedule.

#### FAMILY EDUCATION PROGRAM

This program educates loved ones about addiction and its effects, and facilitates healthy communication skills that help them regain trust and restore relationships.



### CONTACT

855.859.8810  
[www.RetreatBehavioralHealth.com](http://www.RetreatBehavioralHealth.com)

 @RetreatAddictionCenters  @RetreatPATC  
 @RetreatAddictionCenters  @RetreatRehab

## RETREAT AT PALM BEACH

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## About Us



Located in beautiful south Florida, Retreat at Palm Beach provides individualized programming for individuals struggling with substance abuse and mental health disorders. Our campus is boasting with amenities offering our patients the highest level of comfort while providing a full continuum of care — and with absolute anonymity.

### WHAT SETS OUR CAMPUS APART

- Personalized treatment and recovery planning
- Gender and age-specific groups
- Around-the-clock admissions and transportation
- Most major insurance plans accepted
- Luxury accommodations and amenities
- Master's level clinicians
- Family education program
- Holistic therapeutic services
- Interventions available

## Rehabilitation at Retreat

Overcoming a behavioral health issue is an extensive process that varies from patient to patient. That's why we treat everyone as an individual rather than relying on a one-size-fits-all approach. Rehabilitation is the first step toward a healthy, sober lifestyle.

### WHAT IS INVOLVED?



Medical detoxification



Individual and group therapy sessions



Holistic & alternative therapies



Medication Management

## Specialized Track Programs

Each of Retreat's specialized programs offers dynamic, comprehensive treatment to a specific group based on common issues or traits that some patients share. Our programs include:

- Co-occurring Treatment Services and Counselling
- Pain Management Services
- Gender Specific
- LGBTQ
- Mindfulness
- Trauma
- Spirituality

## Holistic Therapy



When you are facing problems with substance abuse, it is important to seek treatment that caters to the whole person rather than just the addiction. Retreat offers a wide range of alternative therapies that may be right for you, including:

- Music Therapy
- Art Therapy
- Culinary Arts
- Recreational Therapy
- Drum Therapy
- Yoga and Meditation
- Massage Therapy
- Gardening