



Beach House

Find Freedom from Addiction...

... with a philosophy that
the opposite of addiction is
love and connection



In a safe, serene environment

With a proven, multidisciplinary
therapeutic approach



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AMERICA'S BEST
**ADDICTION
TREATMENT
CENTERS**

3 YEARS IN A ROW

Newsweek

statista

The Treatment

Healing Begins in an environment of Medical and Clinical Excellence at Detox:

A thorough medical and clinical assessment upon admission

Compassionate and experienced providers who put comfort first

A customized plan of care for each patient's individual treatment needs

24/7 high level medical supervision of withdrawal symptoms

Renowned high safety standard, with a track record in the community as a trusted provider

One-on-one monitoring for patients who need extra care and observation

Medication Assisted Treatment (MAT) for cravings

OTP Certified, On-Site Pharmacy



“ I'm proud to lead a team of compassionate and experienced addiction medical professionals who put safety and comfort first. Our physicians closely monitor any existing conditions, and care for our patients with dignity and respect, so they can focus on one thing: **getting better.** ”

Michael Slifer, MD, PhD
Medical Director



With a standard patient-to-therapist ratio of 8:1,

while the industry average is eleven patients to every therapist, we ensure personalized attention and consistent progress during treatment.



At the heart of our approach...

... is an emphasis on the quality of the collaborative relationship and emotional bond, also known as the “therapeutic alliance”, between the individual and their primary therapist.



“

I've personally witnessed what the research also shows; that a strong therapeutic alliance substantially improves clinical outcomes by boosting engagement & retention of the modalities during treatment.



Anna Ciulla, LMHC, LCPC, LPC, RD, LD
Chief Clinical Officer

We then incorporate an emphasis on loving connection as the critical building block of effective recovery – specifically, connection to people, purpose & passion – with the following foundation of groups:

Specialized Education Groups

On topics like physical wellness and nutrition, the biology of addiction, coping, transition and independence skills

Expressive & Creative Therapies

In the form of art, music, movement, meditation, journaling, and experiential, activity-based therapy

Types of Therapies Used

Cognitive Behavioral Therapy

(CBT) focuses on correcting and replacing thoughts and behaviors that feed the addiction cycle and impede recovery, by contributing to relapse. Much of CBT's emphasis is on identifying and modifying irrational thoughts, managing negative emotions, and preventing relapse. All of our clinicians are trained in CBT and use it to help patients learn healthier anger management skills and better ways of coping with stress and other cues and triggers for substance abuse. CBT is associated with better treatment outcomes in multiple controlled trials.

Motivational Interviewing

(MI) empowers patients to make core life changes necessary to sustaining a life free of substances, by helping them develop greater self-directedness and self-advocacy. MI's therapeutic effectiveness has been most widely studied among the alcohol abuse population where at least 32 studies have linked MI to improved treatment outcomes. Like CBT, MI is viewed as most effective when combined with other psychosocial interventions.

Trauma-Informed Therapy

Including **Dialectical Behavioral Therapy (DBT)** skills, help patients heal from the experiences of trauma that are often at the root of substance abuse. Our therapists teach clients DBT skills involving how to manage the painful emotions associated with a post-traumatic stress response, so that patients can successfully overcome this very common relapse trigger. In addition to these DBT skills, clients learn how to develop the following cognitive-behavioral tools through trauma-informed therapy: grounding skills, resource building, safe place work, and resiliency skills.

12-Step Group Therapy

Combines the spiritual recovery principles of the "12 steps" with the practical support and help of group members who share the same problem. A large body of evidence has found that 12-step group participation correlates with better long-term recovery outcomes. For instance, one major randomized trial, among multiple studies, found that participation in a 12-step program resulted in outcomes similar to those for CBT and MI.



We believe in creating a treatment environment with an **intentional balance of structured hours** so we blend clinical therapies with extracurricular experiences, ensuring that patients have ample opportunity to **both learn and relax**.

This is visible in our **sample schedule**:

06:30 – Sunrise Beach Meditation

07:30 – Breakfast

09:00 – Spirituality & Connection Meeting

10:30 – Process Group

12:00 – Lunch

01:00 – Recovery Education Groups
(Coping with Loss, Family Dynamics, DBT, Expressive Art Therapy)

02:30 – Emotion Management Education
(Relationships in Recovery, Coping Skills)

04:00 – Open Recreational Time
(Fitness Center, Pool, Yoga, Business Center)

05:30 – Dinner

07:00 – Beach House AA Meeting

10:00 – Evening Wrap Up



The Facility

Amenities are essential to teaching a foundation of recovery for life.

The Beach House treatment experience shows our patients how fulfilling and comfortable a sober life can be.

State-of-the-art Fitness Center

Regular Yoga classes offer by a trained instructor

Morning Beach Meditation

Bio Bed Therapy System

Which is particularly beneficial as it helps relax the nervous system & allow you to fall into a deep state of relaxation

Sparkling outdoor pool, perfect for unwinding after a long day

Business Center where work responsibilities can be remotely addressed

Massage & Chiropractic Services

Healthy & delicious, nutritionist approved meals from our private, in-house chef



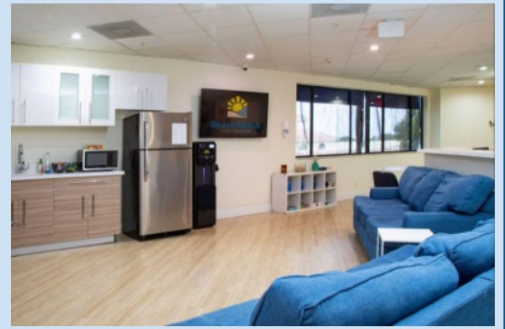
Located 1 mile from the ocean in the small coastal town of Juno Beach



Our comfortable and secluded campus spanning 5.3 acres



Features beautifully furnished indoor and outdoor living spaces



Making it both cozy and inviting as it promotes connection and socialization



While also honoring privacy with Housing Units:

In our shared room accommodations, with one other patient of similar gender and age



Or an optional private room accommodation for an added layer of respectful privacy



Where each room is equipped with it's own bathroom and complete upgraded features

Learning to navigate healthy relationships in sobriety is a vital skill.

We made a very intentional decision to find a balance of teaching this, and respecting the unique challenges faced by both genders in addiction, by integrating our programming and campus in a co-ed environment but specifically separating our housing unit by gender.



All intended to offer a safe, healthy space to connect with individuals of similar experiences.



This too following our philosophy that the opposite of addiction is not just sobriety the opposite of addiction is connection.

The Recovery



The freedom found in recovery is supported with our **Alumni Services**:
another clinically vetted, research-based best practice
that supports our philosophy

Stay Connected, Stay Sober

The goal of the Beach House Alumni Program ...

... is to be a touchstone to recovery for life. If finding freedom from addiction through clinical support, love and connection takes time, learning to sustain that newfound freedom over the long haul can take even longer.



Peer Support

Private social media groups
Rituals to Celebrate Key Milestones



Continuing Care

Access to Our Nationwide Referral Network
Life long follow up & resources



Meetings & Events

Monthly local fun sober events
Multiple Monthly remote meetings



Learn how we've helped patients overcome addiction & find loving connection:

“

I went to Beach House in 2017! I was 18 years old and did not think I was an addict. Long story short my mom went after me, then my dad, followed by my grandmother. We were ALL sicker than we thought. Beach House saved me and my entire family! My dad and I have matching tattoos that say Find Freedom because that's what we did going through treatment at Beach House.



Dad has 5 years sober, mom has 4 and I have 6 months, because my journey has been different. The staff is what saved me the most. They will forever be a solid foundation of my recovery! Me and my whole family would go back to treatment if it didn't require a relapse. It was healing, relaxing, uncomfortable at times, but the best decision I've ever made. Great food! Great staff, great views! Truly grateful for the Beach House!! It has restored my family and dreams and allowed me to build a life in recovery!

-Hannah H

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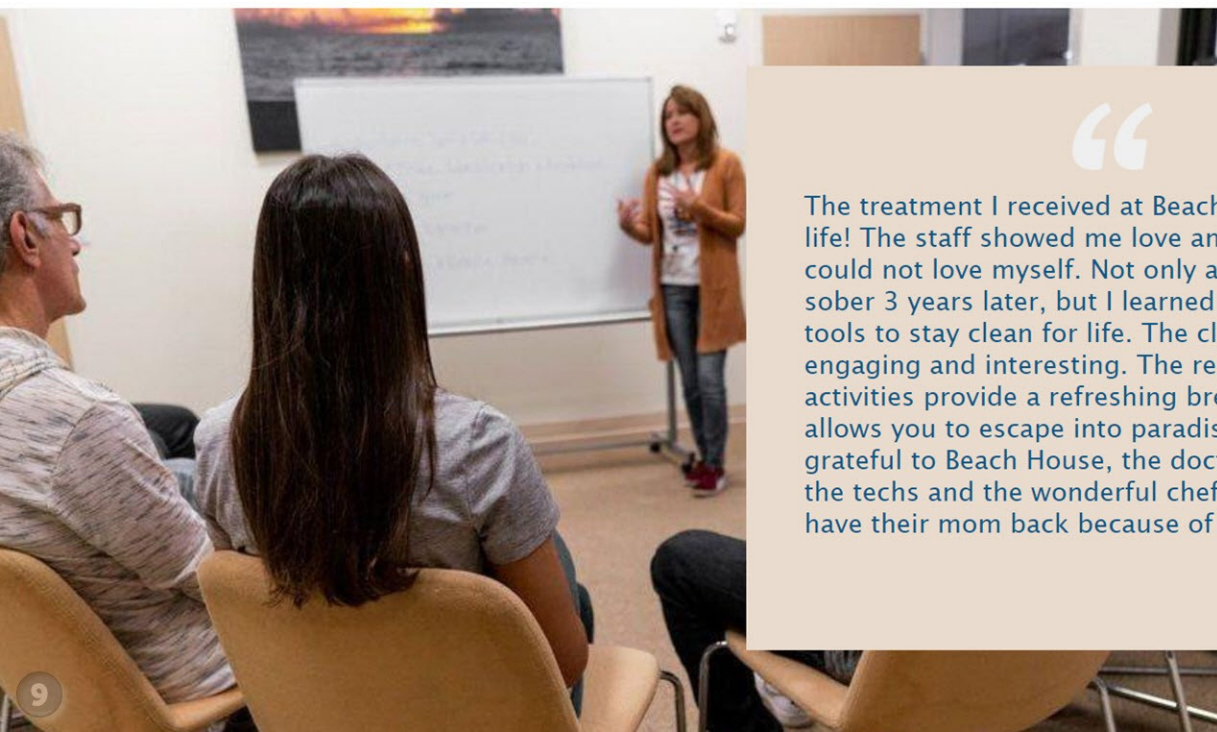
Beach House got to the center of my disease. I actually saw what the problem was with me there - just from the love and care from the people and the staff

- Kenneth R

”

I couldn't have picked a better place. The most caring staff you could ask for. I was able to find spirituality & love, and because of that I'm clean today.

- Dustin B



“

The treatment I received at Beach House saved my life! The staff showed me love and support when I could not love myself. Not only am I clean and sober 3 years later, but I learned the skills and tools to stay clean for life. The classes are engaging and interesting. The recreational activities provide a refreshing break and the beach allows you to escape into paradise. I am so grateful to Beach House, the doctors, counselors, the techs and the wonderful chefs. My children have their mom back because of you!

-Amy J

Accredited Care You Can Trust

As a patient-first center, all our decisions are guided by what is best for each individual who walks through our doors, and we highly prize patient safety and satisfaction. We are also dedicated to continually raising the bar for our own treatment models to incorporate groundbreaking research & industry best practices.

We strive to provide the highest quality of care to all our patients, and are proud to be multi-accredited to demonstrate this commitment.



Ranked #1 in FL in 2022

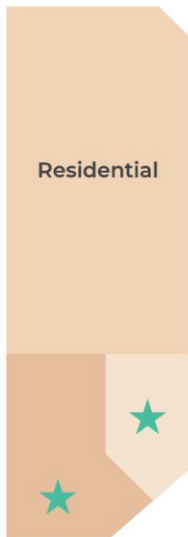


NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS



Beach Building

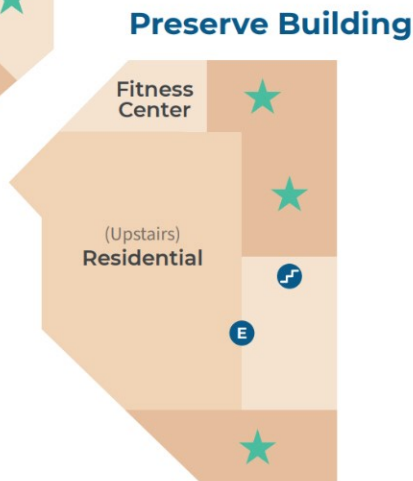
- 1 Doctor's Offices
- 2 Chiropractic Services
- 3 Massage Services
- 4 Bio Bed Therapy System



Loggerhead Building



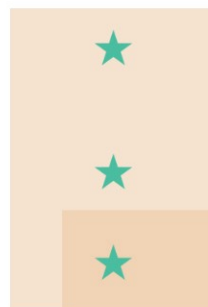
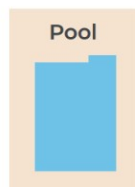
Beach House
FIND FREEDOM



Preserve Building



Administration Building



Dunes Building

- ★ Clinical Spaces:
Group Rooms
Therapist &
Case Management Offices