



## Continued Care

When patients are medically and clinically recommended to transition out of our Inpatient, on-campus programming and into the Outpatient level of care, Beach House offers Continued Care through our Stage 2 program. This next stage provides patients with more freedoms and life skills alongside therapeutic guidance to support their ongoing recovery journey.



### Beautiful Sober Living Environments

Located two miles south of our main campus, our sober living environments offer a safe, supportive community that is more accessible to local job opportunities and public transit. This proximity encourages our patients to seek employment and become active members of our recovery-friendly community in South Florida. These sober living arrangements are designed to help patients put into practice the tools and skills they acquired during Stage 1 Inpatient programming, while still benefiting from a structured and therapeutic environment.

### Life Skills and Community Integration

Our program focuses on transitioning patients to a structured, independent lifestyle. Evening passes are granted at the clinical team's discretion, allowing patients to gradually experience more freedom. Early inclusion in our Alumni Program, which features activities such as beach BBQs, outings, and meetings, helps foster a sense of belonging and community. Regular check-ins, including random drug testing, and 24/7 support from Behavioral Health Technicians ensure ongoing accountability and support.



### Stage 2 Clinical Programming

Our Stage 2 programming operates six days a week, Monday through Saturday, with six hours of structured activities each day. This includes individual and group therapy sessions that utilize Trauma-Informed Therapy, Dialectical Behavioral Therapy (DBT) skills, Cognitive Behavioral Therapy (CBT), and Motivational Interviewing. Medication management is provided by our licensed medical team, including an on-site, addictions-certified psychiatrist.

### Putting Tools and Skills into Action

The transition from inpatient care to a more independent lifestyle can be challenging. However, by applying the skills learned in our Stage 1 program within a new, supportive community, patients can continue to grow and thrive. Our Stage 2 program, also known as Partial Hospitalization Program (PHP), is highly recommended for its effectiveness in helping patients maintain their recovery and develop essential life skills.



### Daily and Weekly Activities

Patients participate in daily morning sunrise meditation and attend daily Alcoholics Anonymous (AA) meetings, both on-site and within the broader recovery community. This regular engagement helps reinforce sobriety and build connections with others on similar journeys. Additionally, patients have access to transportation to the gym four times a week, promoting physical health as a component of overall well-being.

### Sober Living Arrangements

Patients in our Stage 2 program reside in semi-private, four-person apartments, each with two shared bedrooms. These living arrangements provide a balance of privacy and community, further supporting the development of sober living skills. Sober Life Skills Coaching is also available to help patients navigate this transitional phase effectively.



At Beach House, we are committed to providing a comprehensive, supportive, and structured environment that empowers our patients to achieve lasting recovery and successfully integrate into the community.

**P.** 561-277-6709  
**E.** AdmissionsTeam@beachhousecenter.com  
**F.** 844-833-5612

Beach House Center for Recovery Website

