



**24 Hour Crisis Intervention
(800) 626-1980**



Transitions Recovery Program
1928 NE 154th Street
North Miami Beach, FL 33162

(305) 949-9001
(305) 945-6074 Fax



Transitions Has Earned the
Joint Commission's Gold Seal of Approval

Licensed by the State of Florida

www.transrecovery.com

Transitions Recovery Program

As the treatment of addiction continues to change so do the needs of our patients. Shorter and shorter lengths of stay, coupled with heightened levels of impairment cause the need for longer treatment stays being made available. Many patients can then have the time to resolve years of abuse, develop the skills they require to live in the real world, create new support systems or gain a true sense of what possibilities the future holds for them. Treatment at Transitions Recovery Program can provide them with this opportunity.



The TRANSITIONS team is dedicated to the belief that all of our patients are unique individuals, possessing the ability to lead productive lives. Recovery demands freedom from substance abuse and the integration of a personal philosophy of life that promotes growth and change in not only the individual, but also the entire family. Our programs are committed to assisting our patients and family members with their own growth, thus enabling them to rediscover their self-esteem and return to a productive and fulfilling life.

Transitions Recovery Program effectively combines evaluation, residential care, partial hospitalization, outpatient, after care and family programs in a full continuum of services. This comprehensive approach offers flexible and cost-effective quality care.

Admission to Transitions Recovery

Admissions can be accepted seven (7) days a week. Trained addiction professionals conduct individual assessments that address each individual's treatment needs, as far as level of care and services.

Individuals needing treatment are encouraged to call for further information. We will provide a confidential consultation and be happy to answer your questions and concerns.



Length of Stay

At Transitions we believe that every patient is unique and is treated individually. We offer ongoing evaluation during each phase of treatment to determine what is the most effective length of stay for each patient.

Financial

Transitions Recovery Program accepts most major insurance and is a contracted provider for many Preferred Provider Organizations (PPO's) and Managed Care Companies. Appropriate financial arrangements can also be made for those without independent coverage through a sliding-scale system.

Residential Extended Care

Transitions Recovery Program was conceived and designed by professionals with a passion for helping chemically dependent clients and their families. A true multi-disciplinary team comprised of physicians, ASAM certified psychiatrists, psychologists, addictions professionals, nurses, and a marriage and family therapist come together to offer a program of treatment that provides practical solutions to the very real problem of addiction.

The cornerstone of our philosophy is that recovery from chemical dependency is achievable - not just for those who are highly motivated but for those who are despairing, feeling hopeless and overwhelmed. Recovery offers the opportunity for full and productive lives for the addicted and their families. Therefore, at Transitions, we work with our patients holistically - addressing the individuals and their needs in a 'real-world' environment.

Accommodation

Patients reside in apartments in a private gated community located in North Miami Beach. Gender separate living quarters are staffed by residential house managers who live on-site and are there to provide support, monitor the community and maintain a safe living environment. Additionally, clinical staff is routinely on-site to offer support and guidance during the evening hours, until curfew. While a resident in the Extended Care Program, patients are responsible for the day-to-day tasks of a normal living routine, such as grocery shopping, cooking and maintaining the cleanliness of the living quarters, which are all monitored by staff.



The Treatment Program

Based on a two-phase system, the treatment schedule moderates its intensity based on the patient's progress.

PHASE ONE is the point of entry for patients and provides the most intense level of therapeutic involvement. During this phase, patients will engage in activities that will include but are not limited to:

- Group Therapy six days per week, including gender groups
- Individual Therapy
- Family Therapy
- Psycho-educational presentations focused on various aspects of addiction, co-occurring problems, and the development of constructive life skills, ranging from such diverse topics as household budgeting to impulse control. This will add coping skills to practice without the use of drugs/alcohol.
- Attendance at 12-step meetings - patients are encouraged to establish sober support with others in recovery, to obtain a 12-step sponsor and begin to form the foundations of their personal recovery practice - one that they will continue after leaving treatment.

PHASE TWO marks reentry into the community as a responsible contributing member of society. This phase is a gradual 'step-down' in the intensity of therapy activities and will continue to support the ultimate goal of autonomy and recovery. This phase of treatment is continuous, based on the individual's progress as assessed by the multi-disciplinary treatment team in partnership with the patient. The services are individually tailored to the patient's needs and will include varying combinations of services such as:

- Group Therapy
- Individual Therapy
- 12-step meeting attendance
- Aftercare support group
- All psychiatric and psychological services remain available to patients during this phase.

Day/Night Program (PHP)

Program available for clients needing more than IOP, but less than residential treatment.

Intensive Out-Patient Program

Primary

Six weeks of outpatient treatment, convenient to patient scheduling, with emphasis on the disease concept of addiction (AA/NA introduction and family involvement).

Treatment Services Include:

- Psychological assessment, as needed
- Chemical dependency education sessions
- Group therapy
- Individual monitoring
- Introduction to relapse prevention
- EAP reporting services weekly or as needed
- Attendance at AA/NA meetings required daily
- Family members and significant others encouraged to attend family groups, Tuesday PM and Saturday AM

Continuing Care

Weekly group for one year in our Continuing Care Program.

Program Philosophy:

- Continued Relapse Prevention Education
- 24-hour access to staff by patients
- Multidisciplinary team approach
- Family involvement stressed



Therapy Services

Many individuals receive traditional treatment in an inpatient environment that often significantly restricts their opportunities for 'real-world' interaction. At Transitions we offer patients the opportunity to experience day-to-day stressors in a graduated, systematic manner which encourages and reinforces their ability to cope while remaining drug/alcohol free. Our patients are able to meet with others who are 'further down the recovery road', attend social events with other recovering people, and witness the joys and rewards and the challenges of a recovering lifestyle. They also are able to re-establish their relationships with their families in a meaningful way - sometimes for the first time in years.

Patients who have had prior admissions into treatment and demonstrate a high rate of recidivism have a unique set of challenges in establishing ongoing recovery. At Transitions, we offer services to address these special needs.

- **Co-Occurring Disorders**

Chemically dependent patients who have additional mental health diagnosis are sometimes referred to as 'dually diagnosed' or as having co-occurring conditions. Their needs are very different from the individual who is suffering from addiction alone. Frequently identified among chemically dependent individuals are a secondary diagnosis of depression, PTSD, Bi-polar disorder or any number of mood and anxiety disorders. Transitions Recovery Program is the only residential treatment program in South Florida licensed to treat both chemical dependency and psychiatric illness. We are proud to have two ASAM board certified psychiatrists on staff to coordinate and monitor the care of our dually diagnosed patients.

- **Trauma**

Unresolved trauma is a leading factor in substance abuse and mood disorders. Transitions Recovery Program offers a trained therapist certified in EMDR (Eye Movement Desensitization Reprocessing). This state of the art technique has proven to be an effective tool in conjunction with traditional individual therapy techniques. Clients are individually assessed for the utilization of this service.

- **Eating Disorders**

Some research indicates that up to 30% of women identify a history of an eating disorder. Though more frequently reported in women, the incidence of male eating disorders is on the rise. In collaboration with Transitions sister facility, Milestones (a residential program for eating disorders),

chemically dependent patients are assessed for their treatment needs and eating disorders therapy and services are individually tailored to provide the optimum treatment protocol.

- **Anger Management**

Anger is a basic human emotion that has often exacerbated the consequences of an individual's addiction. Angry, hostile feelings can often be triggers for substance abuse. At Transitions, we teach patients how to cope with internal and external emotional conflict. In group and individual counseling, patients learn the tools they need for acquiring heightened self-awareness and a greater ability to establish emotional regulation.

- **Stress Management**

Addiction, like many chronic illnesses, is stress sensitive. Learning how to effectively deal with stress is paramount to developing a strong relapse prevention recovery plan. At Transitions, our staff works with patients individually and in group to develop and integrate effective stress management strategies into their recovery program. Exercise, recreation, meditation and spirituality are a sample of the stress management techniques that patients are encouraged to practice during treatment and to incorporate in their ongoing recovery.

Family Program

Transitions Recovery Program believes that addiction is a family disease. Each individual that suffers from addiction has a family that suffers as well. Oftentimes, underlying the efforts to 'look okay' can be self-sabotaging beliefs and attitudes.



Some of the 'myths' that family members believe in may like these:

- A belief that you can control the addict's illness and their behavior. If the addict relapses, the family member's self-esteem falls. If the addict does not relapse, self esteem rises. Such beliefs foster the type of thinking that says, "If I just try harder", "If I were a better spouse", "If I were a better son/daughter", etc
- Assumption of responsibility for meeting the addict's needs to the exclusion of their own - "I know he/she is under a lot of stress - I can go out with my friends another time", "He's been so down and out lately,

I'd feel guilty if I told him I was up for a promotion at work - after all, I don't want to rub it in."

- Anxiety about intimacy and separation - the family member may feel trapped - no longer feeling connected to their partner but afraid to leave.
- Depression - possibly feeling like "What's the use, things are never going to change".
- Ultra-sensitivity to subtle shifts in the addict's behavior and mood - sometimes family members are not even aware of how much mental energy they expend attending to the addict's mental and emotional state.
- Stress-related medical illness - ulcers, high blood-pressure, fatigue are only a few of the conditions experienced by family members, at an increased incidence to the general population.

We believe that families need and deserve support just as the patient does. Recovery can begin for the family at Transitions Recovery Program. Here, family members work with trained professionals to identify and address co-dependency and other family-related problems on ongoing open-ended family support groups.



Presently, there are several opportunities available through Transitions Recovery Program for families to address their issues. They are:

1. Family Support Group

This is an ongoing, open-ended family group designed to provide support, encouragement and a safe place to share our pain and joy. "Old timers" keep coming back, and people are always welcome.

2. Multi-Family Group

All patients and their family members constitute one big group. Lectures, films, experiential exercises and honest haring make this group an educational experience.

3. Individual Sessions with Therapist

Appointments will be set with the primary therapist on an individual basis.

All participants involved in our Family Program are encouraged to attend AA, NA, GA or OA in recovery from addiction and Al-Anon, Nar-Anon or CODA support Groups.



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