



# Transformations

TREATMENT CENTER

SUBSTANCE ABUSE & MENTAL HEALTH



A sunset over the ocean with a pier and a person in the foreground. The sun is low on the horizon, casting a golden glow over the clouds and the water. The pier extends into the sea, and a person is visible in the foreground on the right side.

*“It’s not about perfect.  
It’s about effort. And  
when you implement that  
effort into your life every  
single day, that’s where  
transformation happens”*



## At Transformations, we believe

that each person experiences mental health disorders and addiction uniquely, and that entering lasting recovery means finding the deeper purposes that empower a fulfilling life in recovery. This knowledge shapes our programs.

**RESTORING HOPE • CREATING PURPOSE • CHANGING LIVES**



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# Welcome

**We are an organization of highly experienced, compassionate, licensed and accredited professionals.**

At Transformations, we collaborate to provide the comprehensive physical, mental, and spiritual care needed to treat the whole individual. We offer a complete continuum of substance abuse and mental health treatment care including detox through outpatient levels of care, client housing, aftercare support, and a vibrant alumni program. From the second you walk into our building, we will be with you every step of the way, guiding you toward living a healthy life. Transformations is licensed by the Department of Children and Family Services (DCF), the Agency for Healthcare Administration (AHCA) as well as Joint Commission Certified, and accredited by CARF (Commission on Accreditation of Rehabilitation Services.)





*“ I don’t know if there are words adequate enough to describe my gratitude towards this center and the staff that makes you feel more like family than a client. My entire mindset, on not only recovery but life, has changed thanks to this amazing program. ”*

*– Melissa R.*

*“ This was the best decision I’ve ever made in my life. If you’re serious about your recovery, this is a great place to be. It was very worth it. The facilities and staff are top notch. I live a happy, fulfilled life now thanks to Transformations. ”*

*– Brandon G.*



# Levels of Care

**Transformations offers a complete continuum of care from our partial hospitalization (PHP) program, our intensive outpatient (IOP) and outpatient (OP) programs.**

*Through both Telehealth and in person sessions we help individuals transition back to meaningful lives by creating an environment where change is possible. Clients learn coping skills to help them become active members of their community and identify triggers to avoid in order to maintain sobriety.*

# Providing Different Levels of Individualized Care

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Transformations aims to offer a variety of services, at multiple levels, to as many people as possible. We have many treatment tracks and programs which allow clients to progress at their own pace while following their own individualized plan for treatment.



# Partial Hospitalization Program (PHP)

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At Transformations, our Partial Hospitalization Program is a full day of treatment in a structured environment, while the client is living in supportive housing which offers 24-hour supervision, medical services, and an on-call therapist. PHP is an opportunity for the client to experience more structured clinical care, addressing their primary and secondary issues and diagnoses. Clients are able to attend 12-step or mental health support groups in the evenings as well as enjoy activities and recovery events on the weekends. Much like our other treatment programs, each client has an individualized treatment plan that is unique to their needs and recovery goals.



## Adult Program (30 years of age and above)

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Adults over 30 years of age tend to share the experiences and stresses of the workplace, marriage or long-term relationships, children and families, social and civic responsibilities, and legal issues. Older adults tend to be more emotionally mature than younger people and may be more able to support and manage their own recovery care after receiving treatment. By maintaining age-specific programs, therapy and subject matter can be more appropriately tailored, the environment more conducive to openness and sharing, and dialogue more relevant and productive. At Transformations, Master's level therapists lead a wide range of groups that adults may select based on their experiences, needs, and interests.

## Young Adult Program (ages 18–29)

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Young adults between 18 and 29 years of age tend to lack the emotional maturity and life experience of older adults. They may have a completely different set of priorities and obligations. Addiction or mental health issues may have cut short their paths to education, career, or relationships. The program focuses on making the treatment experience as enjoyable as possible while teaching young people that a life lived in recovery is not only healthier, but more fun and promising. Transformations staff regularly collaborates to form new treatment modalities and group options to ensure that younger adults remain interested and engaged in their treatment and in their future potential.

## Intensive Outpatient Program (IOP)

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An Intensive Outpatient Program is a transitional level of care where the client begins to reintegrate into normal life with less therapy time, but still with the full support of Transformations staff. Clients will collaborate with their therapists and peers on the best recovery practices and how to deal with triggers in the real world in person or through our Telehealth services. How long a client participates in an intensive outpatient program varies depending on the needs of each individual and allows for a treatment schedule to be customized, fitting with the clients' lives outside of treatment.



# Outpatient Program (OP)

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Our Outpatient Program offers limited counseling sessions in person or via Telehealth services for our clients on a weekly basis. Those who participate in our outpatient program live at home or in some type of sober living housing, which is one of the main differences between outpatient and inpatient care. The services offered are very similar, but the time spent in therapy sessions is less in outpatient care.



# Programs

**Transformations clients receive treatment using a variety of programs to ensure an environment that is most conducive to healing, along with having access to the most relevant and effective therapies.**

*Members of each program receive group therapies together. Program curriculum, topic areas, and therapies are tailored to the needs of each individuals. All programs are staffed by a team of experienced, licensed clinicians and support staff.*





# Help For Our Heroes

This unique program was founded by a former first responder and military veteran who is now a Master's level therapist who truly understands the demands set for these brave men and women.

*Members of this program have access to program-specific daily process groups related to their experience. Program curriculum, topic areas, and therapies are tailored to the needs of this program. We employ a team of experienced, licensed clinicians and support staff which include former veterans and first responders.*



# Veterans

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Military service can expose individuals and families to extreme mental, physical, and emotional trauma. These stresses, in addition to unaddressed post-traumatic stress disorder, increase the risks of substance abuse, depression, and suicide. Intense trauma and dysfunction can also lead to feelings of isolation, lack of trust, difficulty reintegrating into civilian life, difficulty returning to work, trauma-related nightmares, dysfunctional family relationships, and other harmful conditions. Transformations understands the special challenges faced by veterans and provides a comprehensive range of treatments for addiction, mental health disorders, trauma, and PTSD.

# First Responders

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First responders—such as police officers, firefighters, paramedics, corrections officers, and all other emergency personnel—face extreme stress and danger on a regular basis. Addressing addiction, mental health issues or PTSD in first responders requires a deep understanding of the unique challenges of this work and its effects on an individual’s entire life. This program offers specialized therapies to help these professionals enter lasting recovery, maintain their credentials, and return to a healthier, safer, and happier active duty.



# Christian Faith-Based Program

**Spirituality and faith can be powerful allies in recovery. Religious and spiritual practice and belief in a higher power have been fundamental aspects of addiction and mental health treatment since its earliest days.**

*Finding or reigniting spiritual identity offers people in treatment and recovery the ability to find new meaning in their lives and a new source for personal resilience.*



The Transformations Christian and faith-based program employs Master's level Christian therapists who are experts in combining treatment with Christian principles and spiritually-based 12-Step work.

Transformations also takes part in the renowned Celebrate Recovery program and offers baptisms, church services, and prayer groups in the Transformations on-site chapel.



# Jewish Faith-Based Program

**Providing culturally and spiritually sensitive treatment for Jewish individuals confronting substance abuse and mental health disorders.**

*The Jewish Faith-Based treatment program at Transformations Treatment Center offers evidence-based treatment that respects Jewish core values, traditions, and principles. After the client is paired with a licensed, Master's level therapist or certified addiction professional who specializes in his or her specific needs, participants are offered additional optional services throughout treatment.*

# Services

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**Individual Therapy** – Weekly one-on-one sessions provide a platform for integrating and drawing upon the client’s personal faith throughout the course of treatment.

**Daily Tefillah** – Clients may participate in daily prayer services and/or morning Jewish goal setting group to carve a space to strengthen one’s personal spiritual connection.

**Group Therapy** – Weekly group sessions incorporate Judaic principles, concepts, and literature into process and psycho-education.

**Jewish Program Events** – Clients have the option to attend Shabbos and Yom Tov services, as well as attend lectures by local Jewish educators and clergy on various faith-based topics.

# Program Overview

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- Supplementary sessions with a Jewish therapist
- Therapy groups integrating Jewish texts
- Access to Sabbath and holiday services
- Access to kosher groceries
- ORB kashered kitchen
- Connection to Jewish resources for aftercare





# Mental Health Program

**Mental health issues might be more common than most people think. Almost 1 in 5 Americans will struggle with some kind of mental health issue in their lifetime.**

*There is no shame in recognizing the need for help and most people cannot do it alone. Fortunately, the right treatment program and the proper support can help to make a lasting recovery.*

At Transformations, we accept clients struggling with primary mental health issues for our Partial Hospitalization Program (PHP) and our Intensive Outpatient Program (IOP). We currently provide comprehensive treatment for people struggling with the following conditions:

- Low self-esteem
- Anxiety/Social anxiety
- Depression
- Bipolar disorder
- Attention Deficit Hyperactivity Disorder (ADHD)
- Post-Traumatic Stress Disorder (PTSD)
- Trauma
- Process addiction (sex addiction, gambling, etc.)
- Obsessive Compulsive Disorder (OCD)
- Panic disorders
- Mood disorders
- Personality disorders
- Adjustment disorders
- Attachment disorders
- Boundary issues
- Substance abuse and dependence

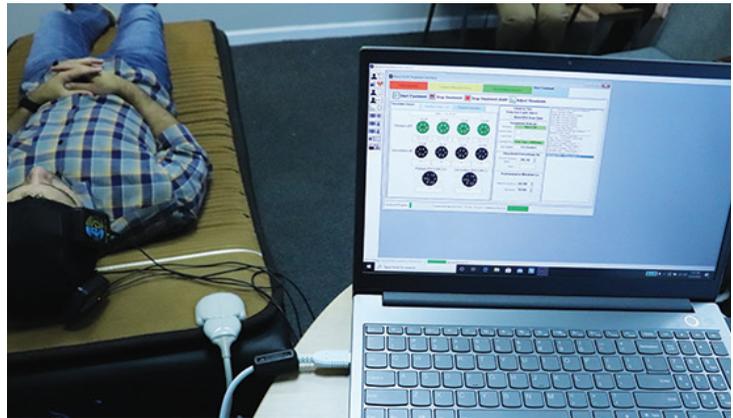


# Neurotherapy

At Transformations, our treatment for substance abuse and mental health is multidimensional. We want to help you heal your whole self; body and brain.

*Neurotherapy (a type of biofeedback) is a general term for the integrated use of traditional EEG brain waves to create a map of the brain that can help a client identify and change behaviors and thoughts. Neurotherapy uses an individualized treatment plan developed through specialized assessments for clients struggling with addiction or mental health symptoms.*





# Evolv - Adventure Therapy

Adventure therapy gives clients a different approach to therapy and treatment by providing them the opportunity to challenge themselves mentally and physically to see just how much they can overcome. Adventure therapy is effective as it is distinct from traditional talk therapy and often allows clients to open up and address issues in a very different way. Clients are given the opportunity to paddle board the Intracoastal Waterways, snorkel the nearby reefs, and participate in other engaging activities like rock climbing and obstacle courses with an ecotourism guide as well as a licensed therapy team to help process any ongoing issues.







# Services

**Transformations provides a full spectrum of substance abuse and mental health treatment and ongoing recovery support services.**

*Regardless of the complexity of one's disease or the number of times an individual has sought treatment, Transformations is designed to truly meet individuals where they are, and tailor a plan of treatment unique to their situation.*

# Interventions

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The success of an intervention depends on organization, professional guidance, and careful planning. Transformations works with the nation's leading interventionists to give families, friends, colleagues, and others the ability to help reluctant addiction sufferers get treatment. Interventionists help individuals acknowledge their disease, understand the harm caused to themselves and others, and define a clear path toward help and recovery. Transformations can assist families by educating them about the intervention process and helping them find a qualified interventionist.

# Medical Detox

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For many people entering addiction treatment, detoxification is a necessary first step. Addiction to heroin, alcohol, and other substances requires medically assisted detoxification to manage the symptoms of chemical dependency and withdrawal, and to stabilize clients for further treatment. Transformations is affiliated with Summit Detox, a state-of-the-art medical detoxification facility able to safely and effectively manage the detox process prior to a client arriving at Transformations. Detox begins with a thorough physical and mental health evaluation to assess an individual's specific treatment needs. Stabilization helps clients rid their bodies of intoxicants and other abused substances as well as helping the comfort the effects of detox or withdrawal. Once individuals are stable, they are ready to go on to appropriate treatment services.

*“Recovery has become a reality for me and will for you if you stick with it one day at a time.”*

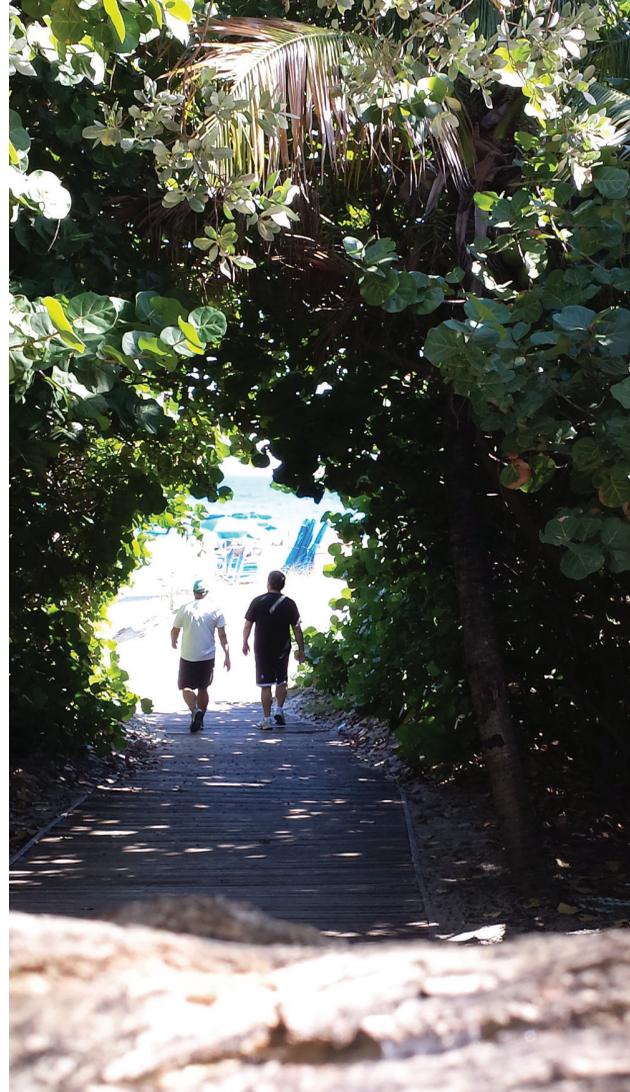
- Kristen O.

## Family Services

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As family advocates and allies, the Transformations Family Care team educates family members about mental health and addiction, helps them set appropriate boundaries, and teaches them how to support their loved one’s recovery. They also help families deal with the emotional trauma caused by living with dysfunction.

Transformations offers Family Weekends once a month where we help start the process to repair and heal the whole family. Close collaboration between the clinical team and a supportive family increases the chances of successful treatment by identifying and addressing potential barriers to treatment completion.





Family Care communicates with families for as long as needed after treatment; this provides supportive resources and ensures that treatment is close at hand if relapses do occur later on.

# Dual Diagnosis

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Dual diagnosis is a term used to describe a co-occurrence of substance abuse and mental health disorders. When an individual is dealing with both substance abuse and mental health issues, this may impact treatment and recovery. It is important for the treatment process to have an understanding of how each condition affects the other. At Transformations, we provide individualized treatment for clients that addresses both conditions simultaneously. This leads to an understanding of underlying issues as well as effective interventions, and increases the likelihood of long-term recovery.



# Eye Movement Desensitization And Reprocessing (EMDR)

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One of the many evidenced-based services offered at Transformations Treatment Center is Eye Movement Desensitization and Reprocessing (EMDR). It's goal is to reduce the effects of upsetting memories or thoughts in a short amount of time through an experiential process with a trained therapist. It is a type of therapy designed to address and minimize disturbing and intense traumatic memories or anxieties to support long-term recovery. At Transformations, it is utilized to treat clients who have experienced events that continue to disturb them to such an extent that it is affecting their ability to function normally.

## Psychiatric Services

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Psychiatric services consist of a psychiatric evaluation and nursing assessment. Psychiatric services are based on the needs of each particular client and are adjusted to clients' needs throughout treatment. Clients are educated on their disease and medications that help alleviate the symptoms. Education of any medical or psychiatric issues is provided. In addition we educate clients about STDs, Hep-C, and HIV/AIDS.

*“The stigma about utilizing certain types of medications in the recovery community is still there. I think the thing that is going to change that is if a reputable, effective, honest program does this the right way.”*

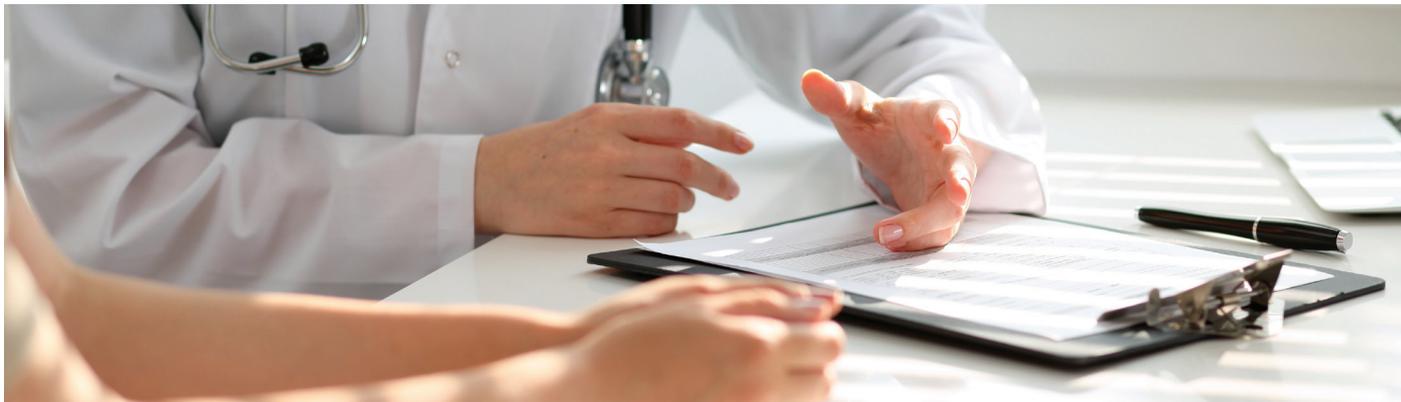
– Jamie Salsberg, Clinical Director

## Medication-Assisted Treatment

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Medication-Assisted Treatment (MAT) is primarily used to treat addiction to opioids, including heroin and prescription narcotics. These medications reduce the difficult physical symptoms surrounding withdrawal, and help the individual remain engaged in treatment. This evidence-based treatment combines these medications with counseling and therapy. This type of treatment ultimately supports an abstinence-based program. The recommendation for MAT is based on a thorough and individualized assessment of the person in treatment and their specific needs. Supportive medications can be a highly effective treatment model for opioid use disorders.





**Transformations uses MAT along with counseling and behavioral therapies to offer a whole-person approach for treating substance use disorders.**

Our programs are tailored to meet the individualized needs of each client. Medication-assisted treatment is offered at Transformations on a case-by-case basis. All clients have to meet specific medical and clinical criteria to be accepted into the program with medication management. Taking medications prescribed by a doctor is often a vital part of a person's overall health and recovery.

Addiction is a chronic disease, similar to diabetes or cardiovascular disease. As with any other chronic disease, medication may be required to correct the imbalances caused by that disease. The use of medication-assisted treatment as part of a comprehensive program is one element of individualized treatment. In all cases, the treatment plan includes individual and group therapy, psychiatric care, support groups, recreational activities, reinforcement from friends and family, and an extensive aftercare plan. The addition of medication-assisted treatment adds supportive medications as an element of a comprehensive and individualized program.

# Professionals

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Transformations Treatment Center is dedicated to helping specialized populations struggling with mental health and addiction, including working professionals. We understand that the stressors and responsibilities that come with a challenging work life require specific understanding and expertise. Our age specific groups help to support those with more experience and different lifestyles to address the demands of a professional life. Additionally, we have licensed clinicians who have the knowledge and experience to address such issues and the related stress.



# Pain Management

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Pain management is paramount to a person maintaining sobriety, as pain can be a trigger for addicts and alcoholics. We are here to help our clients learn to manage their pain in healthy, holistic ways so that by the time they are ready to discharge from treatment, they have the proper tools in order to have a higher chance of success and avoid relapsing. If the managing of pain cannot be fully addressed during the client's duration of treatment, there will be an individualized plan created and put into place to ensure that the client will be able to continue to work on their treatment in an outpatient capacity.



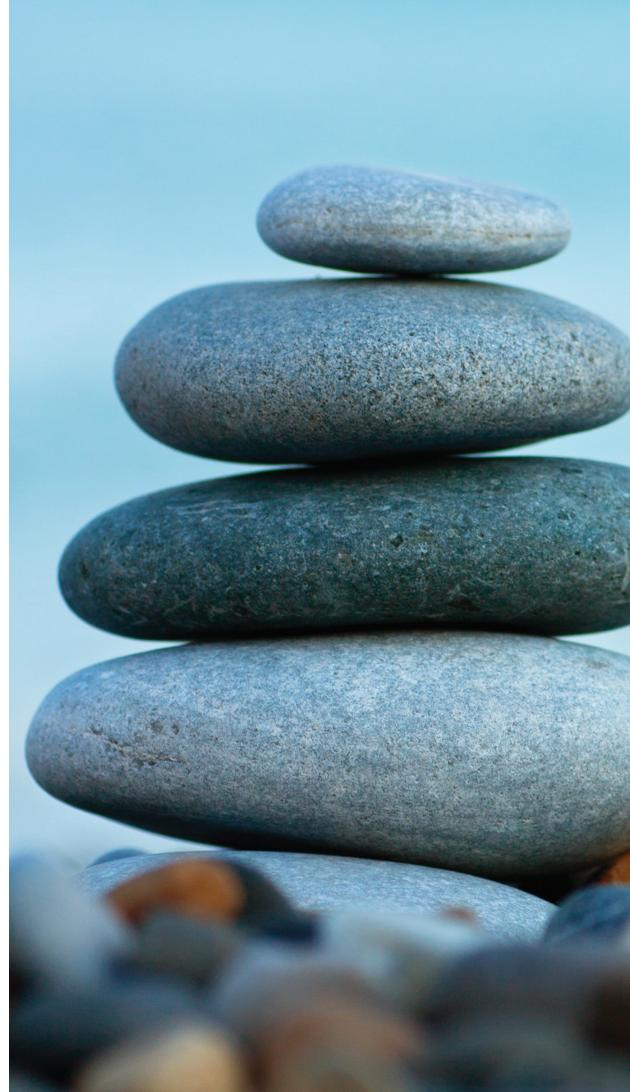
*“We find that blending holistic medicine with traditional medicine may help to achieve the best possible outcomes for our clients.”*

– Dr. Jawad Daud, Transformations Medical Director

## Holistic Treatments

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Restoring physical health is intrinsically linked to regaining mental well-being. Transformations offers chiropractic medicine, vitamins, nutritional guidance, meditation, yoga, and mindfulness. Incorporating these therapies into our treatment program offers clients life-long lessons in maintaining good health, naturally reducing and managing pain, and feeling better and happier while living in recovery.





At Transformations Treatment Center, our holistic approach is extensive and inclusive and is one of the cornerstones of our successful program.

# Facilities

Located in one of America's favorite destinations for sunny beaches and a relaxed atmosphere, the tropical environment of Transformations offers clients from around the country a restful, sunny, and serene experience any time of year.

*Just a short distance from local beaches, Transformations clients regularly enjoy outings into the surrounding natural beauty to restore their body and soul. The clinical center and its residences are close to the many attractions that give Delray its flavor and appeal. At Transformations, we believe that our comfortable surroundings and tranquil environment are conducive to healing and learning to enjoy life in recovery.*



# Transformations Clinical Center

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Clients will spend a significant amount of their time during treatment at the Transformations Clinical Center. Here, clients receive individual and group therapy and have access to relevant, supportive services. This large, private facility houses many offices and group meeting rooms, classrooms, and other essential amenities that enable discreet, comfortable, and personalized care. Transportation between the center and Transformations residences is provided.



## Fitness Center

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We believe that recovery is holistic and that it is about healing the mind, body, and spirit. As part of our desire to provide our clients with every opportunity to return to a healthy lifestyle, we have opened an in-house fitness center. Our clients will work closely with certified athletic trainers in order to meet their fitness goals, allowing them to feel physically and emotionally healthy again.





## Residences

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Transformations clients have two residential options. Designed to be comfortable, safe, and conducive to treatment, Transformations residences are supported and staffed to help clients focus on healing and peace of mind away from distractions and triggers. Our two-bedroom condo complex features private bedrooms and bathrooms, full-sized kitchens, washers and dryers. By clinical recommendation, clients could live in our 12-person, family-style villa where bedrooms are shared and meals are catered. Both Transformations residences are close to beaches and shopping, and transportation to the Transformations Clinical Center is provided. Professional support staff are always available at each residence.

## Extended Care and Client Housing

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Client housing acts as a bridge between supervised treatment and independent living. Supportive housing offers people in early recovery a helpful, supportive environment that supports recovery and the camaraderie of others in the community. In partnership with local FARR (Florida Association of Recovery Residences) certified establishments, Transformations offers supportive housing in close proximity to ongoing treatment. Any house recommended by Transformations has been thoroughly vetted and assessed to ensure safety and quality. Residents receive regular drug and alcohol screenings to support ongoing recovery and compliance with sobriety. Clients typically spend six to nine months in client housing but are welcome to stay as long as necessary.



# Alumni

**At Transformations, you are not just getting excellent treatment, you are joining an extended family.**

*Completing treatment at Transformations puts you on a path toward lasting recovery. It also means joining a family of others who share the experiences of learning to battle addiction and mental health issues, and find a purposeful, passionate life. Our thriving alumni community stays connected to support one another in the life-long recovery journey.*





## Alumni and Aftercare Programs

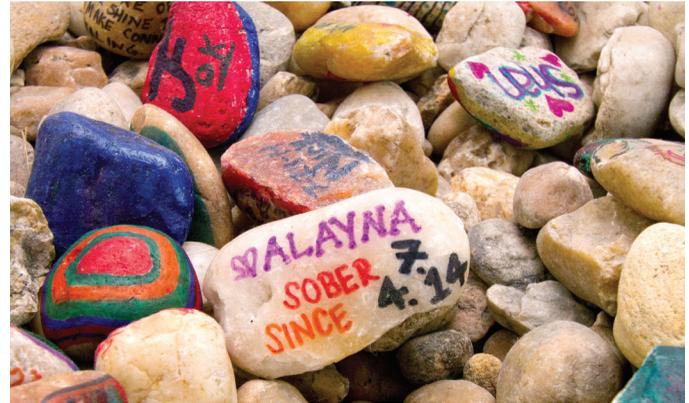
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At Transformations, alumni are an important part of our community, and alumni relations means more than keeping in touch. Addiction and mental health disorders are chronic conditions requiring ongoing management. Here, we believe that maintaining a relationship with our many alumni can help reduce the occurrence and severity of relapse and remind people that they can have a fun and fulfilling life in recovery.

The dedicated Transformations Alumni Services team makes phone calls to every alumni member indefinitely. When speaking with former clients, alumni coordinators work to ensure open lines of communication and determine if clients are maintaining a healthy lifestyle. In many cases, these touch-points prove instrumental in helping people stay healthy or return to treatment rather than relapsing.

The Transformations Alumni Program is also about sustaining a growing community of shared experiences

and compassionate support. Learning to enjoy life in recovery is a primary focus of our frequent alumni events and activities. Our alumni community regularly meets to enjoy BBQs, alumni-exclusive meetings and celebrations, and other fun activities. A monthly online meeting provides alumni across the country the opportunity to stay connected with their newfound Transformations family even from hundreds or thousands of miles away.



# Alumni Activities

Creating a community is important to all of our former clients. Every week, we host an Alumni Night at our clinical building where we invite all of the men and women who have gone through our program back for dinner and fellowship. This, as well as regular alumni meetings and monthly fun activities brings a sense of bonding to the group and encourages a life of recovery.



## Contact Us

Speak confidentially with one of our experienced admissions professionals. Transformations may be the ideal treatment program for you or your loved one. If not, our admissions professionals will help you find a different type of program that would better meet your specific needs.

Our dedicated admissions staff is available to speak with you and discuss treatment options for you or your loved one. For eligibility requirements or to make a referral, contact us at: **(888) 512-7951**

OR

**[www.transformationtreatment.center](http://www.transformationtreatment.center)**





# Transformations

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SUBSTANCE ABUSE & MENTAL HEALTH

Call us confidentially at (888) 512-7951

14000 S. Military Trail, Delray Beach, FL 33484

We offer financing and accept most medical insurance plans.



NATIONAL ASSOCIATION  
OF  
ADDICTION TREATMENT PROVIDERS

