Programs

Transformations at Mending Fences provides the appropriate psychological and physiological care necessary for healing. We offer a variety of traditional and experiential therapies and programs including:

- Residential Program
- Partial Hospitalization Program
- Detox Program (Offsite)
- Medication-Assisted Treatment (MAT)
- Experiential Therapy (such as equine, adventure therapy, and art therapy)
- Choice of groups (Christian, LGBTQIA+, etc.)
- Family Program

Treating Trauma

Our primary focus is to help those who have suffered from extreme trauma. Our licensed clinicians help individuals work through the traumatic events that continue to create obstacles which impede their progress toward long-term stability. Clients will begin to learn and develop healthy coping skills and begin to address their trauma in a safe space.

Beautiful Residences On-site

We are located on 400+ acres of beautiful Northern Florida landscape and offer a total of 24 residential and 12 partial hospitalization beds. We have an outdoor area designed for fellowship and a fire pit for chilly nights. In addition, we have large group rooms and a state-of-the-art fitness center to ensure a sense of community and normalcy during treatment.

Transformations®
at Mending Fences

15530 W Highway 326
Morriston, Florida 32668

If you or a loved one are struggling, please contact us today.

(888) 995-6013

ALL CALLS CONFIDENTIAL

NAATP

TPAS

Transformations®
at Mending Fences

Nationally Accredited Mental Health & Substance Abuse Treatment Center

www.ttcmendingfences.com

We can help repair and restore the real you.

Transformations at Mending Fences is a nationally accredited and licensed mental health and addiction treatment center. We treat adults 18 years of age and older who are suffering from primary mental health, substance abuse, and co-occurring disorders.

What We Treat

We offer Residential and PHP programs designed to specifically treat each individual suffering from mental health or substance dependence disorders, including:

- Primary Mental Health
- Anxiety Disorders
- Depression
- Dual Diagnosis
- PTSD & Trauma
- Bipolar Disorder
- Borderline Personality Disorder
- Obsessive Compulsive Disorder
- Substance Abuse
- Eating Disorders

Therapies

Therapy should never be a one-size-fits-all approach. At Mending Fences, we offer a variety of individualized, traditional, and experiential therapies including:

Eye Movement Desensitization and Reprocessing (EMDR)

EMDR is an evidence based psychotherapy which helps the client access and process traumatic memories and symptoms of emotional distress to an adaptive resolution. It supports a quick and effective re-grounding of disturbing memories and/or distorted thoughts.

Cognitive Behavioral Therapy (CBT)

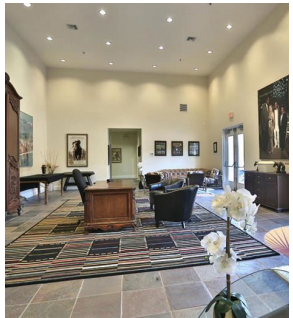
CBT is a form of psychotherapy which seeks to change a person's dysfunctional emotions, behavior, and thoughts and how they are processed by interrogating and uprooting these negative and irrational beliefs. It rests on the belief that the way someone thinks and perceives impacts their behavior.

Anxiety Management

A facilitator and client will work together to discuss specific strategies of managing anxiety, beliefs, and behaviors that lead to or enhance their anxiety. Group sessions will allow members to share their experiences and contribute to the progress of one another. The goal is for our clients to learn about and find new and effective ways for reducing anxiety.

Equine-Assisted Therapy (EAT)

EAT involves activities with horses to promote human physical and mental health. Equine-Assisted Therapy seeks to help people develop skills for emotional regulation, self-confidence, and responsibility.

Art Therapy

Art therapy uses non-verbal communication and experiential work. It has been proven to be highly-effective in treating clients whose mental health issues are often challenging to communicate. Art therapy allows for our clients to express and process their emotions and past experiences - often stored as feelings and images - through their work.