



Transformations

An **OPHealth** Company

Help For Our Heroes Treatment Program

RESTORING HOPE.

CREATING PURPOSE.

CHANGING LIVES.

(888) 977-5358

ALL CALLS CONFIDENTIAL



What is the Help For Our Heroes Treatment Program?

Founded with a former military veteran and first responder, this unique program is one of the personalized treatment options offered at Transformations Treatment Center and Transformations at Mending Fences. Help For Our Heroes is designed BY veterans and first responders FOR veterans and first responders and their families to help cope with problems incurred by job stress. This program offers a behavioral and mental health component that addresses issues such as chemical dependency, trauma, PTSD, anxiety, depression, and substance use disorders.

From the warm, tropical environment of our Delray Beach location to the calm, serene country surroundings at Mending Fences, each facility will play an integral part in the beginning stages of wellness and recovery for our clients. Upon graduation, clients have a plan in place to help cope with stress management, improving their physical, mental, and emotional wellbeing.





Who is the Help For Our Heroes Treatment Program for?

This mental health and substance abuse treatment program is designed for military veterans, police officers, fire fighters, corrections officers, paramedics, and other emergency personnel. These brave men and women are exposed to a level of physical, emotional, and mental stress unlike anyone else. As their jobs have become even more demanding, stress levels have increased to the point where they experience some of the country's highest rates of substance abuse, depression, and suicide. The Help For Our Heroes program has treated hundreds of military veterans and emergency personnel nationwide, setting them on the path to success.





Who We Serve



Veteran/Military

Making the choice to ask for help can be difficult. Making the transition from military to civilian can be a shock. We are here to remind you that you're not alone in whatever it is you face, and the Veteran community at Transformations will help you on your way. We take pride in helping Veterans like you, so you can get back to living the life you intended.



Emergency Personnel

The high-pressure environment faced by emergency personnel is unlike anything else. Reaching out for help to overcome the challenges emergency responders face as a result of the difficult work you do can be hard. Transformations offers tailored services for emergency professionals, so you can set out on your path to recovery.



Firefighters

Putting your safety on the line to provide life-saving measures to those in the greatest need can wear down the resolve of the strongest individuals. The lasting effects may show up long after the job is done. Asking for help is a sign of strength, not weakness. At Transformations, you can take the time to find the care you need from our experienced professionals.



Corrections Officers

Working in the corrections environment can be a unique challenge. Working with clinicians having experience and knowledge about the specific issues faced by corrections officers is an important step in getting help. Whether you're struggling with substance abuse or mental health issues, Transformations has the specialists who understand.



Paramedics/EMT's

When your job is to provide life-saving intervention often in the aftermath of disaster, what you see and experience can be daunting. What becomes another day at work would shake many people to the core. Transformations can provide the care and experience you need to understand and overcome your personal challenges.



Police Officers

At Transformations, we have the resources to help those who've dedicated their careers to protect and serve the public. Through all you've seen and experienced, you are not alone. Our programs offer specialized treatment for professionals like you. Like those with whom you've served, when you need help, we are there.



Treatments for:

- Coping through difficult times
- Rebuilding family relationships
- Stress management
- Anxiety management
- PTSD management and resolution
- Psychological trauma
- Substance abuse disorder
- Understanding substance abuse triggers
- Anger management
- Grief and loss healing
- Relapse prevention

Therapies & Treatment Services

EMDR Trauma Therapy

Eye Movement and Desensitization Reprocessing (EMDR) is a type of psychotherapy with the goal of reducing the effects of emotional trauma.

Individualized Therapy

Private weekly sessions aimed at identifying problem areas which influence specific thoughts and behaviors. Additional sessions are added when needed.

Accelerated Resolution Therapy

During Accelerated Resolution Therapy sessions, clients recall traumatic events and counselors help them quickly recategorize these memories. After one to five sessions, clients no longer feel intense distress when they recall these memories.

Resilience Therapy

We help our clients to overcome adverse events in their lives by teaching the use of internal and external protective factors, which aid in responding effectively to the environmental stressors being experienced.

Pain, Stress, and Anxiety Therapy

Several stress-reducing techniques are offered to our clients who are suffering from chronic pain, anxiety, panic attacks, and phobias.

Suicide Prevention

The rate of suicide among first responders is absolutely staggering and continues to grow. Our main goal is to treat our clients' mental health issues in order to prevent these tragic losses of life.



Our Team

We understand how important it is for veterans and first responders to trust the people they work with, which is why we've assembled an amazing team of caring, dedicated staff who work together to put our clients first.

When it comes to the Help For Our Heroes Program, the majority of our case managers, group facilitators, and therapists are either veterans or first responders themselves who truly understand what this population has been through.





Transformations Treatment Center

Delray Beach, FL

Our flagship treatment center opened its doors in 2007 in sunny Delray Beach, Florida. We are known for our excellent diagnostics, assessments, treatment planning, and medical care. South Florida has a warm and friendly atmosphere and an incredibly supportive recovery community.



Transformations at Mending Fences

Morriston, FL

Located on 400+ acres in beautiful northern Florida, Transformations at Mending Fences is a retreat away from the stresses and chaos of everyday life, providing an ideal opportunity for healing, reflection, and support.

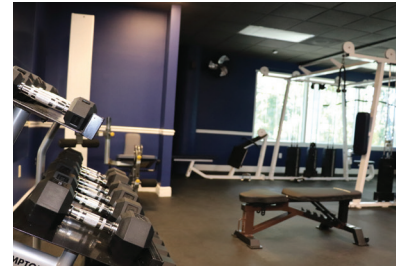
Experiential Services

We offer a variety of unique services which employ therapeutic techniques which use expressive tools and activities in order for the clients to focus on the experience and begin to identify emotions.

- ▲ **Adventure Therapy:** Clients enjoy recreation therapy because it is based on exercise, movement, and connection with the beautiful world outside
- ▲ **Fitness Program:** Because of the physical demands of their jobs, veterans and first responders need help with stress reduction as well as getting back their agility, mobility, movement efficiency, and strength.
- ▲ **Equine-Assisted Psychotherapy:** This unique experience seeks to help people develop skills for emotional regulation, self-confidence, and responsibility.
- ▲ **Art Therapy:** Clients are able to express and process their emotions and past experiences – often stored as feelings and images – through their work.
- ▲ **Music Therapy:** Creativity that allows our clients to address a variety of issues including reducing stress, improving mood and self-expression through the use of instruments, writing, and creative expression.

● Delray Beach Location

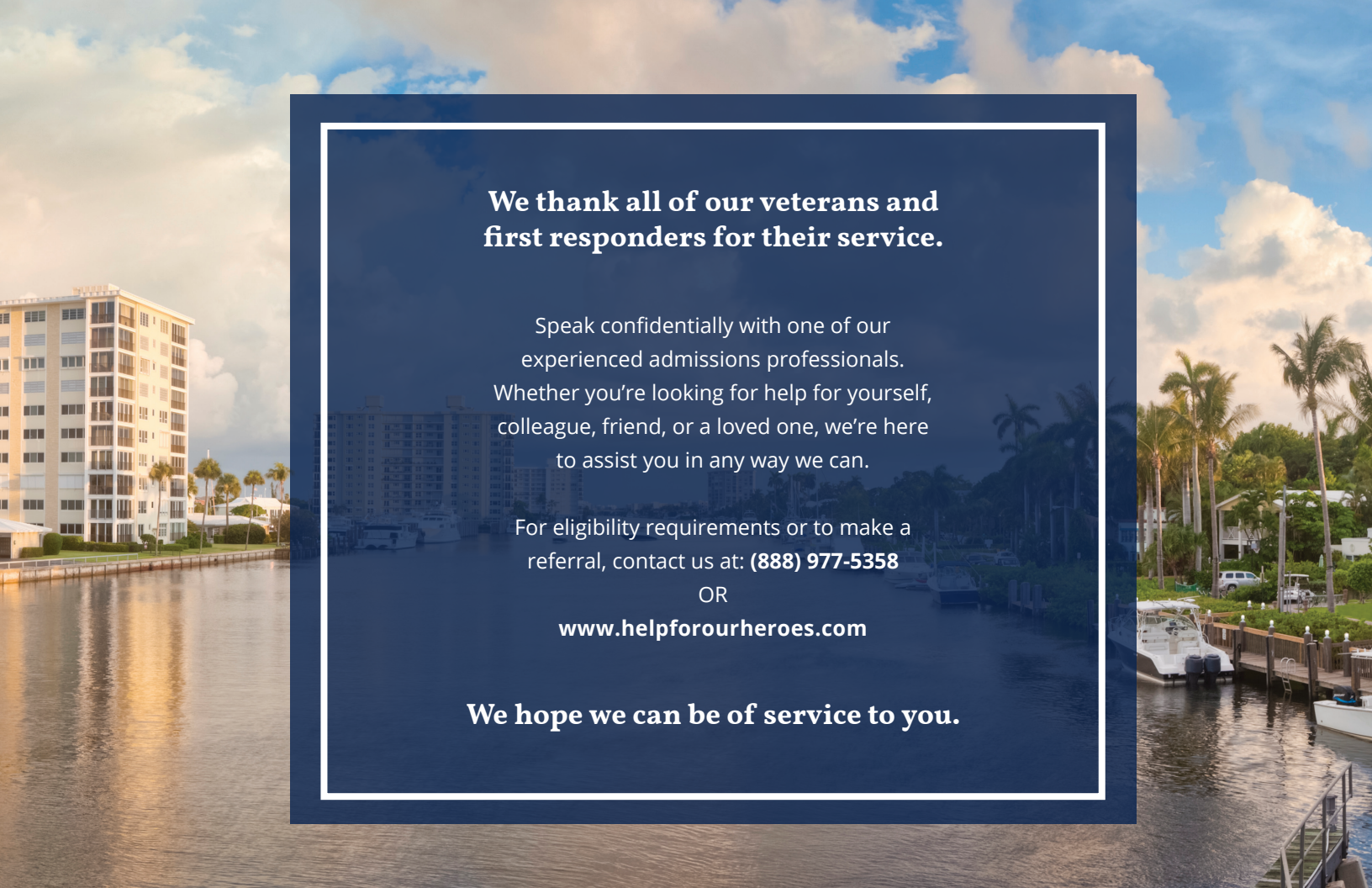
▲ Morriston Location



Alumni Activities

Creating a community is important to all of our clients, but even more so within our veteran and first responder population. Our Alumni Department is here to help our clients not just while they are under our care, but for a lifetime. Through consistent outreach and compassionate support, we genuinely believe that an established rapport can aid in reducing the occurrence and severity of relapse. Participation in a healing community serves as a reminder that we CAN have fun and live meaningful, fulfilling lives.





**We thank all of our veterans and
first responders for their service.**

Speak confidentially with one of our
experienced admissions professionals.
Whether you're looking for help for yourself,
colleague, friend, or a loved one, we're here
to assist you in any way we can.

For eligibility requirements or to make a
referral, contact us at: **(888) 977-5358**

OR

www.helpforourheroes.com

We hope we can be of service to you.



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www.helpforourheroes.com

Transformations: 14000 S. Military Trail, Delray Beach, FL 33484

Mending Fences: 15530 W. Highway 326, Morriston, FL 32668

We offer financing and accept most medical insurance plans.

