



Beachside
A Private Recovery Center

Treatment at Beachside Rehab

Located on a beautiful five-acre campus in West Palm Beach, Florida, Beachside Rehab is a private inpatient residential treatment center that provides specialized care in a retreat-like setting. An accredited dual-diagnosis facility, Beachside Rehab is uniquely positioned to treat mental health and addiction issues, including substance use; trauma, mood, and anxiety; and co-occurring disorders. As a family-run luxury treatment center with a 5:1 patient-to-therapist ratio, we're dedicated to providing individualized programming and care. With strong, evidence-based clinical practices supported by structured, holistic programs, Beachside Rehab continuously guides patients toward personal recovery, identity, and purpose.

- **Individualized Treatment:** We are a truly individualized program. Giving each patient the care they need. Our holistic approach allows you to feel comfortable and relaxed as you work toward your end goals.
- **Evidence Based Program:** Our evidence-based clinical practices are at the foundation of everything we do, from how we speak to patients, our staff, and our treatments.
- **Constant Care:** Our highly trained medical and clinical staff - including a psychiatrist, therapists, doctors, physician assistants, and nurses - work together to make sure your program is tailored to your needs.



We are Proud to Be an Out of Network Provider and Work with Most Private Health Insurance Plans



RESIDENTIAL PROGRAM

Our residential program focuses on the stabilization of holistic (whole-body) health so we can ensure that you are physically, psychologically, and emotionally prepared to learn, process, and implement core recovery and wellness concepts into your life.

We offer private executive rooms and double-occupancy rooms, and all of our meals are prepared by Chef Manny in our state-of-the-art kitchen.

Our licensed mental health professionals specialize in mental health and addiction treatment utilizing evidence-based psychotherapy. We use:

- **Trauma Counseling:** Helping a person navigate through the effects of past traumatic events is at the core of our mental health program.
- **Dialectical Behavioral Therapy (DBT):** Useful for treatment of mood disorders, emotional and behavioral responses to substance abuse, Bipolar, and Borderline Personality Disorder.
- **Cognitive Behavioral Therapy (CBT):** Focuses on changing negative, distorted learned thought patterns to improve behaviors and implement recovery-oriented responses.
- **Motivational Interviewing (MI):** This nonjudgmental approach uses empathy and encouragement as a catalyst for positive change and patient self-efficacy.
- **Eye Movement Desensitization and Reprocessing (EMDR):** A specialized trauma therapy where thoughts and memories are accessed through repeated side-to-side eye movements or hand tapping.

OUTPATIENT TREATMENT

DAY/NIGHT

Often referred to as Partial Hospitalization Program (PHP), treatment allows you or your loved one to try new coping skills with the assistance of a trusted licensed clinical staff member to guide the process.

INTENSIVE OUTPATIENT (IOP)

Beachside Rehab's clinical outpatient programs are designed to provide the tools and experience to live a healthy lifestyle. These programs are best indicated for those who can be accountable for their actions, check in as instructed, and exert self-control when it comes to exposure to triggers.

OUTPATIENT (OP)

Outpatient is the final phase of treatment, fully integrating sustained holistic skills into daily practice. You or a loved one can participate in OP treatment while having a productive life outside the program. OP treatment has all the benefits of IOP treatment, such as ongoing individual and family therapy and groups, without the confines of a daily programming structure.

- Weekly Scheduling
- 16 Weeks/32 Sessions of Relapse Prevention (RP) Groups
- 12 Weeks of Family Education Groups
- Weekly Social Support (SS) Groups
- Urinalysis
- Relapse Analysis
- Weekly Alumni Support Groups



INPATIENT RESIDENCES

Our modern facility is a carefully designed recovery environment that ensures you or your loved one feel relaxed and safe, from your darkest days to the dawn of your new life. Known for its pristine beaches, wildlife preserves, and beautiful surroundings. This location offers the optimal setting for positive mental health.

- Minimal Distractions
- Calm Environment
- Connections with the Earth
- Comforting Surroundings





SPECIALTY THERAPIES

Not every journey to wellness is the same, and not all therapy is right for every patient. We make it part of our service to offer a range of specialty therapies to ensure that there is always something to suit a person's unique makeup and path to healing.

- Neurointegration Therapy (NIT) and Biofeedback
- EMDR
- Anger Management
- Trauma Groups
- Massage Therapy and Acupuncture



All patients participating in our program gets access to specialty therapies. Our programming is truly **individualized.**

RECREATIONAL ACTIVITIES

There is a diverse range of holistic therapies and recreational activities offered at Beachside Rehab. In a whole-body approach to treatment, the focus is on your overall wellness – not only treating your diagnosed illness.

- Kayaking and Paddle Boarding
- Beach Trips
- Physical Fitness
- Golfing
- Yoga
- Art Therapy

We take a holistic approach to treatment. Keeping a commitment to stay healthy is key to our patient's success.

