

Transformations Treatment Center is a leading provider of addiction treatment services designed to help individuals who struggle with chemical dependency. Transformations utilizes a three phase step down program designed to help those transform from an addiction centered lifestyle to one that trusts in the recovery process.

*Transformations-Metamorphosis:*

*A profound change in form, nature, appearance, or character; such as from a caterpillar to a butterfly*

The philosophy of Transformations is based on the theory that addiction or alcoholism is a three-fold disease: physical, mental, and spiritual. At Transformations we treat the individual as a whole. Transformations is located in the heart of Delray Beach, Florida which is known as the recovery capital of the nation. Delray Beach offers 100's of 12 step recovery meetings to help individuals build healthy support groups.

## *Transformations*

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# TRANSFORMATIONS

DRUG & ALCOHOL TREATMENT CENTER

### *Christian Drug Treatment*

*Transformations Treatment Center, in addition to their standard drug addiction and alcoholism treatment program, has a Christ-centered approach to drug addiction treatment that patients at Transformations Treatment Center can choose to help them overcome their drug addictions and lead a sober lifestyle. Christian drug treatment has proven to be a highly successful form of drug addiction rehabilitation and the staff at Transformations Treatment Center is very proud of the program they have put together. Studies have shown that drug addicts who chose a faith-based approach to addiction recovery are more likely to avoid relapse and stay sober. Christian drug treatment, especially, has had a very high rate of success.*

## Day & Night Treatment Programs

Transformations Treatment Center offers a three phase program that is designed to help individuals overcome their addictions to drugs and alcohol while also preparing them for their lives in recovery and outside of treatment. The three phases are each thirty days in length and your treatment will last from 30 to 90 days depending on how many of our phases you participate in:



### Phase I

Clients receive two individual counseling sessions each week with an addictions counselor and focus on the disease of addiction as well as the client's reasons for using drugs and alcohol. Clients also begin relapse prevention skills training.



### Phase II

Clients continue to work with a counselor on an individual basis as well as starting their Life Skills Training. Life Skills Training teaches clients useful skills like resume building, interviewing techniques and time management.

### Phase III

By this point, clients will have obtained employment and will work during the day, while attending group counseling sessions in the evenings three times a week.

## Intensive Outpatient Program

Transformations Treatment Center offers an Intensive Outpatient Program three nights a week for people who are working to stay sober after leaving treatment. The Intensive Outpatient Program covers a wider variety of topics that include the Twelve Steps (made famous by Alcoholics Anonymous), Relapse Prevention, and Life Skills Training.



## Treatment Aftercare Program

The Treatment Aftercare Program offered by Transformations Treatment Center is available to any client who completes at least 30 days of treatment with our program. Clients have the opportunity to attend group counseling sessions up to three nights a week for a period of one year for free following the client's graduation from any of our three phases of treatment.



## Guaranteed Success Program

The Guaranteed Success Program offered by Transformations Treatment Center offers 28 days of additional drug and alcohol counseling at no extra charge to every person who completes all three phases of our addiction treatment program as well as our aftercare treatment plan but still relapses within a year of completing treatment.

*"We want every client to achieve long term sobriety and we stand behind our program."*



## Supportive Housing

Our homes and properties are specifically designed to help recovering addicts and alcoholics balance physical, mental, and spiritual well-being. Nicely furnished luxury three bedroom, two bath apartment homes that offer plenty of amenities.



- PC's with Cable High Speed Internet
- Premium Channel Cable Service
- VCR/DVD Televisions in Bedrooms
- Unlimited Local & Long Distance Calling
- Single Rooms
- Queen-Size Bed
- Washers and Dryers
- Full Size Kitchens
- Pool & Jacuzzi
- Tennis / Racquetball
- Picnic Areas
- Fishing areas

