

Transformations Treatment Center is a leading source of addiction services designed to help individuals who struggle with substance dependence and other Axis I clinical disorders. We are unique in that each client's treatment is individualized to meet their needs as it relates to addiction and other clinical disorders identified.

### *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. Each client receives a full evaluation and assessment upon admission that will determine their course of treatment and identify services needed.

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*

*In addition to our traditional treatment program, Transformations offers an optional faith based track for individuals who are seeking help to overcome their addictions and lead a healthier lifestyle. Our faith based treatment is different from typical rehabilitation because it emphasizes Jesus Christ as the Higher Power referred to in 12 step recovery programs. By combining the 12 step recovery program with biblical teachings, clients are empowered and the healing can begin. Studies have shown that addicts who choose a faith based approach to recovery are more likely to avoid relapse.*



## Day & Night Treatment Program

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, enrolled in school or have actively volunteered while attending group counseling sessions three times a week.



## Intensive Outpatient Program

Transformations Treatment Center offers an Intensive Outpatient Program three times 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 times 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 the recovering person balance physical, mental, and spiritual well-being. Nicely furnished luxury apartment homes that offer plenty of amenities.

- PC's with Cable High Speed Internet
- Premium Channel Cable Service
- Unlimited Local & Long Distance Calling
- Single Rooms
- Queen-Size Bed
- Washers and Dryers
- Full Size Kitchens
- Access to Pool, Jacuzzi and Tennis Courts

Close by to:

- Beaches
- Intercoastal Waterway
- Downtown Shopping
- Public Transportation

