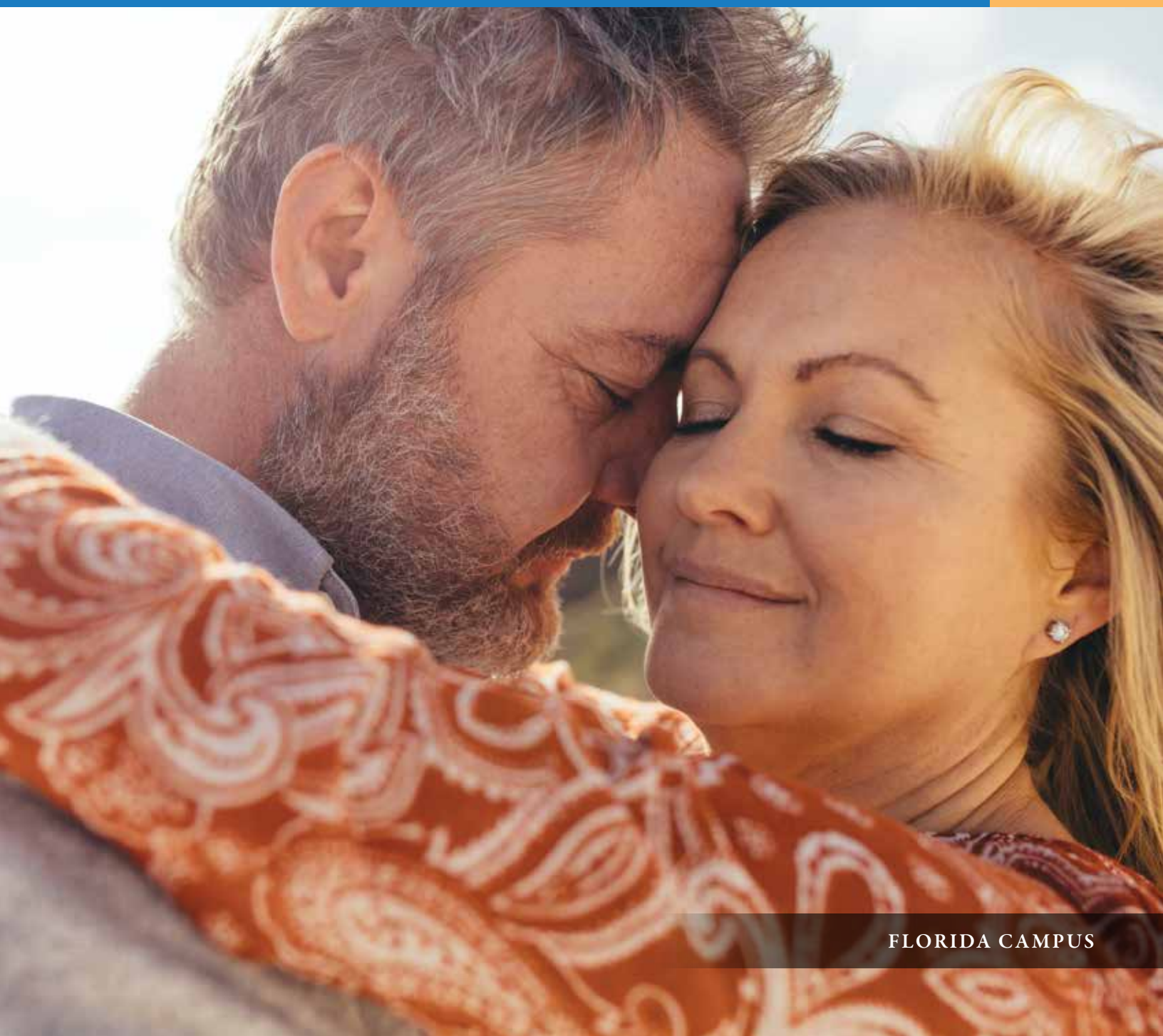




OCEAN DRIVE

SOPHISTICATED TREATMENT FOR SUBSTANCE USE
AND BEHAVIORAL HEALTH DISORDERS IN A SETTING
DESIGNED FOR COMFORT AND PRIVACY



FLORIDA CAMPUS

UNCOMPROMISING CARE WITH THE
PRIVACY AND DISCRETION YOU DESERVE



Ocean Drive is an innovative program for affluent adults and families, located in an upscale community in Delray Beach, Florida. The team at Ocean Drive is committed to providing personalized, clinically robust, and evidence-based treatment for mental health issues and addiction, including co-occurring and addiction interaction disorders (AID) including gambling, sexual compulsion, hoarding, gaming, and compulsive financial and shopping behaviors.

Our holistic program looks at each client's mind, body, and spirit until we unearth underlying causes of addiction and facilitate healing. At Ocean Drive, each client's treatment plan is tailored to their history and symptoms, with consideration for their work and life responsibilities.



Why Ocean Drive?

Substance use disorder, generally referred to as addiction, and mental health issues affect every segment of the population, each with its own inherent set of problems. One obstacle to long-term recovery can be the feeling that one is not among peers in treatment. Clinicians and treatment programs must provide individuals a highly personalized reparative psychotherapeutic and psychosocial experience that enables them to fully address their unique issues with others who share similar life experiences. Ocean Drive was established to do just that.



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THE OCEAN DRIVE EXPERIENCE

Ocean Drive's clinical and residential campuses are carefully designed to facilitate focused, productive treatment in a welcoming environment. Everyone on staff, from the medical director to the housekeeper, actively participates in a client's recovery. The team at Ocean Drive possesses a comprehensive and extensive portfolio, which includes clinical and therapeutic, medical and psychiatric, as well as hospitality and management experience, all of which are essential in maintaining a highly tailored program and supporting our distinctive clientele throughout treatment.

The clinical campus is in close proximity to the two elegantly appointed manor-style residences. Our beautiful homes feature private bedrooms, en-suite bathrooms, pools, media rooms, and exercise equipment. Housekeepers, private chefs, and counselor's assistants are dedicated to meeting every practical and clinical need.

The separation between the clinical and residential campuses helps clients stay focused on their clinical work during the day and offers them the opportunity to decompress after hours in a supportive environment that resembles the comfort and beauty of their own homes.

At the clinical campus, where intense recovery work takes place, a multidisciplinary team of experienced professionals, including psychiatrists, addiction medicine doctors, primary and family therapists, aftercare specialists, and neuropsychologists, collaborate with clients to develop treatment plans specific to their needs. Each treatment plan is based on information gained from the client, along with comprehensive evaluations and assessments administered upon arrival and during the client's stay at Ocean Drive.

The client and the treatment team use the plan to work together to target problematic areas that need attention. They assess progress, revisiting the treatment plan frequently to measure effectiveness, as well as to make any necessary adjustments. The high staff-to-client ratio helps ensure that every relevant detail and underlying issue is addressed during a client's stay at Ocean Drive.

Evidence-based treatment is founded on sound, scientific, verifiable clinical research. Ocean Drive applies clinically proven methods in the most cohesive and sophisticated manner possible.



Our qualified clinicians have extensive experience not only treating substance use disorders, but also a range of clinical issues, including trauma, unhealthy compulsive behaviors centered on work, family of origin, relational issues, and co-occurring mental health disorders, such as depression, trauma, anxiety, etc.

Ocean Drive targets the treatment of the core underlying issues that often fuel substance use disorder and related mental health issues.

We treat each client as a unique individual.

No two people are identical. Differences in personal, family, and medical histories, along with behavior profiles and psychological issues dictate different treatment protocols. While the treatment plan guides those protocols, they are adjusted as needed in collaboration with the client as they progress through recovery and if clinical issues emerge during treatment. The treatment team solicits the client's input along with that of their referring therapist or clinical team to keep them on course for long-term recovery. Each treatment plan includes these hallmarks of the preeminent care at Ocean Drive:

- **Assessments:** Comprehensive psychological, psychiatric, and medical assessments are the foundation of personalized care.
- **Designated therapists:** Our clinical approach emphasizes personal attention. Each client is assigned a primary therapist and a family therapist. Throughout treatment, the primary and family therapists hold multiple one-on-one sessions with the client per week to address the emotional process of addiction and recovery and recalibrate relationships. Beyond inpatient treatment, clinicians working with the client and others on the treatment team develop a custom continuing care plan that includes counseling tailored to the client's needs and lifestyle.
- **Group and individual therapies:** Clients participate in group and individual treatment, including experiential process groups, gender-specific groups, spiritual groups, trauma-specific groups, individual counseling, and family counseling.
- **Fitness and recreation:** Each client is assessed to determine their fitness level and encouraged to participate in daily physical activities appropriate for that level. Gym memberships, personal training sessions, and fitness equipment provided in the homes accommodate each client's preference for engaging in an exercise regimen.
- **Nutrition:** Our team of on-site executive chefs fosters clients' recoveries with healthy, delicious meals three times a day. Clients also have access to an on-site nutritionist to help them develop customized meal plans and address eating behaviors.
- **Spiritual support:** Spirituality can have a profound, positive impact on recovery. At Ocean Drive, we partner with local clergy from many faiths to offer robust spiritual guidance to anyone seeking it.

- **Access to complementary therapies:** A wide variety of complementary therapies are incorporated into treatment, including massage, breathwork, yoga, acupuncture, reflexology, meditation, and more.

Depending on their assessment and needs, some clients may require additional treatments.

We provide a range of therapies and services as clinically indicated, including:

- **Detoxification:** Detoxification is the process of ridding the body of drugs or alcohol while managing symptoms and stabilizing overall health. If detox is clinically indicated, Caron case specialists will work with the client and coordinate the process. Once stabilized, the client will be transferred to Ocean Drive for treatment.
- **Neurofeedback:** A noninvasive therapeutic intervention, neurofeedback can be an effective component of an integrated care plan for clients with addiction and co-occurring disorders. By reducing cravings and compulsions, neurofeedback reinforces recovery. It also helps clients manage moods and emotions; process anxiety; improve sleep; and develop new, healthy behaviors that prevent relapse.
- **Executive coaching:** Clients who are considering life transitions can explore new interests, reignite their passions, and/or evaluate new business opportunities with the help and support of coaching experts.



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FLEXIBLE CARE

At Ocean Drive we know how difficult it is to put life on hold for the typical treatment stay. Therefore, we adapt care to clients' needs and preferences whenever possible and clinically beneficial to do so.

We utilize creative interventions such as:

- Access to work and the world through the use of laptops and cell phones
- HIPAA-compliant video conferencing
- Clinical impact visits in which family, friends, and business associates visit Ocean Drive
- Community excursions
- Continuous support 24 hours a day, seven days a week

In addition, we may recommend that clients return home for brief, mid-program visits when clinically appropriate. This therapeutic leave allows clients to apply what they've learned in treatment to day-to-day life. Staff members support clients throughout this challenge by mapping out plans, setting goals, and maintaining accountability.

We incorporate the whole family.

Recognizing the impact of addiction on both the individual and the family, Caron integrates the family into the treatment process at Ocean Drive through participation in our clinical programs and weekly phone calls with our full-time and on-site primary and family therapists.



Families are able to participate in specialized programming such as:

- **Sessions with a family therapist:** Each family works with a dedicated family therapist who has years of experience specifically in working with families. The therapist treats both the client and the family to help them recalibrate their family system to one that is better functioning and healthy for everyone.
- **Family workshop:** The three-day workshop is an invaluable opportunity for families to immerse themselves in restorative clinical work alongside their loved ones. The program typically includes individual, group, and couples work. Tailored to each family's needs, clinical interventions educate family members on the loved one's disorder, establish roles, define personal recovery goals, and teach Ocean Drive's clinical philosophy on family restructuring.
- **Residential Family Program:** The Residential Family Program is an integral component of Ocean Drive's treatment. The family member, who can be anyone designated by the client, resides with the client providing the opportunity to address their individual needs while simultaneously working with the client to improve their relationship. Tailored to the needs of both the client and family member, the program provides the clinical team the opportunity to observe interactions, highlight concerns in real time, and address the issues fueling dysfunction in the relationship, such as trauma, unresolved grief and loss, attachment issues, communication difficulties, and other related problems.
- **Visits from family, friends, and business associates:** When clinically appropriate, clients can invite people from their circle to visit. These clinical impact visits are agreed upon through consultation with the client, the treatment team, and family members and may include anything from counseling sessions to dinner out.



YOUR **RECOVERY** IS OUR GOAL.



Our Continuum of Care

Evidence-based research shows that long-term recovery is best accomplished with structured support that encourages accountability, builds self-esteem, and nurtures the family system.

Customized Care Management Plan

Ocean Drive offers a continuum of care after completion of the client's treatment stay. A client and their multidisciplinary treatment team work together to create a customized care management plan that helps to ground their recovery in their new lives beyond treatment at Ocean Drive. Structure, routine, and accountability are key elements of the plan. The primary therapist, in collaboration with the referring professional, designs a plan tailored to meet the needs of the client to build a comprehensive home recovery network.

Progressive Recovery Workshops

Progressive Recovery Workshops provide an option for a client to build upon the foundations of their initial treatment at Ocean Drive. The five-day workshops are offered monthly on the Ocean Drive campus, giving former clients a chance to more deeply explore underlying issues and emotional regulation while continuing to enhance communication, coping, and intimacy skills. The workshops include process groups, specialty groups, and individual therapy sessions with a primary and family therapist.

Soberlink

For clients and their families who are seeking additional accountability, we offer Soberlink, a remote sobriety-monitoring program that makes use of the latest technology. Soberlink prompts clients via text message to take breathalyzer tests, which are transmitted to Soberlink. The results are sent to contacts designated by the client and their family and to the client's treatment team. The Caron treatment team and the client's therapist will get in touch with the client to address the issues that have come up and any other concerns that result from the process.

Caron Ocean Drive isn't just a treatment center. It is a haven for those who need privacy, comfort, the understanding of their peers, and a team of experienced, empathetic clinicians with extensive experience in treating affluent and prominent clients for substance use issues and mental health.



Caron Ocean Drive

Ocean Drive is committed to treating individuals and families for addiction, as well as other disorders with state-of-the-art treatment methods in a safe, serene, and sumptuous environment.




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