



BEHAVIORAL  
HEALTH  
OF THE PALM BEACHES, INC.

SOUTH FLORIDA'S  
PREMIER  
ALCOHOL & DRUG  
TREATMENT CENTER



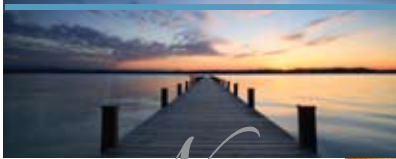
Dr. Don Mullaney  
1944 - 2009

*Dr. Don Mullaney, the Founder of Behavioral Health of the Palm Beaches (BHOP) wrote in the Forward of the book Say Yes to Spirit "Through the course of my life I have become an avid reader and have become enamored with the myths of the world. The ones that have affected me the most were those of the hero's journey. In them I saw the story of recovery. Myths tell the story of overcoming the demons and dragons that stand in the way of the prize."*

*At BHOP the prize is Recovery and you are the Hero!*

*It is our job to help you get there.*

# Hope Support



# New Beginnings

The first step to recovery from chemical dependency is hope; hope for a better and healthier lifestyle. Chemical dependency can be treated and you can recover!

Chemical dependency is a chronic, progressive illness that affects not only individuals, but also those who are in relationships with them including spouses, family members, partners or concerned friends.

BHOP brings a bio-psycho-social approach to the treatment of behavioral health disorders. This may include addictions of all kinds and a host of mental and emotional issues.

Our program offers a traditional 12-step approach with innovative assessment and treatment techniques in conjunction with an emphasis on independent living skills and social responsibility.

We offer a co-occurring disorders program that specifically addresses the problem areas for each patient with individual, group and family therapy.



*Medical supervision is provided  
by board certified physicians and  
registered nurses.*



# Recovery

Our goal is to address issues through individual treatment planning that encompasses chemical dependency, mental health issues, as well as life's daily stressors. It is increasingly evident that patients who have mental health problems in addition to chemical dependency have a greater challenge in recovery.

BHOP is an acute/extended care substance abuse and mental health treatment program located in Palm Beach County, Florida. We provide services to adults and to young adults (ages 18 to 24). The program's mission is to treat each patient with dignity and respect while treating their disease.

BHOP is accredited by the Joint Commission on the Accreditation of Healthcare Organizations and licensed by the State of Florida. The program focuses on the mental, physical and spiritual needs of each individual in its approach to recovery. Our staff includes licensed professionals in psychiatry, social work, mental health counseling, marriage and family therapy, nursing, nutrition, and addictions counseling.



*In his book The Power of Myth, Joseph Campbell wrote "every life has a limitation, in challenging the limit you are bringing the limit closer to you, and the heroes are the ones who initiate their actions no matter what destiny may result."*



## RESIDENTIAL AND EXTENDED CARE TREATMENT PROGRAMS

BHOP has created a program providing medically supervised detoxification, rehabilitation, and extended care services in a time frame that meets individual needs.

The phases are broken down as follows:

# Program

### DETOX/STABILIZATION/ASSESSMENT/EDUCATION

Medically certified detoxification professionals prescribe a variety of medications depending upon the drug(s) a patient is withdrawing from and on the severity of withdrawal.

Patients go through thorough assessment processes during this phase of treatment. Assessments include: Intake, Nursing, History and Physical, Psychiatric, Psycho-social (Addiction Severity Index), and a battery of Psychological measurements. A complete Treatment Plan is based on all of these assessments.

Patients are also educated regarding addiction, mental health, and medications during this phase of the treatment process. Most patients complete this phase in approximately seven days.

### TREATMENT PHASE

It is during this phase of treatment that the treatment plan is worked on through group and individual therapy. Patients are assigned to services based on individual need. The length of stay in this phase can be up to sixty days.

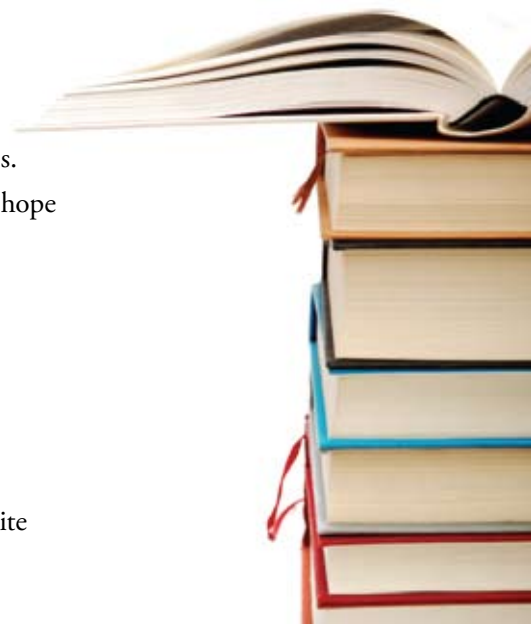
The book referred to at the beginning of this brochure, Say Yes to Spirit, was written by Rev. Leo Booth. Another section from the Forward written by Dr. Mullaney reads... "I had intuitively known that spirituality, a love of God beyond the words of religion, was essential. I also knew that recovery involved a love of self and the people around me. I wanted to take this message to my family, friends, and patients at Behavioral Health of the Palm Beaches."

# Research

Behavioral Health of the Palm Beaches is continually conducting research based on outcomes. We publish our findings in professional journals and present at professional conferences. We hope to improve the quality of care for everyone seeking to recover.

Here at Behavioral Health of the Palm Beaches, in collaboration with local universities, our Education, Assessment, and Research Department continues to collect data in order to improve our treatment processes.

To see the articles we have published through our research department, please visit our web site at [www.bhpalmbeach.com](http://www.bhpalmbeach.com) and go to the Resources Link.



*Behavioral Health's  
comprehensive  
clinical facility.*



# Services

## RANGE OF SERVICES

- ◆ **Adults/Young Adults:** Drug and alcohol treatment, both short stay and extended care. Young adults are considered to be between the ages of eighteen and twenty-four years of age.
- ◆ **Aviation Professionals' Track** ◆ **Healthcare Professionals' Track** ◆ **Safety Officers' Track:** These three programs are geared toward professionals in specific occupations. All three treat substance dependence and co-occurring disorders. These three programs are facilitated by a professional currently working in that profession who is also a trained therapist. Patients engaged in these professional tracks may also be engaged in services listed below if the need is indicated.
- ◆ **Chronic Pain Program:** For those suffering from addiction and chronic pain. BHOP patients receive a full range of pain management and physical rehabilitation services.
- ◆ **Post Traumatic Stress Disorder (PTSD) Program:** Certified E.M.D.R. (Eye Movement Desensitization & Reprocessing) therapists on staff work on a one to one basis using this technique for the reprocessing of traumatic events including but not limited to emotional, physical, sexual abuse and other psychologically traumatic events.

EMDR is supplemented with Light/Sound Therapy, and a special Trauma Group that meets weekly. This combination has proven highly effective in the treatment of substance abusers experiencing co-occurring PTSD.

NOTE: For more information on EMDR go to [www.emdr.org](http://www.emdr.org). For more information on Light/Sound Therapy go to [www.Neuro-Advantage.com](http://www.Neuro-Advantage.com)

- ◆ **Depressive Disorder Track:** Depression is a frequent co-occurring disorder among people abusing substances. In addition to group, individual therapy and medication when appropriate, this track also allows patients to experience Light/Sound Therapy.

BHOP pays special attention to anger management issues, chronic anxiety, and grief and loss issues by offering special groups and addressing these issues in individual sessions. All Programs/Services are based on need within the treatment phase.





# *a new Lifestyle*

## **RESIDENCES**

Clients reside in apartment-style residences within the BHOP complex. It has been previously stated that our patients are treated with dignity and respect. Patients coming to us for treatment often arrive with their self-esteem shattered. We have created residences in which our patients can be proud to reside in and take pride in maintaining.

The initial phase of treatment is located in a tropical setting in Lake Worth, Florida. The Treatment Phase occurs in Lake Park, Florida. Men reside in apartments located on the Intracoastal Waterway. Women reside in our residence across from the beach on Singer Island. Men and women both spend the treatment day at our professional setting in Lake Park.

Facilities are supervised 24 hours a day by a full-time staff. Clients' activities, include wake-up, meals, attendance at groups, lectures and twelve-step recovery meetings. Completion of chores, curfew hours and return from off-site trips are monitored on a 24-hour basis.

The shared community experience is an important part of treatment and contributes to patients learning the basics of living a responsible lifestyle. Residents receive a food allowance, and under supervision, select and prepare their own meals. Our licensed nutritionist approves all menus and assists with the individual dietary needs of patients. Residents are also involved as a group with the planning some of their recreational activities.





*Located on the Intracoastal Waterway, our facility offers our clients a tranquil environment.*

# Family



## **FAMILY PARTICIPATION**

Behavioral Health of the Palm Beaches realizes the importance of a family's involvement in the treatment process. The primary therapist keeps in touch with each patient's family to update them of progress or concerns. Conference calls frequently occur involving the patient, therapist, and family members.

We believe that addiction is a family disease, which is why we offer family week. It is a program dedicated to guiding, assisting and supporting a family member through the journey of recovery. The patient's family is requested to attend the week long program at the facility and benefit from the supervised educational and therapeutic process we have to offer. Through lectures and groups a participant will have the opportunity to learn about such topics as the biological features of the disease and the different roles each member plays in the addiction and road to recovery. All patients are strongly encouraged to have the very important people in their lives attend Family week.





# Aftercare

We continue to show our concern regarding our clients by offering aftercare services. Behavioral Health of the Palm Beaches offers a free alumni program to all former BHOP patients. Initially our alumni department contacts our patients weekly for 3 months and then monthly over the course of their recovery. Complimentary family meetings are available for any family members who wish to participate, while their loved ones are in treatment and after they leave. Finally, comprehensive follow-up services are available for a fee.

Behavioral Health of the Palm Beaches offers an intensive outpatient program and outpatient services designed for individuals who have chosen to engage in treatment outside of a residential setting or for those individuals who recently completed a residential program and seek continued support. Out-of-town patients are referred back to the referring agency, EAP or other professional resource. Research shows that a continuum of care with clients and their professional team enables the greatest likelihood of continued success.

*There is hope,  
we can help.*

**BEHAVIORAL  
HEALTH**  
OF THE PALM BEACHES, INC.

RESIDENTIAL AND EXTENDED CARE TREATMENT PROGRAMS

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FOR MORE INFORMATION, VISIT OUR WEB SITE AT: [WWW.BHPALMBEACH.COM](http://WWW.BHPALMBEACH.COM)



Accredited by the Joint Commission & licensed by the State of Florida to provide residential and extended care treatment programs.

