

ADVENTURE THERAPY

An Active Approach to Personal Wellness and Recovery

Adventure therapy allows patients to break out of traditional counseling with an active, fun new approach to personal growth.

Learning to Embrace Challenges in a Healthy Way

Adventure therapy reaches back to the roots of what makes us truly human. Adventures such as rock climbing, hiking and ropes courses can help patients in recovery build confidence and joy in a whole new way. These safe, team-oriented adventures are combined with clinically-proven counseling therapy to bring a whole new approach to recovery. As individuals proceed on the path of wellness, they may find new hobbies and interests that they never knew they enjoyed before. They can engage both body and mind through interactive team-building activities, nature walks and fitness excursions. Adventure therapy at FRN treatment centers helps patients develop the confidence and stamina to embrace life's challenges.



*Atlanta | Santa Monica | Memphis | Malibu
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Adventure therapy awakens and empowers both body and spirit.

Foundations Recovery Network strives to treat the patient as a whole. We seek to treat not only addiction behavior, but also the underlying causes and complications that keep addiction active in an individual's life. Adventure therapy works outside of traditional talk therapy and utilizes rich adventures in nature as experienced staff help patients along the way. Our active rehab programs offer outdoor adventures that help patients feel more in touch with

nature, healthier and more grounded. They can also build the confidence needed to begin a full life in recovery. But more importantly, adventure therapy is a powerful way to connect the changes patients discover in treatment to their real-life experiences. Adventure therapy has been proven to help patients learn how to trust others again, overcome trauma, reduce denial, and create healthy communication and team-building skills.

Developing One's Inner Strength

We believe that every person who enters our doors possesses the inner strength and ability to recover. Our patient-centered treatment model means that we believe in each patient's ability to get well and have a positive future. Adventure therapy allows our patients to experience personal insights and physical healing beyond the bounds of traditional talk therapy.

Group exercises and supportive, friendly team activities allow each person to feel nurtured as the incredible emotional changes that happen in our treatment programs give way to a sense of real personal empowerment and the awareness that everyone can achieve new goals, no matter how dark the past once seemed. Our hope is that each person can do more than simply change one behavior. We want all individuals to find new passions and interests and to reconnect with the activities they love. After all, the most important gift a person can receive in recovery is the ability to enjoy life after drugs or alcohol. Adventure therapy can help individuals build their new beginnings.

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About Foundations Recovery Network

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are more than twice as likely to maintain sobriety one year post-treatment compared to those who attend traditional programs.

Building Recovery Skills Through Adventure Therapy

At FRN, we are always pursuing ways to provide patients with the optimal chance for long-term recovery. Through an interactive treatment process, patients can build new

interests, abilities and coping skills that will help them throughout the rest of their lives. We work with each patient to develop customized treatment plans that meet each person's particular interests, desires and goals. Adventure therapy is just one of the many ways that patients can recover from the emotional obstacles that have previously held them back. We invite patients to participate fully in their own recovery by providing them with healthy adventure and team-building activities.

