



THE FRN DIFFERENCE

Why Research-Proven Integrated Treatment Matters

We use current research outcomes from both the treatment industry and our own facilities to inform our methods.

Foundations Recovery Network (FRN) is the premier provider of integrated treatment for addiction and mental health issues. What does that mean? It means that we offer something special that can't be found at traditional treatment centers. When we refer to "integrated" treatment, we mean that our services are fully equipped to support both addiction and mental health recovery, which is uncommon in an industry that has historically treated those conditions in separate settings. It also means that our treatment teams are communicating daily about each patient's specific needs. All staff are cross-trained in the philosophy and principles of our treatment centers. Everything we do is designed to support lifelong recovery in a comprehensive way, addressing the needs of the whole person—physically, emotionally, mentally & spiritually. We provide the foundation, you build the life.



*Atlanta | Santa Monica | Memphis | Malibu
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Integrated treatment results in better long-term success in recovery.

A History: Co-occurring Disorders Treatment

In the 1960s and '70s, the National Institute for Mental Health recognized the need for specialized substance abuse treatment, and 30% of mental health funding was allocated. The problem was that these two issues were being treated completely separately despite the fact that in many instances they contributed directly to each other. Recent studies have shown that 30% of individuals with

substance use disorders also have a major mental health disorder; at the same time, 72% of individuals with serious mental illnesses were shown to have a substance use disorder. Treatment experts see this as evidence of a significant gap in care for the dually diagnosed patient, especially when it has been proven that those who receive concurrent, complementary treatment for both issues see better long-term success rates.

Our Unique Approach

All treatment begins with an integrated assessment, which is used to create a treatment plan tailored for each patient's unique needs. There is a focus on professionalism, clear communication, accuracy and documentation while obtaining medical, psychiatric and social assessments. The patient will then progress through our level system based on the current stage of change that he or she is experiencing during the treatment process.

FRN's approach also includes a community social model that embraces patient-centered care. This includes a structured schedule that supports cognitive and functional considerations, integrating research about which times of day that patients are most able to absorb information or engage in physical activity. A focused schedule with daily themes allows for all staff and patients to participate in and communicate about the same topics.

Cognitive approaches used throughout treatment include Motivational Interviewing, Dialectical Behavior Therapy and individual, group and family therapy. We prioritize social and life skills development as well as health, wellness and holistic approaches to long-term sobriety. Patients are also given workbooks that travel with them and hold documentation related to their treatment. Our emphasis on education—teaching patients about their diagnoses—is another element that sets us apart from others in the industry.

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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.

Care Management

The care management system is designed to guide the patient's transitional and aftercare process based on the clinical and social recommendations of the patient's treatment team. These decisions

aren't

made *for* the patient, they're made *with* the patient. The care coordinator works in conjunction with the patient to develop short- and long-term recovery goals. Aftercare and daily recovery

plans reflect the initial integrated summary and ongoing treatment recommendations. In preparation for discharge, patients receive a Heroes Journey Box, which is a repository for reminders that will encourage them down the road in recovery.

