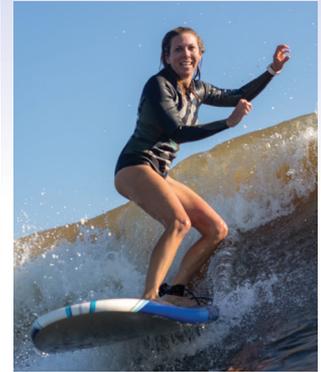



 JACKSONVILLE HEALTHCARE PROFILES


TREATING ADDICTION: MIND, BODY, AND SPIRIT

BEACHES RECOVERY DELIVERS A
COMPREHENSIVE ROAD TO RECOVERY.

The professionals at Beaches Recovery believe that overcoming addiction depends on treating the mind and spirit as well as the body. That, says Jill Gray, a licensed mental health and trauma therapist, is the critical point that differentiates Beaches Recovery from other recovery programs.

"There's a heart and pulse that runs through this organization," she explains. "We attend not only to the addiction but to the individuals themselves."

Beaches Recovery provides clients—both women and men—with a safe, secure space and several recovery options, including inpatient medical detox, partial hospitalization, and extended care, as well as multiple outpatient programs. The organization's staff includes licensed medical professionals and licensed clinical therapists, all of whom are up to date on the latest in addiction research and implement the field's best practices into their treatment plans.

Beaches Recovery also provides an array of experiential therapy options—including yoga, art therapy, surfing, equine therapy, and a ropes course program—that are designed to help form recovery-aiding social bonds that last into aftercare.

Learning how to have fun while sober is essential, Gray notes, because downtime can feel empty to a person

suffering from addiction. "They may not know how to fill their time without the instant gratification that drugs or alcohol provided them," she says. "Some may be learning for the first time that they can live outside of addiction. And we are proud to play a role in that transformation."

The organization also balances the experiential portions of its program with real-world life skills, relapse prevention techniques, and trauma therapy.

"We offer support while also teaching practical skills," adds Michelle Leon, director of intake. "Our clients live in home settings and are responsible for the upkeep of their living quarters, for attending meetings, and for adherence to their clinical programs, all while being surrounded by others who lift them up. They're living life."

It's crucial, Leon continues, that clients build the personal and social support structures that will help them cope when they transition home.

"We want them to be able to sit with themselves in those moments when they aren't entertained," she says. "At Beaches Recovery, we help clients develop the skills and resources necessary to succeed when we aren't there with them 24/7."

TREATING THE ROOT CAUSE

Often, addiction proceeds from personal trauma, which can be powerful and difficult to move past. "As a result, substances may be used as a means to forget or avoid the pain," Gray explains. "Our intention, however, is to give clients space to tell their stories and gain empathy and trust—to give them a voice."

Throughout recovery, clients participate in individual counseling sessions as well as small, intimate therapy groups that help them unpack their unique traumas, open up, relate to one another, and learn how to trust others. For many of the center's clients—especially women—learning to trust can be difficult.

Gray notes that in her experience, many of the women she works with haven't experienced healthy, trusting relationships and friendships with other women. In her trauma therapy groups, however, she sees participants begin to lift each other up, despite their different backgrounds and experiences.

"Working through feelings of worthlessness and connecting with others on an emotional and experiential level leaves you feeling worthy," she says, "and knowing that you're worthy brings people back. It empowers people to want to persevere."

beachesrecovery
healing begins here.



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