



Ocean Breeze Recovery is a substance abuse treatment facility where people come first. Our people-centered philosophy begins with a warm, welcoming environment where the healing process begins.

Minutes away from one of Florida's most beautiful beaches, our clients find fertile ground where they can grow and thrive in their new found life in recovery. The journey to a sober and healthy life begins with action. We are here to ensure those crucial first steps are taken with great care and professional support.

Relax. Restore. Recover.
www.oceanbreezerecovery.org



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Welcome

Treatment at Ocean Breeze Recovery begins with a thorough clinical assessment by staff. The right level of care is determined, and an individual treatment plan is crafted and applied. Ocean Breeze Recovery offers a dedicated team of professionals with decades of combined experience in the field of addiction psychology.

We are driven to provide individualized treatment services targeted at the specific needs of each client.

Ocean Breeze Recovery delivers the complete spectrum of care including:

- Residential Inpatient Treatment
- Intensive Outpatient (IOP)
- Outpatient Services
- Alumni Services and Support

Phases of Attentive Care

Phase I

The residential level of care is where the most intensive therapeutic treatment occurs. Clients spend their full day engaged in targeted group and individual therapy designed to gently break down the walls separating them from a sober and healthy life. The root causes of addictive behaviors, disharmony and depression are addressed.

Phase II

When the time is right, clients move into the next phase of care. The Intensive Outpatient (IOP) level of treatment introduces more personal responsibility and freedom. At this level, clients continue to live in our safe and structured living environment, while beginning the transition into a more regular daily routine. The opportunity to return to work or school during the day and return for therapy and support in the evening builds that critical connection between recovery and self-sufficiency.

Phase III

The third phase of treatment at Ocean Breeze Recovery incorporates outpatient therapy and continuing care. Clients in Phase III attend a minimum of 2 hours of treatment and therapy per week to ensure continued success as they grow in their recovery. The majority of our clients time is open for them to pursue professional and educational goals. Continuing to live in our supportive residential environment is an option, and is strongly suggested during this time to maintain stability.

Proven Methods of Treatment

The individual treatment plans we tailor for each client can incorporate the following critical elements for successful diagnosis and care:

- Medical assessment
- Psychological evaluation
- Individual therapy
- Targeted group therapy
- Emotion regulation techniques
- Relapse prevention education
- 12-Step fellowship groups
- Nutrition counseling
- Yoga and meditation
- Life skills coaching
- Case management and court liaison services

Residential Living

Our lakefront property in Margate, FL offers clients serene views of the water in the afternoon and evening when treatment has concluded for the day. The residences are located a short 15 minute drive from the treatment facility and fully staffed by professionals 24 hours a day, 7 days a week.

We believe in providing all the comforts of home while clients are in our care. You won't find any cold, hospital-like environments here. The residences are neatly furnished, spotlessly clean, comfortable and safe. Some of the amenities available to clients during their stay include:

- Yoga
- Exercise Room
- Chiropractic Care
- Beach Meditation
- Nutritionist
- Massage Therapy

Transportation

Safe and efficient transportation for all our Phase I clients is provided to and from the residential properties, our facility, local 12-Step support groups and any necessary medical or legal appointments.



1-855-OBR-7700

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