



ANYTHING
IS
Possible DREAM



Recovery is about
PROGRESSION
not **PERFECTION**



**YOU
GOT
THIS!**

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FOY Wellness and Recovery

**Intensive
Out-Patient**



AN ALL-IN-ONE HOLISTIC HEALING CENTER

Prior to admission into our FOY PHP/IOP, we invite you to come tour our program and receive a free confidential in-person assessment with our Clinical Program Director in order to assess the treatment most appropriate.

Upon admission, our treatment team collaborates to develop an individualized, treatment plan that treats the whole person and that addresses each client's independent needs. Each client's treatment plan is continuously reviewed and adjusted based on progress.

FOY, accredited by the Joint Commission, accepts most private insurance plans, helping individuals greatly reduce the out-of-pocket cost of treatment. We have strong relationships with many insurance companies and will help advocate for you to maximize your benefits at every level of care.

Clinical Programming

4-6 Hour Program Daily

(morning and evening programs offered)

Attachment-based
Cognitive Behavioral (CBT)
Culturally Sensitive
Dialectical (DBT)
Emotionally Focused
EMDR
Gestalt
Family Systems
Mindfulness-Based (MBCT)
Motivational Interviewing
Psychodynamic
Psychological Testing and Evaluation
Relational
Solution Focused Brief (SFBT)
Somatic
Strength-Based
Evidenced Based Trauma Treatments

Modalities Offered

Individual
Family
Group
Marital

Holistic Focused Therapies

Meditation
Breathwork
Yoga
Acupuncture
Massage
Sound Healing
Nutritional Guidance
Tea Knowledge and Integration
Vitamin/Mineral/Herb Supplement
Assessment
Music Therapy
Energy Healing
Expressive Arts
Chakra Shadow Work (weekly Program)

Additional Services

12-Step Facilitation
Daily Drug Testing
Case Management
Community Integration and Building
Community Support