

## Our Philosophy

At Olympus Recovery, we have built a program with the needs and experiences of our clients as top priority. The clinical staff was expertly hand picked and includes Master's level clinicians who value and respect the uniqueness of the individual. We are an intimate facility that is creating excellence by combining time-tested methods with newer evidenced-based programming. The curriculum was created by individuals with decades of experience in substance abuse treatment. Our clients have the ability to begin living the life they deserve.



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Delray Beach, FL 33445

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 @OlympusRecovery

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## In Network PHP & IOP Programs

Substance abuse and trauma programs designed to change your life. Your journey to recovery starts here!

Call Confidentially and Get Help

 (866) 305-7134

 [info@olympusrecovery.com](mailto:info@olympusrecovery.com)



As a recovery center that specializes in substance use disorders, we offer an evidence-based curriculum at the core of our in-network program. At Olympus, we help you rediscover yourself to reach new heights!

## What We Offer

We offer PHP and IOP in-network programs with small group sizes for clients 18 years of age and older who are suffering from substance use as well as co-occurring disorders. Some of the treatments and therapies we offer include:

- EMDR (Eye Movement Desensitization and Reprocessing)
- CBT (Cognitive Behavioral Therapy)
- DBT (Dialectical Behavioral Therapy)
- MAT (Medication-Assisted Treatment)
- ART (Accelerated Resolution Therapy)
- Trauma-focused Therapy
- Adventure Therapy
- Lifeskills

## Our Services

At Olympus Recovery, we treat addiction and the underlying issues that fuel it. We recognize the needs and experiences of each individual client and our program was designed with that in mind.

### Detox (Offsite)

Our detox facility provides for a safe and comfortable detox from alcohol and drugs including heroin, opioids, and benzos. We offer a medically supervised stable detox that ensures our clients are not over- or under-medicated during their detox.

### Curriculum-Based Therapies

We offer curriculum-based therapies and interventions such as Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Therapy (CBT), and Dialectical Behavioral Therapy (DBT) which help treat trauma and mood disorders, improve emotional regulation, that can be useful to change behavioral patterns that come with substance abuse.

### Medication-Assisted Treatment

MAT is primarily used to treat addiction to opioids including heroin and prescription pain relievers. Medications such as Suboxone help reduce the physiological cravings, withdrawal symptoms and normalize body functions and brain chemistry.

### First Responder Care

We have a dedicated First Responder treatment track that includes EMDR, DBT, and a specialized trauma therapist experienced in PTSD to help these men and women cope with the stressors of their job.

### Adventure Therapy

Adventure therapy gives clients a different approach to therapy and treatment by providing them the opportunity to challenge themselves mentally and physically to see just how much they can overcome.

### Alumni & Aftercare

At Olympus Recovery, we know that maintaining a relationship with our alumni can help reduce the occurrence and severity of relapse. Clients are reminded that they're never alone and we will be here for them for as long as they need. When speaking with former clients, Alumni Coordinators work to ensure open lines of communication to determine if clients are maintaining a healthy, sober lifestyle.

### Community Residences

Community support is incredibly important throughout early recovery. Our clients will enjoy a shared living space in our beautiful community apartments that feature a full-sized kitchen as well as a washer and dryer. The property also includes a clubhouse and pool.

