



www.therefuge-ahealingplace.com | (844) 214-8796
14835 Southeast 85th Street, Ocklawaha, FL 32179



Making Miracles Happen

Since 2003, The Refuge, A Healing Place has served as the nation's leader in comprehensive and effective treatment for clients who are struggling with the lasting effects of trauma and posttraumatic stress disorder (PTSD). Renowned for our exceptional staff, serene campus, and effective therapies, The Refuge has helped thousands of clients find true healing and lifelong recovery from substance use disorders, eating disorders, process addictions, depression, self-harm, and other mental health concerns. The Refuge offers a unique treatment option, as we are dually licensed to treat both primary mental health disorders and addictions. This allows us to work with clients who are actively using drugs or alcohol, as well as those who are working toward sobriety but are still suffering from the effects of unresolved trauma. This also allows us to work with those who have never struggled with substance use but instead have used other maladaptive coping patterns.

“Until my stay at The Refuge, I felt lost. I believed I was damaged, abnormal, and beyond help. The Refuge taught me that my identity is not my trauma. They taught me how to move through the real world without having my traumas take over the present. They were able to help me put into words all the things I could never wrap my head around, and my life is now getting back on track.”

— Michael D.

The Refuge Difference

Unraveling the Trauma Story

The Refuge offers a truly client-centered approach to treatment that includes a variety of therapeutic modalities and interventions that treat the whole person instead of focusing solely on symptoms. We believe that when viewed within the context of a client's trauma history, their behaviors, no matter how severe or unorthodox, are understandable. The Refuge's primary objective is to treat the root cause of the symptoms and behaviors, which ultimately accelerates treatment progress and creates a foundation for lasting recovery.

"I've never known such peace. Until the root of my despair and confusion surrounding my trauma was treated, I kept repeating the same patterns in my life, which resulted in the same despair and confusion over and over again. The Refuge offered a loving, gentle process that gave me the courage to discover and embrace the whole truth of my life. I've been given a new life. Truly miraculous! I'm forever grateful to the staff and the process."

— Alumnus



The Refuge Difference

Understanding the Addiction & Mental Health Story

It is not uncommon for people who have endured trauma to struggle with depression, anxiety, or substance use as a means of coping with their distress. Recognizing the connection between these challenges, The Refuge offers comprehensive care for many co-occurring concerns, including:

- PTSD
- Anxiety
- Process addictions
- Grief & loss
- Self-harm
- Substance use disorders
- Depression
- Attachment disorder
- Eating disorders



Creating the Recovery Story

The Refuge believes that for clients to find true healing, we must address the person as a whole. Our client-centered, individualized approach addresses the physical, emotional, and spiritual needs of each person. We offer a variety of evidence-based, holistic, and experiential therapeutic modalities, which allow clients to identify and resolve the “soul wounds” that are driving these negative behaviors. We understand that each client is different; therefore, the path to healing will be different for each person. Therapists take into account each client’s needs, abilities, preferences, and values and tailor a treatment plan specifically for them.

Therapeutic modalities at The Refuge may include:

- Cognitive behavioral therapy (CBT)
- Cognitive processing therapy (CPT)
- Dialectical behavior therapy (DBT)
- Eye movement desensitization & reprocessing (EMDR)
- Narrative exposure therapy
- Equine therapy
- Expressive art therapy
- Adventure therapy
- Relapse prevention
- Life skills
- Mindfulness
- Yoga



What We Treat

Trauma-Informed Mental Health Support

The compassionate, experienced staff members at The Refuge believe that by unraveling the impact of past trauma, you can begin the journey to recovery in the present. Our mental health treatment program is equipped to address our clients' psychiatric needs in the context of their unique experiences, providing the level and type of care that will yield the most positive results for each person.

If a client is struggling with the effects of trauma, PTSD, anxiety, depression, borderline personality disorder, self-harm, or another mental health condition, we welcome them to heal at The Refuge. Our mental health treatment program provides the therapies, treatment modalities, and medical support our clients need to heal from the impact of mental illness and set the course for a more promising future.



Substance Use Disorder Treatment Services

When a person is struggling with addiction, they are often also suffering from the impact of untreated trauma-related concerns or mental illness.

At The Refuge, we view our clients as so much more than the sum of their symptoms. When it comes to treating substance use, we take a personalized, compassionate approach that validates the dignity in each person. We are pleased to offer detoxification services, a host of therapies and treatment modalities, support for co-occurring mental illness and eating disorders, medical care and medication management services, family support, and more.



What We Treat

Comprehensive Eating Disorder Treatment

Oak House at The Refuge is a 16-bed residential eating disorder treatment program for adults age 18 and older who are struggling with conditions like anorexia, bulimia, binge-eating disorder, body dysmorphic disorder, avoidant/restrictive food intake disorder (ARFID), and other specified feeding or eating disorder (OSFED). We are proud to serve transgender, cisgender, and gender-nonconforming individuals, as well as all members of the LGBTQ+ community. Based on the exchanges method, the Oak House eating disorder treatment program lasts a minimum of 30 days. Due to its individualized nature, this program has the ability to support clients who require specialized services, such as those who:

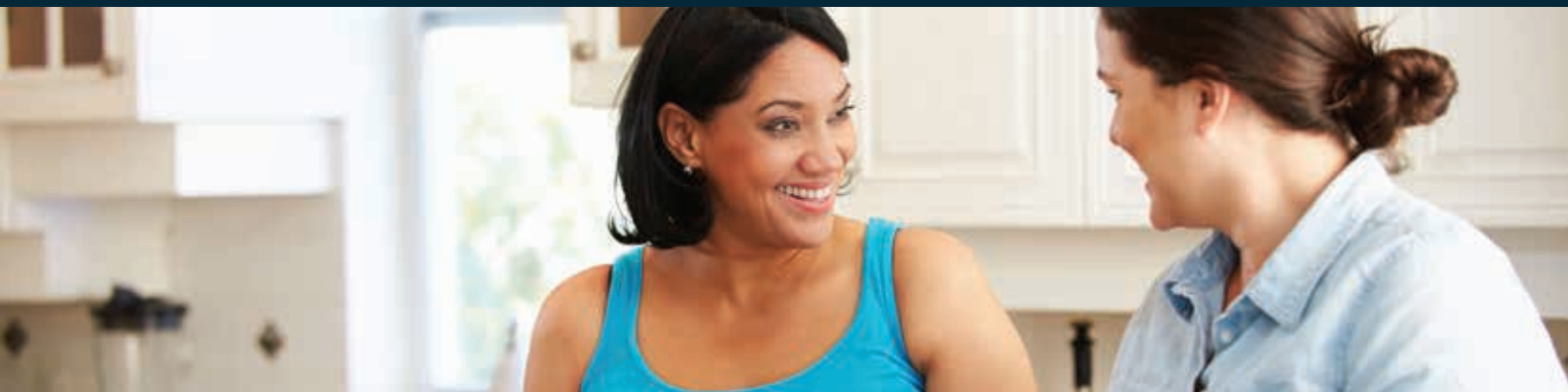
- Are pregnant
- Require complex medical detoxification
- Keep a kosher diet or have other special dietary needs



Clients have access to a wide variety of supports to meet their recovery goals. Clients attend individual therapy, group therapy, various experiential therapies, and family therapy (as needed) and have access to additional supports, such as:

- Dietary groups
- Therapeutic meals
- Relapse prevention group
- Skills groups
- Meditation
- Mindful movement
- Trauma-focused yoga
- Expressive art therapy
- DBT
- CBT
- CPT

Our multidisciplinary treatment team includes licensed clinicians, a staff physician, a psychiatrist, certified nursing assistants, and a registered dietitian. This team monitors each person's health and well-being and provides support during mealtimes. Clients can take part in psychoeducational opportunities and group outings to restaurants and other locations so that they can practice their newfound healthy coping skills.



Treatment Modalities & Approaches

Cognitive behavioral therapy helps clients understand how their thoughts affect their behaviors.

Cognitive processing therapy helps clients change beliefs about safety, trust, and control.

Specialty therapeutic groups allow clients to discuss specific topics that are relevant to their healing journey. These include:

- Grief & loss
- DBT & self-soothing
- Relapse prevention
- First responders & veterans
- Eating disorders
- LGBTQ+
- Treatment modalities & approaches

Dialectical behavior therapy teaches clients beneficial skills for managing their emotions.

Narrative exposure therapy helps clients develop a coherent autobiographical story that redefines the memory of the traumatic episode so that they can better understand it.

12-Step meetings provide additional support for clients who are struggling with addiction. Meetings are offered both on campus and within the community. These include:

- Alcoholics Anonymous
- Narcotics Anonymous
- Adult Children of Alcoholics
- Eating Disorders Anonymous
- Sex & Love Addicts Anonymous
- Co-Dependents Anonymous



A Healing Place

Location

Set on 96 acres and surrounded by the Ocala National Forest, our campus is an integral part of the healing process. The wooded acres lie alongside a small river, surrounded by a nature preserve and covered with live oak trees draped with Spanish moss. Our serene campus provides external tranquility that promotes inner peace throughout the healing journey.

Lodging

The Refuge combines the feeling of being in nature with the comfort of upscale amenities. Clients reside in newly renovated cabins that are outfitted with full-size beds, dressers, a refrigerator, and a safe. All cabins have screened-in porches to help clients enjoy the beauty of the outdoors from the comfort of their cabins.





Levels of Care

The Refuge's three levels of care — medical detoxification, residential treatment, and a partial hospitalization program (PHP) with or without housing — support clients as they move through their treatment journeys. Program amenities may vary based on the level of care.

Medical detoxification: The Refuge offers an on-site, 12-bed, full medical detoxification program for adults age 18 and older. Specially trained addiction physicians and nurses oversee every aspect of this program and facilitate individualized treatment for those who are working toward recovery from addictions to alcohol, heroin, morphine, oxycodone, benzodiazepines, barbiturates, and other types of drugs. The length of stay in this program averages between three and seven days depending on individual progress.

Residential treatment: In our 75-bed residential program, clients participate in a minimum of six hours of clinical programming each day. Residential programming focuses on regulating the central nervous system, learning relapse prevention skills, reducing addiction or trauma triggers, and addressing maladaptive coping skills that prevent clients from functioning safely at home. Clients at the residential level of care may engage in off-property experiences with staff supervision and are encouraged to attend self-help meetings. We also ask them to engage in activities that increase healthy coping and recovery skills.

Partial hospitalization program: The PHP at The Refuge takes place on the same campus as the detoxification and residential programs. However, this is a stand-alone program that has unique treatment options and separate housing. At this level of care, clients have additional freedom for engagement in the community and off-property experiences. Clients in our PHP attend six hours of clinical programs each day. This programming focuses on exploring the layers of trauma and addiction that continue to present barriers to independent functioning. PHP clients may engage in off-property experiences without staff supervision and are responsible for administering their own medications.





Admissions

The Refuge's admissions process is designed to help clients feel comfortable, encouraged, and confident in their decision to receive treatment. Our admissions counselors will guide you through every step of the process. These compassionate professionals will listen to your concerns, answer any questions you have, and help you determine if The Refuge is the right place for you. **Our admissions team can be reached 24 hours a day, seven days a week by calling (866) 473-3843.**

What to Bring

Clients are encouraged to bring the following:

- MP3 player with no internet or camera functions
- Comfortable & appropriate clothing & shoes
- Rain gear
- Extra towels & blankets (linens are provided)
- Toiletries
- Vitamins or supplements in newly sealed bottles
- 30 days of necessary medication

Please keep in mind that you will be in an outdoor setting.



“I can’t say enough about the referral process for The Refuge. My experience with our outreach rep was one of the best I’ve experienced. He was so helpful and available to field any questions or concerns. Likewise, the admissions team was fantastic. My client was able to get all of her questions answered and felt supported all the way through the process. Once there, the treatment team was in contact with me regarding my client’s progress, challenges, and any setbacks. I was included in clinical decisions and my client had a profound healing experience around a long-standing trauma background. Her progress has continued since arriving home and she acknowledges that going to The Refuge was one of the best things she has done for herself.”

— Dr. Hunt



www.therefuge-ahealingplace.com | (844) 214-8796

14835 Southeast 85th Street, Ocklawaha, FL 32179

