

OPTREUM  
HEALTH  
NETWORK

HOLISTIX  
TREATMENT CENTERS



*Provider of behavioral health services*

OPTREUM  
Health Network







# Who we are

## Optreum Health Network

is a provider of behavioral healthcare services. We provide behavioral health and addiction services to our patients in a variety of settings, including Inpatient Detoxification Hospitals, Specialty Treatment Facilities, Residential Treatment Centers and Outpatient Clinics

With multiple locations around the country, we aim to help as many people as we possibly can to recover from their addiction.

Our treatment plans are individualized for our patients, in turn providing them the highest level of care. We know struggling with addiction is difficult, and we help to start a life of long lasting recovery. We pride ourselves in providing the highest quality of care by utilizing Masters and Doctoral level Therapists, board Certified Medical Practitioners, including Psychiatrists, Addictionologists, and Internal Medicine Practitioners.

## The Holistix Treatment Centers (HTC) & The Detox Center (TDC)

provide medical detox and a full behavioral health continuum of care that specializes in treating the medical acuity and symptomatology as well as clinical implications of prolonged and acute substance abuse.

Both provide:

- › medication-based detoxification
- › behavioral health support services
- › daily clinical groups
- › individualized therapeutic interventions

Our population of clients are all adults, 18+ years of age. They are referred to us from all parts of the country.

# Our Centers



# Our Mission

*To serve and enrich the lives of individuals struggling with addiction by empowering them to live their best life.*







*Lake Worth Treatment Center*  
9935 Palomino Drive  
Lake Worth, FL 33467

# HTC Vision

*is high-quality care*

We strive to provide the highest quality of clinical services to individuals with co-occurring diagnoses. These services will be individualized and specialized to reduce symptoms, improve functionality, and strengthen the capacity to live an independent and fulfilling life.

Our holistic approach is for our clients to focus in a supportive environment, where healing can occur for the client, family, friends and loved ones.

Our vision at Holistix Treatment Centers is to provide quality therapeutic services. We take a holistic approach to addiction treatment, and we believe in treating the individual through mind, body and spirit. Each of these components have an important effect on the well-being of a person.

## Florida Locations

### Holistix Treatment Center

has beautiful locations in Margate and Lake Worth, Florida, as well as a center in San Diego, California.

All of our treatment centers provide holistic services and a structured environment that provides a strong foundation for long-term recovery. Whether you are recovering from alcohol abuse or drug dependence, our clinicians and therapists will ensure that you have a safe recovery as you start your new life, free from drugs and alcohol.

We treat not just the physical aspect of the disease, but also the emotional, familial, environmental and social aspects.



*Margate Treatment Center*  
6261 W Atlantic Blvd  
Margate, FL 33063





# HTC Modalities

+treatment programs

## Levels of care

Inpatient Detoxification (DTX)  
Inpatient Residential (RES)  
Partial Hospitalization (PHP)  
Intensive Outpatient (IOP)  
Outpatient (OP)

**CBT:** We take a focused therapeutic approach which helps our clients overcome addiction by introducing the same learning processes he or she used to initially develop the addiction.

**DBT:** Has been proven useful in treating mood disorders, suicidal ideation, and for change in behavioral patterns such as self-harm, and substance abuse.

**SEEKING SAFETY:** A present-focused therapy that helps clients attain safety and create healthy boundaries as a result of healing from trauma.

**PSYCHODRAMA:** An active and creative therapeutic approach that uses guided drama and role playing to work through problems.

**MEDITATION & YOGA:** A holistic method used to provide healthy coping skills and reduce stress.

**ACUPUNCTURE:** A system of complementary Eastern medicine that involves pricking the skin or tissues with needles, used to alleviate pain and treat various physical, mental, and emotional conditions.

**MINDFULNESS:** A mental state achieved by focusing one's awareness on the present moment.

**12-STEP RECOVERY:** 12-step programs provide a set of rules, basic principles similar to a code of conduct for long-term recovery.



Motivational  
Interviewing  
(MI)



Dialectical  
Behavioral  
Therapy  
(DBT)



Medication  
Assisted  
Treatment  
(MAT)



Seeking Safety  
(And Other  
Trauma Focused  
Therapies)



Cognitive  
Behavioral  
Therapy  
(CBT)



a Variety of  
Holistic Healing  
Treatments



# San Diego Location

Our San Diego location is a premium addiction treatment center that is dedicated to provide top-quality rehabilitation services for those in need.

We recognize that a single method of treatment cannot successfully treat the needs of every addict that is seeking recovery, therefore we offer holistic treatment services in order to meet the needs of each individual, including those with dual diagnosis cases.

We provide full-service care, with modern furnishings, cozy rooms, along with the full spectrum of residential substance abuse addiction treatment.

## Rehab Programs offered

**Dual diagnosis Treatment:** Treatment of dual diagnosis, also known as 'co-occurrence' disorder is the occurrence of a substance use disorder (SUD) in patients with mental illness. Several studies have shown that there is a high correlation between post-traumatic stress disorder (PTSD) and substance abuse. If you suffer from anxiety, depression, panic disorder or another mental health disorders and you started drinking or using drugs to help the symptoms disappear, you might suffer from this co-occurrence.

***Successful treatment programs include a combination of some or all of the following approaches for co-occurring disorders:***

- › Medical Detoxification (if needed)
- › Rehabilitation support
- › Inpatient | Outpatient | Intensive Outpatient | Partial Hospitalization
- › Holistic Treatment program
- › Aftercare

### ***Evidence-Based Treatment***

- › 12 Step Program: a strategy geared towards empowering the recovering addict and taking responsibility for their own outcome in life.
- › Cognitive Behavioral Therapy (CBT): we take a focused therapeutic approach which helps our clients overcome addiction by introducing the same learning processes he or she used to initially develop the addiction.
- › Dialectical Behavior Therapy (DBT): been proven useful in treating mood disorders, suicidal ideation, and for change in behavioral patterns such as self-harm, and substance abuse.

***Holistic Healing Techniques:*** Aim to treat all parts of the individual rather than simply addressing troublesome symptoms.



**San Diego Treatment Center**  
6310 Alvarado Court  
San Diego, CA 92120







# Alumni Program

Our goals for the Alumni Program are to build the biggest one possible. Not just any Alumni Program, but a family!

We know how important it is for all of our alumni to stay in touch, help support each other and show that treatment works because this is a WE program.

Our program will incorporate:

Epic events | Alumni meetings | Fellowships dinners  
Alumni Speakers

We will keep patients that return home in touch with the community through webinars and online meetings.

We strive to keep those who have gone through our program up-to-date with us. They might not have the support they need right away when they return home, so it is crucial for them to know that they are not alone in their recovery. We would love for every alumni to eventually share their experience with future alumni who leave the local area after treatment in order to show that it works!

# Family Program

Here at Holistix, we understand the significance of the role that the family plays. As a result, we have created an approach to tackle addiction with your family and your recovery at the forefront: Our Family Program.

In addition to the weekly contact from the client's Primary Therapist (contingent upon consent), the family will also have the support of the Director of Client Relations.

The Family Program is meant to provide more individual attention to the families to build rapport, establish trust and create connection, all while allowing the therapist to focus on the individual client. Furthermore, the families will be provided with resources to meet their individual needs.







# Location

## The Detox Center

has a beautiful location in Boca Raton, Florida. The Detox Center is South Florida's state-of-the-art destination for drug, opiate and alcohol detoxification.

Our Addiction Treatment Center offers medically-assisted detox of chemically addictive substances in a safe and secure environment. Our handpicked team of medical and clinical professionals have years of experience assisting those who struggle with drug and alcohol addiction.

Founded in 2017, our treatment center provides detox services and a structured environment that provides a strong foundation for long-term recovery.

# TDC Mission

At The Detox Center, our approach utilizes a balance of traditional and alternative methods to offer the best, most well-rounded approach to recovery.

From the use of medications to ease symptoms and ensure a safe journey through withdrawal, to practices like yoga and massage to induce physical comfort and mental clarity, we aim to provide comprehensive addiction treatment for the best possible results.

Whether you are recovering from alcohol abuse or drug dependence, our clinicians and therapists will ensure that you have a safe and comfortable medical detox as you start your new life free from drugs and alcohol.

*This world is about second chances, and The Detox Center is in the business of providing them.*



# What we offer

## + our balanced approach

**LIVING ENVIRONMENT:** Comfort and privacy are paramount to the detox process and we go to great lengths to reduce levels of stress and anxiety for our patients. Our facilities are each unique, housing 38 patients in Boca Raton at a time. Each bedroom comes equipped with a flat screen tv and cable connection.

**MEDICALLY ASSISTED DETOX:** Removing toxic drugs and alcohol from the body within a controlled medical environment is key to safety and success. Often times people try to detox themselves at home and without 24 hour medical supervision. Not only is this unsafe and dangerous, but it could lead to medical complications including death. The Detox Center offers a safe and medically supervised environment where patients are cared for by a qualified and licensed medical team.

**ALTERNATIVE TREATMENT:** We are dedicated to a drug and alcohol detox program that addresses the entire being. The integration of alternative therapies like massage, acupuncture, chiropractics, sound therapy and yoga are done with the objective of complementing medical detox. The detox process can be challenging and these treatments help to alleviate the symptoms of alcohol and heavy drugs like heroin, meth, or crack.

**CLINICAL SUPPORT:** At The Detox Center, you will be surrounded by highly experienced, compassionate professionals who understand your needs and concerns, and will provide you with the clinical support and comfort that you will need during your stay. Clinical staff are on-site 7 days a week. Our entire clinical team are experienced, substance abuse therapist who can provide support through psychotherapy groups as well as individualized attention.



Drug Detox



Alcohol Detox



Residential  
Treatment



Alt. Treatment



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### Hunter L.

I have been to treatment a few times and I really enjoyed that this treatment center had a holistic program. I feel that the holistic program at Holistix Treatment Center is what I was missing for long term sobriety. I would recommend this treatment center to any of my loved ones.

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### Paula G.

Holistix Treatment Center was a facility I was at for 53 days. The staff was extremely knowledgeable, helpful and sensitive to my personal needs. I enjoyed equine therapy, sound therapy and activities on the weekends. There are a range of AA/NA meetings to attend 7 days a week. Highly recommended.

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### Jennifer D.

Holistix Treatment Center was a facility I was at for 53 days. The staff was extremely knowledgeable, helpful and sensitive to my personal needs. I enjoyed equine therapy, sound therapy and activities on the weekends. There are a range of AA/NA meetings to attend 7 days a week.

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### Michael M.

Holistix Treatment Center truly gave me the opportunity to turn my life around when I thought I did not have anymore chances. They could not have been more loving and caring in every way possible. Holistix truly helped me every step of the way. Help your loved one through Holistix Treatment if they need it!



# OUR Raving fans

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### Alec

I would highly recommend this facility for detox/residential. All of the staff show a high level of concern and passion behind what they do when it comes to the care and well being of their clients. This place has saved my life and I cannot thank this place enough for what they have done for me showing me a new way of life and new desire for living and being a better person each and every day.

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### Kris

Great staff, great techs, took care of me properly and safely. Good environment - they feed you nicely to get healthy and ready for a nice sober life. I Would recommend it to any family or friend struggling with addiction/ alcoholism. best place to begin your road to recovery. I called for help from New York and I was in the Detox Center in Florida by the end of the same day. Incredible people.

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### Michael

The Detox Center is a genuine facility. Very small and intimate, and a high quality of care.



# WEBSITES

Optreum Health Network

[www.optreum.org](http://www.optreum.org)

Holistix Treatment Center

[www.holistixtreatment.com](http://www.holistixtreatment.com)

The Detox Center

[www.thedetoxcenter.com](http://www.thedetoxcenter.com)

# VIDEOS

Holistix Treatment Center

[Admission Process](#)

[Levels of Care](#)

[Lake Worth Overview](#)

The Detox Center

[Boca](#)

