



**Transformations**

*at Mending Fences*

An **UPHealth** Company

**Helping Veterans & First Responders**

Nationally Licensed and Accredited  
Mental Health and Substance Abuse Treatment Center



Transformations at Mending Fences offers the Help For Our Heroes program which is specifically designed **FOR** veterans and first responders **BY** veterans and first responders in order to improve their physical, mental, and emotional wellness, helping to heal and repair their lives.

This program specializes in treating military veterans and first responders who are suffering from primary mental health, substance abuse, and co-occurring disorders. Our location is on 400+ acres in beautiful northern Florida, an ideal setting for peaceful treatment and recovery.

Our unique program has successfully helped hundreds of veterans and first responders nationwide manage the problems incurred by job stress and chemical dependency. Upon completion of the program, clients have a plan in place to help cope with stress management; improving their physical, mental, and emotional wellness.



## Treatments & Therapies

Our primary focus is to help those who have suffered from extreme trauma. Our licensed clinicians use specific therapies to help individuals work through the traumatic events that continue to create obstacles which impede their progress toward long-term stability. This includes:

- Eye Movement Desensitization and Reprocessing
- Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Emotion-focused therapy (EFT)
- Equine-Assisted Psychotherapy
- SoundPath Recovery (music therapy)
- Sand tray Therapy
- Individual sessions
- Trauma groups



We are a nationally licensed and accredited treatment center in Florida.

[www.helpforourheroes.com](http://www.helpforourheroes.com)  
[www.transformationtreatment.center](http://www.transformationtreatment.center)

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**ALL CALLS CONFIDENTIAL**