

Our Treatment Programs

Transformations at Mending Fences provides the appropriate psychological and physiological care necessary for healing. We offer a variety of traditional and experiential therapies and programs including:

- Residential Program
- Partial Hospitalization Program
- Detox Program (Offsite)
- Medication-Assisted Treatment (MAT)
- Experiential Therapy (adventure therapy & art therapy)
- Equine-Assisted Psychotherapy
- Choice of groups
- Family Program

Treating Trauma

Our primary focus is to help veterans and first responders who experience traumas including PTSD, combat trauma, grief and loss, and MST (military sexual trauma). Our licensed clinicians help individuals work through the traumatic events that continue to create obstacles which impede their progress toward long-term stability. Clients will begin to learn and develop healthy coping skills and begin to address their trauma in a safe space.

Beautiful Residences On-site

We are located on 400+ acres of beautiful Northern Florida landscape and offer a total of 24 residential and 12 partial hospitalization beds. We have an outdoor area designed for fellowship and a fire pit for chilly nights. In addition, we have large group rooms and a state-of-the-art fitness center to ensure a sense of community and normalcy during treatment.



Transformations

at Mending Fences

An **OPHealth** Company

15530 W Highway 326
Morrison, Florida 32668

If you or a loved one need help,
contact us today.

(888) 977-5358

ALL CALLS CONFIDENTIAL

www.helpforourheroes.com

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Nationally Licensed & Accredited



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at Mending Fences

An **OPHealth** Company

Helping Veterans & First Responders

Nationally Licensed and Accredited
Mental Health and Substance Abuse
Treatment Center

www.helpforourheroes.com



What We Treat

We treat veterans and first responders struggling from mental health or substance use disorders including:

- Primary Mental Health
- Anxiety Disorders
- Depression
- Dual Diagnosis
- PTSD & Trauma
- Combat Trauma / MST
- Bipolar Disorder
- Borderline Personality Disorder
- Alcohol / Substance Abuse
- Process Addiction



Cognitive Behavioral Therapy (CBT)

CBT is a form of psychotherapy which seeks to change a person's dysfunctional emotions, behavior, and thoughts and how they are processed by interrogating and uprooting these negative and irrational beliefs. It rests on the belief that the way someone thinks and perceives impacts their behavior.

Equine-Assisted Psychotherapy

Equine-assisted therapy encompasses a range of treatments that involve activities with horses and other animals to promote human physical and mental health.

Physical Activity & Engagement

Our clients are able to participate in a number of engaging activities such as grief group, Rucksack and virtual runs, EFT (Emotional Freedom Technique), yoga, meditation, and breath work. These types of activities can help improve mental health by reducing anxiety, depression, and negative mood. We also have an on-site gym as well as a labyrinth for clients to utilize throughout their stay.

We've Got Your Back

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.

Experiential & Traditional Therapies

Our unique program offers a variety of individualized therapies which have successfully helped hundreds of veterans and first responders nationwide manage the problems incurred by job stress and chemical dependency. These therapies include:

- Eye Movement Desensitization and Reprocessing
- Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Emotion-focused therapy (EFT)
- Equine-Assisted Psychotherapy
- Creative expression/Music Therapy
- Sand tray Therapy
- Individual sessions
- Trauma groups

Eye Movement Desensitization and Reprocessing (EMDR)

EMDR is an evidence based psychotherapy which helps the client access and process traumatic memories and symptoms of emotional distress to an adaptive resolution. It supports a quick and effective re-grounding of disturbing memories and/or distorted thoughts.

