



## Reclaim Your *Life*

*Tranquil Shores offers  
unique and personal substance  
abuse treatment focused on  
long-term success for the client  
and their family.*



We invite you to call us with questions on our 24-hour helpline.

877.566.1166

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## Reclaim Your *Life*

*Tranquil Shores is the ideal  
atmosphere for restoring health,  
hope and harmony in the lives of  
people affected by addiction.*

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

## Philosophy

Tranquil Shores offers a comprehensive, effective program designed for individuals seeking relief from alcohol and substance abuse. With guidance from our licensed Clinical Team, most of whom are internationally recognized, you will create a treatment plan uniquely specific to your individual needs.

The professional staff at Tranquil Shores is focused on helping you gain long-term recovery and is committed to providing you with exceptional treatment from substance abuse. Our collective experience ensures we are qualified to meet the treatment needs of many different individuals for a successful, abstinence-based lifestyle. From our medical staff to our support staff, you will experience compassion, care and confidential healing at Tranquil Shores.

### Tranquil Shores is different in many ways:

- Our program intensity and duration is based on personal progress rather than a predetermined length of time.
- We offer private, comfortable housing where clients are encouraged to incorporate personal items into their residencies.
- Clients are granted access to counselors as often as therapeutically indicated.
- Counseling begins during the course of the admission process.
- We cultivate a family atmosphere where loved ones are welcome to join the healing process.
- The counselors and other staff establish relationships based on trust and wellbeing with all clients receiving treatment at Tranquil Shores.

## Recovery Services

At Tranquil Shores, we offer a variety of programs for customizing your treatment plan to facilitate individual attention from skilled counselors at the exact moment you reach out for help. We concentrate our focus by maintaining a limited case load for counselors, so they may invest all their efforts into your success for a life free from addiction.

The Clinical Team is uniquely qualified and assembled to offer progressive, personalized care in treating the specific obstacles standing in your way to recovery. Our collective group therapy includes education, process, alternative healing, family collaboration, spiritual principles, gender-specific empowerment and other specialty groups as needed for your healing.

**Detoxification:** If you require medical detoxification from alcohol or other drugs, we work closely with your medical team to monitor your health and ensure you are in a safe and comfortable atmosphere. Once you have completed the detoxification process, you will be ready to take the next step into treatment with support from your counselor and other Tranquil Shores' staff.

**Alternative Healing:** Holistic practices woven into traditional therapies enrich the experience of recovery. You can look forward to exploring the benefits of Yoga, Qigong, Acupuncture, EFT, Massage Therapy, Sound Healing and other proven forms of alternative therapies while being treated for substance abuse at Tranquil Shores.

**Adult Outpatient Substance Abuse Treatment:** The Outpatient program is designed for individuals with a desire to receive counseling during the day and then return to their support systems in the evening. When flexibility is needed and a support system is established, the Adult Outpatient program may be the best level of care for your personal recovery.

The Clinical Team will help determine what treatment services best match your specific goals and needs as you navigate the levels of care and treatment options available. In this program, you will receive individual counseling and a custom treatment plan, incorporating your support system, to help you work toward long-term success.

## Recovery Services

**E-Therapy:** Combining telecommunications with therapy provides a valuable, confidential service for individuals who are unable to receive traditional counseling or for clients who have returned home and are interested in continued care. Tranquil Shores employs several State certified, E-therapy counselors in an effort to extend recovery services if and when you travel or have other special requirements.

**Transitional Housing:** Sober living environments are essential to maintaining the goals you formulated with your counselor in treatment. The Transitional Housing program is designed to bridge together treatment and independent living as you work toward gainful employment with the support of a personal recovery mentor and expert staff. This is our way of giving you time to practice new recovery skills in a safe, therapeutic community.

**Success Coaching:** This non-therapeutic, progressive service supports your recovery and focuses on maintaining and achieving your life goals. Coaching can be done in person, electronically or in combination.

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## Specialty Services

### Gifted, Athletes, Musicians and Artists

Addiction resulting from stifling or suppressing creativity is a common problem for highly sensitive individuals. This unique service supports the Gifted, Athletes, Musicians and Artists heal from substance abuse. Successful recovery from alcohol abuse, alcohol dependence, cocaine or opiate dependence for this group requires treatment that is unique and specific to their personality and gifts.

### Military

Unique challenges faced by military personnel can lead to the excessive use of alcohol or other addictive drugs. In attempt to readjust to a civilian life, many of our veterans deal with flashbacks, survivor guilt and other painful memories. This comprehensive Military Service is designed specifically to treat trauma and Post-Traumatic Stress Disorder (PTSD) including, Eye Movement Desensitization and Reprocessing (EMDR) and Accelerated Resolution Therapy (ART).

The Department of Veterans Affairs & Department of Defense Practice Guidelines lists EMDR as a "highly recommended" form of treatment for the men and women in uniform affected by trauma. At Tranquil Shores, we offer you a safe, comfortable and confidential environment for healing and freedom from addiction.

