

## Philosophy | Mission

The philosophy of Genesis House is based on the theory that addiction to alcohol and other substances is a three-fold disease: spiritual, physical, and emotional. We believe in the utilization involved in the 12-step programs of recovery that have proven effective for many hundreds of thousands of people and their families. We therefore believe that the recovery process involves the mental, physical, and spiritual aspects of recovery. We also believe that healing is a very difficult and painful process, the same as recovery from any other illness. The mission of Genesis House is to provide a safe, nurturing environment for our clients to heal from addiction. We will treat all three phases of the disease using the most current medical, psychological, holistic and spiritual approaches available to our team.

*Our strength is in the positive progress that each person is able to experience and the empowerment of the spirit that shines through.*



For more information contact:

*Genesis House  
Recovery Residence Inc.  
4865 40th Way South  
Lake Worth, Florida 33461*

*561•439•4070*

*Fax: 561•439•4864*

**800•737•0933**

*www.geneshouse.net  
info@geneshouse.net*

*"The One and Only"*



Private  
Residential  
Treatment  
Programs

*"Just wanted to drop you a line to tell you what a difference Genesis House has made in my life..."*





## About the Program

Located in beautiful Palm Beach County Florida, The Genesis House Adult Treatment program is designed to serve male and females with drug and alcohol and dual diagnosis related problems. The program is 30-90 days in duration.

Treatment is provided in a safe, supportive home like environment where the residents can learn the new skills necessary for achieving long lasting recovery and begin to address any secondary psychological issues. The structured program is comprised of the following:

- Daily group therapy
- Lectures
- Education meetings
- Individual therapy
- 12-Step meetings
- Daily activities

Separate living quarters for male and female clients are provided. Clients sleep two to a room. Meals, activities, and therapy are always shared under the supervision of staff.

## Treatment Services

All counseling services are performed by highly trained, experienced clinicians under the supervision of the Clinical Program Director. Individual and group counseling psycho-education groups, goal setting, nutrition and substance abuse education lectures are woven into the daily treatment regimen, including:

- Goal groups
- Big book studies
- Stress management groups
- Eating disorders groups
- Relapse prevention groups
- Arts and crafts
- Anger management therapy
- Spirituality groups
- Activities of daily living groups
- Massage therapy
- Christian counseling available

## Medical Services

Within 72 hours of placement, residents will have a complete physical examination including labwork as well as a psychiatric evaluation. All residents are monitored by the program Psychiatrist and Medical Director throughout the course of treatment.

## Dual Diagnosis

Many patients have Dual Diagnosis, meaning they have both a substance abuse issue and an additional diagnosis such as bi-polar (depression), anxiety, personality, or mood disorder. Patients who are chemically dependent and obsessive compulsive receive dual diagnosis treatment for both issues as a whole. Our staff of experienced professionals utilize medical, clinical, holistic and therapeutic methodologies to help the individual obtain long-term abstinence from substance abuse as well as coping mechanisms to deal with their dual diagnosis.

## Recreational Therapy

Learning to enjoy life without the use of drugs and alcohol is an important aspect of treatment. All residents participate in outside recreational activities weekly under the supervision of staff. On campus we have a basketball court, swimming pool, workout room, and table tennis.

## Discharge & Aftercare

The discharge plan which is a continuing care plan will be developed with the resident, treatment counselor and family near the completion of treatment. This plan may include:

- Individual and family out patient counseling sessions
- 12-step meeting attendance
- Sponsorship
- Family relational counseling
- Academic goal setting
- Social redevelopment
- Continuing medication therapy

## Admission Criteria

- Minimum age 18 years and older
- Primary drug and / or alcohol problem
- No physical or psychiatric disabilities which would preclude participation in daily structure, and / or activities
- If applicable pending legal issues will be addressed on an individual basis
- No history of excessive violence
- Resident must be willing to abide by all program rules / regulations

Call Genesis House Today

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Recreation and activities include:

- AA/NA functions
- Basketball
- Beach activities
- Bowling
- Fishing
- Softball
- Snorkeling
- Swimming
- Table tennis
- Work-out room
- Yoga

