



TIKVAH LAKE

A TAILOR-MADE

Rehab

EXPERIENCE

GOING ABOVE
AND BEYOND FOR
YOUR RECOVERY

THE TIKVAH LAKE EXPERIENCE:

Luxurious Comforts *Personal Care*

We understand that addiction is a deeply personal challenge, and a tailored approach is crucial for achieving lasting recovery. That's why our clinical director and medical staff work intimately with you to ensure that every aspect of your recovery journey is crafted for success. From medical support to spiritual guidance, our holistic approach will fully nurture you all along the way.





THE TIKVAH LAKE PROMISE:

We Prioritize Your Wellbeing and Comfort

In our paradise-like amenities, we go above and beyond to make your journey toward healing from addiction as supportive and comfortable as possible. We work with you one-on-one to uncover the origins of your addictions and then set you on your ideal path to healing with Cognitive Behavioral Therapy and Holistic Wellness Practices. Our program incorporates elements of Alcoholics Anonymous (AA) and Narcotics Anonymous (NA), and treatment is organized into three phases: Orientation, Therapy Sessions, and Preparing for Life After Treatment.



The Road to Recovery Isn't Easy...

Addiction is a lonely journey fraught with the constant internal battle to stay away from substances and often topped off with additional mental health challenges. The road to recovery is a confusing and overwhelming one that requires tremendous courage, and many go through a series of trial and error long before they can hope to see any progress from treatments. And even when there is progress, unavoidable triggers can easily send them into relapse, back down the path they have worked so tirelessly to escape.



ADDICTION – AND THE STRUGGLE TO BREAK FREE FROM IT – IS A DEEPLY PAINFUL EXPERIENCE.

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|-----------------------|-------------------------------|----------------------------------|
| » Alcohol Addiction | » Opioid Addiction | » Anxiety Disorder |
| » Fentanyl Addiction | » Prescription Drug Addiction | » Bipolar Disorder |
| » Heroin Addiction | » Gambling Addiction | » Depression |
| » Marijuana Addiction | » Work Addiction | » Personality Disorder |
| » Meth Addiction | » Sex Addiction | » Post-Traumatic Stress Disorder |



...But Tikvah Lake Can Change That

- » Detox services and therapies to support your recovery.
- » Therapeutic guidance to reshape your behaviors and mindset.
- » Compassionate support for overcoming mental health challenges.
- » Accurate diagnosis to create a tailored treatment plan.
- » A secluded space to protect you from addiction triggers.
- » A skilled, caring staff offering 24/7 support and care.

We have seen the challenges of addiction first-hand and we know what you need. Through our detox management services and therapies, we help you get to a place where you can make sustainable change. Our compassionate team of therapists guide you to redefining your relationship with your behaviors as well as help you through mental health challenges. And no need for trial and error: We ensure an accurate diagnosis that allows you to quickly and effectively get the precise treatment you need. All this at our secluded oasis, where you can rest assured that there won't be any triggers disrupting your recovery process. And with our devoted, caring, and competent clinical staff, you will never feel alone on this journey.



Therapies & Treatment



COGNITIVE BEHAVIORAL THERAPY (CBT)

A technique that is proven to be effective in treating substance abuse, CBT takes a problem-solving approach to healing by first seeking to identify negative thought patterns and behaviors and then working to reframe them. At Tikvah Lake, you can count on at least ten hours a week of individual CBT therapy, giving you ample opportunity to reap its life-changing benefits.



HOLISTIC WELLNESS PRACTICES

We aim to treat the whole individual. To this end, in addition to talk therapy, we offer a holistic wellness treatment program that seeks to engage your mind, body, and spirit. Through yoga, energy work, and meditation, you will be able to manage stress and reduce symptoms of depression and anxiety. Our holistic services also extend to nutrition counseling, which can help you restore your physical health post substance abuse.



AFTERCARE AND RELAPSE PREVENTION

Our goal is that you leave our program feeling empowered to maintain recovery long-term. Our therapists work with you to create an aftercare plan designed to prevent relapse and set you up for success in leading a positive, healthy life. As per our MO, we make sure that your aftercare plan is just as tailored to your needs as the rest of your recovery experience was.

PHASE 1:

Orientation

A week-long period where we design a treatment plan that suits your needs. During this week, you can expect to learn all about healthy living.

PHASE 2:

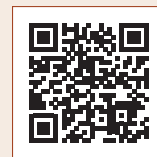
Therapy Sessions

The actual treatment period where you begin your therapy sessions and learn coping skills that will help you maintain recovery.

PHASE 3:

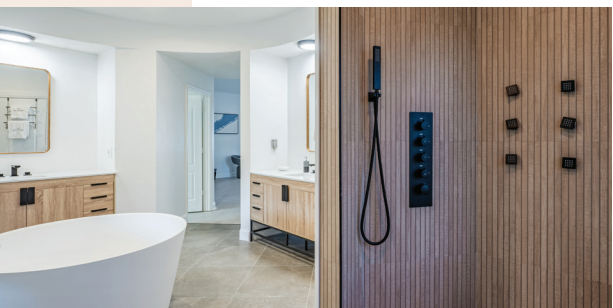
Preparing for Life After Treatment

We work with you to make aftercare plans that are tailored to your circumstances so that you feel equipped to transition to the next step in your recovery journey.



DISCOVER OUR
FACILITY
Scan to Watch





Hotel-Like Amenities, Home-Like Feel

Nestled near a stunning 200-acre lake, the Tikvah Lake Recovery Center is a 15,000-square-foot Florida mansion whose luxury is unmatched by other centers in the country. A secluded oasis that is draped in sunshine (that means lots of healthy Vitamin D exposure!) and surrounded with beautiful lake views, our campus offers the perfect setting for calm reflection and healing. Throw gourmet meals into the mix, and you've got five-star accommodations that will facilitate your ideal recovery journey!



A SANCTUARY OF HEALING:

Explore Our Luxurious Campus



- » 6-bed luxury residential home
- » Options for private room or villa accommodations
- » Lounge areas
- » Private therapy spaces
- » Pool
- » Library
- » Recreational rooms
- » Spa
- » Dock and boats
- » Activity deck overlooking the water
- » State park nearby
- » Gourmet kitchen
- » Attentive house manager
- » Wifi
- » 24-hour tea room







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