



Weekends consist of recreational therapy outings such as golf, trips to the beach, fishing, and boating.

Understanding that you will not live in seclusion once you complete your program, weekends also include dining out, movies, evening activities, and shopping. Your recovery will be in the “real” world, not a remote location with no other interaction.

The facilities at Bayshore Retreat are exquisite. It’s a beautiful home in a neighborhood, on a quiet bayou, just off Choctawhatchee Bay. For beach lovers it’s about two miles from the beautiful white beaches of the Gulf of Mexico in Destin, FL. It’s complete with a therapy pool, hot tub, sauna, outdoor kitchen/grill and private pier. Our floor plan allows for plenty of socializing and “private space”. Each bedroom has its own television and private bath.

We limit our services to six clients at a time, because this ensures each client is better able to receive the treatment he or she needs to be successful. Schedules are adapted to individual needs on a monthly basis. Meals are prepared by our chef with an emphasis on fresh and healthy, as well as flavor. Any dietary needs will also be handled and requests are encouraged.

*Bayshore Retreat is here to help you
restore your life with dignity,
respect, and results.*

Licensed by the Florida Department of
Childrens & Family Services



BAYSHORE Retreat

dignity . respect . results



Visit our website
www.bayshoreretreat.com
email jbutler@bayshoreretreat.com

Call 850-687-6831
Bayshore Retreat, LLC
P.O. Box 365 . Destin, Florida 32540



Bayshore Retreat offers a proven approach to alcohol and drug addiction treatment. It's not twelve steps, rather a one-on-one treatment program tailored specifically for you. Dependency on drugs, alcohol or addictive behavior is not a disease; it's what you do to cope with problems.

Bayshore is designed to help you address those problems intimately and sincerely. The size and limited number of clients assure you the attention you need and deserve 24 hours a day, 7 days a week.

We address the three most important elements of life and happiness:

First is the body. Upon arrival you will have a complete medical assessment with blood work to determine the extent of physical damage done by substance abuse. With the input of the medical director and the dietitian, a regimen of vitamins, diet and exercise is developed for each client to start the healing process for the body.

Next is the mind. You will meet with your Licensed Mental Counselor and other counseling staff to implement a strategy for relapse prevention. Active participation in individual, group, and Life Skills Coaching give you insight into why the abuse began and what has to be done to prevent it in the future.

Followed by the Spirit. Through inner reflection, meditation and spiritual guidance, it's the goal of Bayshore Retreat to "fill the hole" inside its clients with peace rather than the disassociation allowed by substance abuse.

30 days isn't necessarily the "cure-all" for years of substance abuse and personal issues. However, through the program at Bayshore Retreat, clients begin the recovery process on solid footing. The body is healthy, the mind is clear and the issues surrounding the addiction are revealed, as well as ways to deal with those issues.

Each client is different and treated as the unique individual he or she is.

At Bayshore, we work on the causes. Many treatment centers don't allow the use of phones or computer while in their program... we allow you to bring your cell phones, computers, preferred music, books and other personal items that you would normally use at home or work.

Visit our website
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Key points about Bayshore Retreat:

- * Privacy is top priority.
- * Medical Director on call 24-7.
- * Focus on physical, mental and spiritual health.
- * One to one counseling with Licensed Mental Health Counselors.
- * Program designed specifically for each individual.(not "one size fits all")
- * Small group sessions.
- * Positive, empowering, respectful atmosphere.
- * Drug-free treatment.
- * Nutritional counseling as well as Yoga, massages and sauna.
- * Cell phone and laptop allowed.
- * Cognitive behavior therapy (CBT)
- * AA, religious or other support groups available, if client desires.
- * True waterfront location with views from each bedroom.
- * Limit of 2 clients per bedroom.
- * Home-like environment.
- * Neighborhood location, not isolation.
- * Medical assessment, treatment program, counseling, meals, accommodations, activities are all inclusive.
- * Licensed by the Florida Department of Children and Families