

Find the Right Treatment Center for You

When evaluating different centers, remember that each program is different. Some programs are more comprehensive than others and may provide different lengths of stay.

Clinical Therapy: The Tranquil Shores clinical team consists of licensed and certified professionals in areas of substance abuse and co-occurring disorders. Individuals receive individual, group, and family therapy.

A Low Client to Counselor Ratio: At Tranquil Shores we offer a 3:1 individual to counselor ratio, which ensures customized and individualized attention for our clients.

Multiple Therapy Settings: One-on-one, group, and family therapy are all very important when treating an individual who is recovering from addiction.

Individualized Treatment Plans from the Beginning: Our treatment plans are customized for each individual, and goals for our clients are clear for both the client and his or her family.

Duration of Treatment: At Tranquil Shores we ask for a 30-day commitment from our clients, however our program duration is traditionally 90 days. Thirty days is often not enough time to address the underlying issues driving people to abuse substances.

Help with Transitioning After Treatment: Our clients are welcome to continue group therapy for free as part of our alumni program, which is very active and a great source of support after treatment.

Transitional Housing: We have transitional housing exclusively for clients at Tranquil Shores. In such a crucial time coming out of treatment, we know there is the need for a strong support network and an environment where clients can feel confident to maintain their sobriety.

tranquil
shores

Reclaim Your Life

Tranquil Shores is a private substance abuse and co-occurring treatment center dedicated to providing comprehensive and customized substance abuse therapy for men and women 18 years of age and older.

Tranquil Shores drug and alcohol abuse treatment center is located in Madeira Beach, just outside St. Petersburg in the greater Tampa Bay area.

If you or someone you know is struggling with substance abuse, please call our confidential helpline at (877) 566-1166. Admissions specialists are available 24-hours a day, 7-days a week (including holidays).



4300 Duhme Road, Madeira Beach, FL 33708
(727) 391-7001 • tranquilshores.org



Reclaim Your Life

The most **real life experience** in a *therapeutic setting.*

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

Our Philosophy

Tranquil Shores' licensed clinical team creates a treatment plan specific to an individual's unique personal needs using the integrated recovery model. From our medical staff to our support members, clients will experience compassion, care, and confidential healing, allowing them to reclaim a successful, abstinence-based lifestyle.

Our traditional program at Tranquil Shores is 90 days.

Who We Treat

- Men and women 18 years and older
- Substance Abuse and Co-Occurring Disorders
- Executives Program
- Approved PRN / IPN provider

Levels of Care

- Day/night treatment with beachfront residences
- Intensive Outpatient (IOP)
- Outpatient (OP)

After Treatment

- Transitional Housing Program*
- Active Alumni Program

Private substance abuse and mental health treatment center providing comprehensive and personalized therapy.

*For our 90-day program residents and alumni only

Our Approach

Our expert staff is trained and dedicated to providing personalized attention to facilitate comfort and healing through challenging times. We maintain a 3:1 individual to counselor ratio, so we can invest all our efforts into success for a life free from addiction. We develop a custom plan that incorporates an individual's support system in helping him or her work toward long-term success.

Evidence Based Therapy: We offer evidence based therapeutic modalities in individual, group, and family group settings. Individuals also have access to our psychiatrist.

Alternative Healing: Explore the benefits of yoga, qigong, acupuncture, EFT, massage therapy, sound healing, and other forms of alternative therapies at Tranquil Shores.

LEVELS OF CARE

Day/Night Treatment with Beachfront

Residences: This level of care is best for those who need to be monitored medically during the day and can reside in our beachside condominiums in the evening. Treatment is five days a week at our clinical office.

Adult IOP Substance Abuse Treatment:

Intensive outpatient services incorporate individual and group therapy, family therapy and education, and medication management. Intensive outpatient treatment is three days a week for three-to-four hours a day.

Adult OP Substance Abuse Treatment:

Outpatient rehabilitation includes recovery services at our facility during the day, while individuals continue to live at home. Outpatient rehabilitation works well for clients who have a strong support system for recovery in their home environment. We focus on individuals' immediate goals and provide coping strategies to stay sober long-term.

Specialty Services

Executives Program

Tranquil Shores helps busy executives regain control of their lives and overcome their addictions without losing their career. Our confidential and discreet services provide a safe place for professionals to overcome their addiction and learn healthier ways to handle the day-to-day stress and pressure of their jobs, careers, and lifestyles. We make it possible for executives to stay connected to their business, while continuing to focus on their recovery.

Medical Professionals

At Tranquil Shores, we can offer Medication Assisted Treatment (MAT) when necessary. This is determined on a case-by-case basis.

Approved PRN / IPN Provider

Tranquil Shores is an approved provider for Professionals Resource Network (PRN) and Intervention Project for Nurses (IPN). These two programs are designated as the State of Florida's Impaired Practitioners Programs with missions to protect the health, safety, and welfare of the public, while supporting the integrity of the health care team and other professionals. As an approved provider, we are devoted to supporting medical professionals through every step of their recovery process.



- Our program intensity and duration is based on personal progress rather than a predetermined length of time.
- We offer private, luxurious housing, where clients are welcome to bring personal items into their residencies.
- Our clients are granted access to counselors as often as therapeutically indicated.

Break Out Groups

Break out groups provide the opportunity for individuals to have an independent say in a group setting of four to six people. Focusing on a certain issue, break out groups teach efficient communication skills with tailored treatment. Individuals choose three groups during their treatment, each lasting for 30 days.

Group Therapy and Support

At Tranquil Shores, group counseling is used in addition to individual counseling to provide a supportive community for individuals who are trying to work towards a sober lifestyle. As part of mutual-support groups, peers can have a powerful role in an individual's recovery.

Recovery Coaching

This non-therapeutic, progressive service supports recovery and focuses on maintaining and achieving life and recovery goals. Coaching can be done in person, electronically, or in combination of the two.

Life Coaching Services

Often times with addiction, individuals forget how to handle some of life's simple tasks. Life skills are the common skills needed to manage life effectively and cope with everyday challenges and obstacles. In early recovery, these skills are extremely important to the healing process. Tranquil Shores takes pride in consistently updating our program to match the needs of all participating.

What makes us *unique*

- We strongly encourage family support and involvement as part of the therapeutic process, where loved ones are welcome to join the healing process.
- Tranquil Shores' mission is to build therapeutic relationships with each individual to support his or her long-term recovery goals.
- Due to our 3:1 individual to counselor ratio, individuals have access to personalized attention.

After Treatment

Transitional Housing Program

Sober living communities are essential to maintaining the goals formulated with the counselor in treatment. The Transitional Housing Program at Tranquil Shores is designed to bridge together treatment and independent living. With the support of our staff, this exclusive program provides time to practice new recovery skills in a sober recovery environment.

Alumni Program

Tranquil Shores Alumni provide experience, strength, and hope that are vital for delivering the promising message of recovery to all those who share this same journey.

Individuals who successfully complete our 90-day program are offered the following monthly alumni services: free access to weekly Tranquil Shores therapy groups, monthly check-in meetings, monthly topic-specific workshops, Sunday evening recovery meetings and Annual Alumni Reunion Weekend.

