Help For Our Heroes
Treatment Program

RESTORING HOPE.
CREATING PURPOSE.
CHANGING LIVES.

(888) 531-8449
ALL CALLS CONFIDENTIAL
What is the Help For Our Heroes Treatment Program?

Founded with a former military veteran and first responder, this unique program is one of the personalized treatment options offered at Transformations Treatment Center. It is specifically designed to help first responders, military veterans, and their families cope with problems incurred by job stress. This program offers a behavioral and mental health component which addresses issues such as chemical dependancy, trauma, PTSD, anxiety, depression, and substance use disorders.

From our clinical building, to the Help For Our Heroes suite, to the residences, each place will play an integral part in the treatment and beginning stages of recovery for our clients. Upon graduation, clients have a plan in place to help cope with stress management, improving their physical, mental, and emotional wellness and wellbeing.
Who is the Help For Our Heroes Treatment Program for?

This program is designed for military veterans, police officers, fire fighters, corrections officers, paramedics, and other emergency personnel. These brave men and women are exposed to a level of physical, emotional, and mental stress unlike anyone else. As their jobs have become even more demanding, stress levels have increased to the point where they experience some of the country’s highest rates of substance abuse, depression, and suicide. The Help For Our Heroes program has treated hundreds of emergency personnel and military veterans nationwide, setting them on the path to success.
Who We Serve

**Corrections Officers**
Working in the corrections environment can be a unique challenge. Working with clinicians having experience and knowledge about the specific issues faced by corrections officers is an important step in getting help. Whether you’re struggling with substance abuse or mental health issues, Transformations has the specialists who understand.

**Emergency Personnel**
The high-pressure environment faced by emergency personnel is unlike anything else. Reaching out for help to overcome the challenges emergency responders face as a result of the difficult work you do can be hard. Transformations offers tailored services for emergency professionals, so you can set out on your path to recovery.

**Firefighters**
Putting your safety on the line to provide life-saving measures to those in the greatest need can wear down the resolve of the strongest individuals. The lasting effects may show up long after the job is done. Asking for help is a sign of strength, not weakness. At Transformations, you can take the time to find the care you need from our experienced professionals.
Military

Making the choice to ask for help can be difficult. Making the transition from military to civilian can be a shock. We are here to remind you that you’re not alone in whatever it is you face, and the Veteran community at Transformations will help you on your way. We take pride in helping Veterans like you, so you can get back to living the life you intended.

Paramedics/EMT's

When your job is to provide life-saving intervention often in the aftermath of disaster, what you see and experience can be daunting. What becomes another day at work would shake many people to the core. Transformations can provide the care and experience you need to understand and overcome your personal challenges.

Police Officers

At Transformations, we have the resources to help those who’ve dedicated their careers to protect and serve the public. Through all you’ve seen and experienced, you are not alone. Our programs offer specialized treatment for professionals like you. Like those with whom you’ve served, when you need help, we are there.
EMDR Trauma Therapy
Eye Movement and Desensitization Reprocessing (EMDR) is a type of psychotherapy with the goal of reducing the effects of emotional trauma.

Individualized Therapy
Private weekly sessions aimed at identifying problem areas which influence specific thoughts and behaviors. Additional sessions are added when needed.

Resilience Therapy
We help our clients to overcome adverse events in their lives by teaching the use of internal and external protective factors, which aid in responding effectively to the environmental stressors being experienced.

Pain, Stress, and Anxiety Therapy
Several stress-reducing techniques are offered to our clients who are suffering from chronic pain, anxiety, panic attacks, and phobias.

PTSD
Post-traumatic stress disorder (PTSD) is a mental illness triggered by trauma. Our focus is to help clients process those memories to restore normal brain functioning.

Suicide Prevention
The rate of suicide among first responders is absolutely staggering and continues to grow. Our main goal is to treat our clients’ mental health issues in order to prevent these tragic losses of life.
Carlos Farina, MS, MCAP, NBCCH
Program Director

Carlos Farina is a founder and the director of the Help For Our Heroes program. He has over 26 years of clinical and consulting experience and received his Master’s degree in counseling psychology from St. Thomas University in Miami, FL, with a specialty in behavior modification. He completed his clinical training and internship at Fair Oaks Psychiatric Hospital in Palm Beach County, FL, providing clinical services in both the adult and adolescent psychiatric and chemical dependency units.

Carlos is also a 30 year law enforcement veteran with the Broward County Sheriff's Department where he served in road patrol, staff clinician with the department’s psychological services division where he offered his clinical services to all law enforcement officers and their families. During his time with the department's psychological unit, he conducted numerous officer post-critical incidents debriefings, these included line of duty deaths, post-shooting incidents, suicides, and other trauma-related cases. His extensive background also includes department in-service training instructor, Broward County Police Academy Criminal Justice Institute Instructor, and a certified trainer for the criminal justice and standards training commission. Carlos is a highly respected professional among the first responders and counseling communities, committed to the recovery and mental health among our veterans and first responders.
As a nationally recognized substance abuse and mental health treatment center, we integrate natural and holistic protocols along with traditional medications and personalized care. We can help you live the life you deserve.

Our Help For Our Heroes treatment program offers different levels of care including a holistic, therapeutic approach, 12-step meetings, and gender and age specific groups. All of our clients receive individualized therapy, as well as learn life skills and enjoy recreational activities. This is where healing begins, where relationships are repaired, and where your foundation for recovery is built.
We believe that recovery is holistic and that it’s about healing the mind, body, and spirit. Part of our desire to provide our clients with every opportunity to return to a healthy lifestyle, we have opened an in-house gym. Our clients will work closely with certified athletic trainers in order to meet their fitness goals, allowing them to feel physically and emotionally healthy again.

Because of the physical demands of their jobs, veterans and first responders have been described as “tactical athletes” and their exercise programs here at Transformations will help them with stress reduction as well as getting back their agility, mobility, movement efficiency, and strength. We want to provide them with strength and conditioning exercises which meet their needs throughout their treatment.
Alumni Activities

Creating a community is important to all of our clients, but even more so within our veteran and first responder population. Once a month, we hold a Help For Our Heroes-specific Alumni Night at our clinical building where we invite all of the men and women who have gone through our program back for dinner and fellowship. This, as well as regular alumni meetings and monthly fun activities brings a sense of bonding to the group and encourages a life of sobriety.
We thank all of our veterans and first responders for their service.

Speak confidentially with one of our experienced admissions professionals. Whether you’re looking for help for yourself, colleague, friend, or a loved one, we’re here to assist you in any way we can.

For eligibility requirements or to make a referral, contact us at: (888) 531-8449
OR
www.helpforourheroes.com

We hope we can be of service to you.