

The Grove has a Florida Virtual School program on campus with an Educational Instructor to assist each student in maintaining their regular schoolwork. School is in session 5 days per week.

Length of stay 30-90 days	Individualized Treatment Plan
Biopsychosocial Assessment	Individual Therapy
Psychiatric Assessment	Family Therapy
Physical Exam	Therapeutic Activities
Medication Management	NA/AA Meetings
Group Therapy	



Family therapy can be done online or in-person.

## Aftercare

All youth who leave The Grove are set up with ongoing medication management (if needed) and telehealth therapy appointments through our HIPAA-complaint, web-based platform. This way, individuals can continue to see one of our therapists and psychiatric practitioners from the convenience of their own home and medications can remain uninterrupted.



*“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”*

- Carl Bard

## IMPOWER accepts

- Commercial Insurances
- Private Pay
- Florida Medicaid Plans

The Grove is a program of IMPOWER; a Central-Florida based behavioral health and child well-being organization dedicated to the mission of

“changing lives by protecting, counseling, teaching and inspiring individuals and families to reach their full potential.”

**For more information or to make a referral:**

**Visit: [www.impowerfl.org](http://www.impowerfl.org)**

**Call: 407-215-0095, Option 3**

**Email: [thegrove@impowerfl.org](mailto:thegrove@impowerfl.org)**

**IMPOWER** Inspiring Life's Potential. **The Grove** An IMPOWER Program



# The Grove

An IMPOWER Program



**A substance misuse and mental health treatment continuum for youth... a place for recovery.**

**Metropolitan Orlando**

[www.impowerfl.org](http://www.impowerfl.org)



*“Keep your face in the sunshine and you cannot see the shadow.”*

*- Helen Keller*

## Why Choose a Residential Program?

Youth today face unique challenges related to social media, bullying, gaming, and other social aspects unseen by prior generations. All of these stressors can cause youth to turn to drug use as a way to self-medicate and escape the pressures of everyday life.

Sometimes it is best to remove youth from their home environment, which may be surrounded by triggers for substance use, or friends/family who offer easy access to substances.

It is often helpful when the individual is introduced to a whole new peaceful environment, free from substances and supportive of recovery. Youth who are surrounded by other youth with similar circumstances form a natural bond conducive to healing.



The Grove, an IMPOWER Program, is a 70-bed residential program for adolescents (ages 13-18) with substance misuse disorders who need a clearer direction and time to recover. Whether addiction occurs due to recreational drug use, escape or trauma, The Grove’s nationally renowned Hazelden Betty Ford clinical programs focus on:

- Techniques to manage stress, trauma and grief, which can lead to substance misuse
- Mindfulness techniques to manage everyday living and help with mental health disorders
- The coping skills necessary to avoid relapse
- An aftercare plan to foster long-term recovery



### Our Qualified Team of Experts Include:

- Medical Doctors (Primary Care & Psychiatrists)
- Psychiatric Advanced Registered Nurse Practitioners
- Registered Nurses
- Psychiatric Physician Assistants
- Masters Certified Addiction Professionals
- Licensed Clinical Social Workers
- Licensed Mental Health Counselors

**Contact IMPOWER**  
[www.impowerfl.org](http://www.impowerfl.org) | 407.215.0095



*“Man never made any material as resilient as the human spirit.”*  
*- Bernard Williams*

## Our Mantra: Enhancing the Mind, Body, and Spirit

Experiences at The Grove assist youth in strengthening themselves in ways they may have never thought possible. The strengthening and self-realization occurs in various ways. Our therapeutic approach enables youth to learn about every aspect of their being:

- The **Mind**: Therapy, Education, The 12 steps of recovery
- The **Body**: Physical Training, Yoga, Sports, Nutritional counseling
- The **Spirit**: Meditation, knowing the inner-self, recognizing a higher power