



## HOPE IN THE HEART OF MUSIC CITY



FoundationsNashville.com  
1-855-808-6208

# FOUNDATIONS NASHVILLE



## **STRIKE A HEALTHY CHORD**

Surrounded by the sights and sounds of Music City, Foundations Nashville is committed to providing compassionate, patient-centered care to those in and around Middle Tennessee. Our comprehensive outpatient facility is equipped with the ongoing support and resources needed to lay the foundation for a renewed life. As patients establish healthy new habits, they begin to move forward in health and achieve their personal goals.

## **CUSTOMIZED JUST FOR YOU**

At Foundations Nashville, we believe that because no two patients are the same, no two treatment plans should be either. Beginning with what makes each individual unique, we are committed to creating a customized recovery plan, targeting each patient's specific needs, strengths and goals. Using a variety of trusted therapies and resources, we meet patients where they are, creating a plan to move forward in wellness.





## **TREATMENT YOU CAN TRUST**

When you or a loved one chooses Foundations Nashville, you can rest easy knowing you selected a proven evidence-based program. Research shows that our unique approach engages the whole person in the healing process, creating the best foundation for lasting recovery. We provide integrated treatment that addresses both addiction and other co-occurring mental health issues, getting to the root of the problem.



## WHAT TO EXPECT

Patients are invited to participate in a full spectrum of diverse programming in a nonjudgmental setting, complete with educational and process groups. In addition to the highest level of outpatient care, we also offer aftercare, family education and holistic treatment services like yoga, meditation and art therapy. Foundations Nashville also has an active post-treatment Life Challenge program and Heroes in Recovery community.





## **OUR TEAM**

Our staff consists of licensed master's-level therapists with expertise in treating addiction and associated psychological issues. The Foundations Nashville team is dedicated to providing the highest level of quality care. Guiding patients through every step of the treatment process, our compassionate staff can be trusted to empower individuals to rediscover their best selves.

## THE FRN DIFFERENCE

Foundations Nashville is part of Foundations Recovery Network. Our programs have been cited as the “gold standard” in the behavioral health industry, classified in the top five percent of treatment programs according to the Dartmouth Psychiatric Research Center. FRN provides a full scope of services and levels of care for those in need of treatment. Find out more at [FoundationsRecoveryNetwork.com](https://FoundationsRecoveryNetwork.com).





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*A proud member of*  
*Foundations Recovery Network.*

