



## **FIND STRENGTH IN SOUTHERN ROOTS**



FoundationsMemphis.com  
1-901-505-6500

# FOUNDATIONS MEMPHIS



## **WE'LL MEET YOU IN MEMPHIS**

Conveniently located in a charming neighborhood in the eastern suburbs, Foundations Memphis serves patients with more than just southern hospitality. Our comprehensive outpatient facility is equipped with a team of people who are ready to meet the challenge of your recovery goals, working toward healing and wellness together. As patients lay the foundation for a renewed life post-treatment, they find joy along the way.

## TREATMENT YOUR WAY

No two patients are the same. No two treatment plans should be either. At Foundations Memphis, we celebrate the uniqueness of each patient, creating customized action plans targeting their specific needs, strengths and goals. Offering flexibility through day and night programs as well as a variety of effective programming, we give patients the opportunity to become active participants in their own recovery journey.





## **A TRUSTED APPROACH**

With an evidence-based approach to integrated treatment, Foundations Memphis is dedicated to helping patients make an educated recovery decision they can trust. Research shows that our approach to treating the root of addiction has the best chance of long-term recovery. We provide time-tested results that address both addiction and co-occurring mental health issues like trauma, anxiety, bipolar disorder or depression.

## WHAT TO EXPECT

Because we're committed to comprehensive care for both substance use and underlying mental health conditions, we are able to provide the richest level of healing and wholeness. In addition to trusted outpatient care with a motivational interviewing approach, we offer additional educational programs and lectures, relapse prevention and stress management groups alongside holistic options like meditation and hypnotherapy.





## **OUR TEAM**

Our staff consists of licensed master's-level therapists with expertise in treating addiction and associated psychological issues. The Foundations Memphis 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 Memphis 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](http://FoundationsRecoveryNetwork.com).

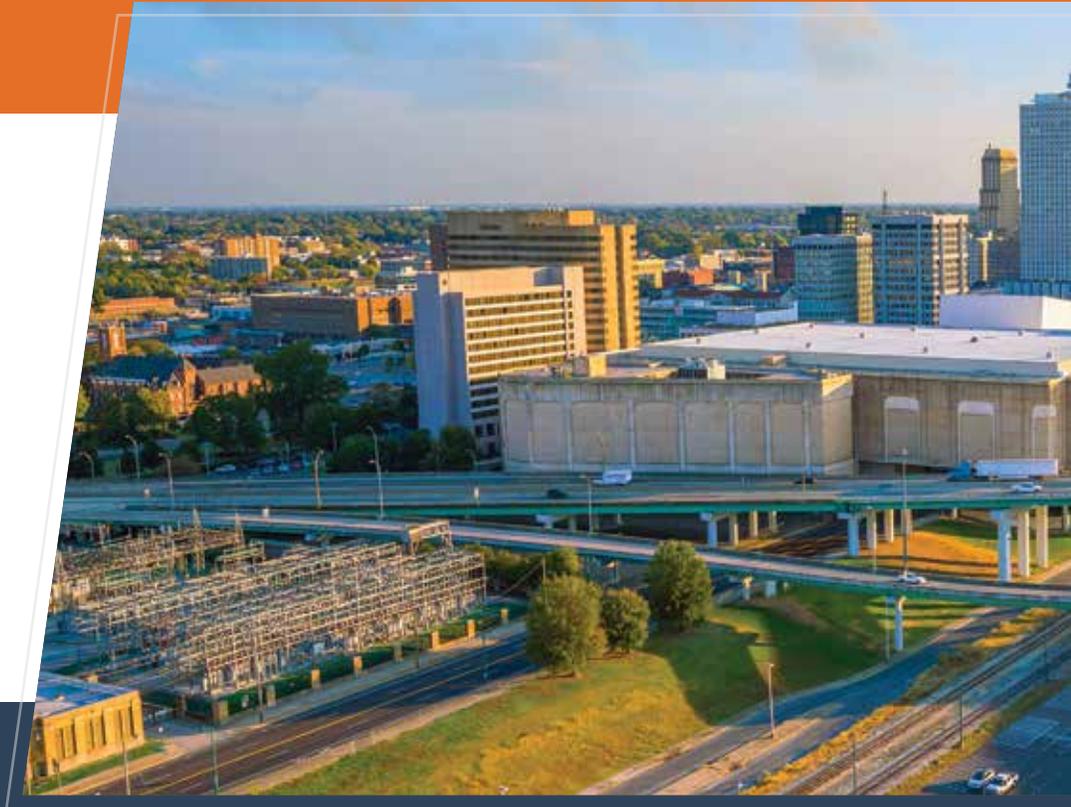


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*A proud member of*  
*Foundations Recovery Network.*

