



## **HELP IN THE HEART OF MEMPHIS**



TheOaksTreatment.com  
866-491-6548

# THE OAKS at LA PALOMA



## **FIND HOPE AND HEALING IN TENNESSEE**

The Oaks at La Paloma is located in the heart of historic midtown Memphis. Its down-to-earth atmosphere, comprehensive therapeutic programs and evidence-based model of integrated treatment make it a restorative place to recover from substance use and co-occurring mental health issues. With compassionate staff, delicious food, a multi-use sports court and an on-site recording studio, The Oaks empowers individuals to reach their recovery potential.

## **A CUSTOMIZED CARE PLAN**

Treatment needs vary from person to person, so at The Oaks we create individualized treatment plans for each patient to provide a program that is just right for them. Each activity builds on the others. Through individual, group and educational sessions along with participation in art therapy, yoga, music therapy and more, individuals rediscover themselves and chart a new course for a full life lived in long-term recovery.





## **A STANDOUT PROGRAM**

The Oaks is Joint Commission-accredited and licensed to treat both co-occurring disorders and primary mental health issues. We also offer trauma resolution for PTSD, dissociative disorder, OCD, panic disorder and more. Our proven methods result in healthy rates of long-term recovery, and patients can continue treatment with us by stepping down to our outpatient treatment at our sister facility, Foundations Memphis.

## **TIME-TESTED TREATMENT METHODS**

Addiction can often have root causes in trauma and other co-occurring mental health conditions. By treating both substance use and mental health issues in the same setting, an approach backed by multiple research studies, The Oaks prepares individuals for sustainable, lifelong recovery. Services like intervention assistance, medically managed detox and an active alumni program offer additional support before, during and after treatment.





## **OUR TEAM**

The best program can't succeed without an experienced, caring treatment team to carry it out. The professional, compassionate staff at The Oaks has made a long-term commitment to helping those with co-occurring conditions that sets them apart. They truly enjoy working together, inspiring each other – and each patient – to be the best they can be. They also recognize addiction as a disease and address it with an attitude of acceptance and nonjudgement.

## THE FRN DIFFERENCE

The Oaks is part of Foundations Recovery Network. Our programs have been cited as the “gold standard” in the behavioral health industry, classified in the top 5 percent of treatment programs according to the Dartmouth Psychiatric Research Center. FRN provides a full scope of services for those in need of treatment from residential and partial hospitalization to outpatient and aftercare. Find out more at [FoundationsRecoveryNetwork.com](http://FoundationsRecoveryNetwork.com).



## THE OAKS at LA PALOMA

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[TheOaksTreatment.com](http://TheOaksTreatment.com)



A proud member of  
Foundations Recovery Network

