



## **The Luminous Care**

*Lighting the Way to Recovery, One Life at a Time*

### **Introduction**

At The Luminous Care, we believe that recovery is not a destination-it's a journey guided by compassion, clinical excellence, and the power of human connection. Based in Pompano Beach, Florida, The Luminous Care is a state-licensed and Joint Commission-accredited Partial Hospitalization Program (PHP) designed to support individuals struggling with mental health disorders, substance use disorders, or co-occurring conditions.

### **Our Program: Structure with Heart**

Our PHP is a day treatment model that runs six days per week, providing several hours of clinical services daily. Clients live at their homes or supportive housing in the evening, allowing them to apply skills in the real world, while still receiving a high level of therapeutic support. Our services include:

- Psychiatric Evaluation & Medication Management
- Daily Group Therapy
- Individual Counseling
- Case Management

We use evidence-based approaches including:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Motivational Interviewing (MI)
- Trauma-Informed Care
- EMDR (as clinically indicated)
- 12-Step Facilitation

### **A Holistic, Client-Centered Philosophy**

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Healing is more than symptom reduction. Our multidisciplinary team of clinicians, therapists, nurses, and case managers work together to treat the whole person-mind, body, and spirit.

Additional therapies include:

- Expressive Arts & Music Therapy
- Mindfulness & Meditation Practices
- Animal-Assisted Therapy
- Physical Wellness Activities
- Nutritional Guidance and Education

## **Transitional Support & Continuity of Care**

The Luminous Care is committed to long-term success beyond the PHP level. From day one, our team works with clients to plan for the next step in their recovery.

Aftercare services include:

- Continuing outpatient therapy and medication support
- Connection to community-based recovery groups
- Family therapy and involvement
- Referrals to housing, employment, and peer support networks

## **Who We Serve**

We welcome adults ages 18 and older who are seeking help for:

- Anxiety, depression, PTSD, and mood disorders
- Alcohol and drug use disorders
- Co-occurring mental health and substance use conditions
- Emotional deregulation and trauma-related challenges
- Transitioning from inpatient or residential programs

The residents receive counselling and treatment at our facility, The Luminous Care, located in Pompano Beach. They are a part of the program and are driven by staff members each morning to the facility to receive treatment during the day and are driven back by staff members in the evenings. While at the residence, the residents are encouraged and taught on how to be responsible and learn basic life skills to get back into society as responsible adults. They are responsible for their own chores and cleanliness, residents are taken shopping for groceries once a week and driven to NA/AA meetings on a regular basis. The residents are also given passes to go for job interviews or work if they already have a job. The focus of our program is to help these individuals stay in recovery and work towards entering society as responsible citizens.

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### **Accreditation & Commitment to Quality**

The Luminous Care is proud to be accredited by The Joint Commission, the nation's leading healthcare quality organization. This Gold Seal of Approval reflects our unwavering commitment to safety, client satisfaction, ethical care delivery, and clinical effectiveness.

### **Our Vision**

We envision a world where everyone has access to compassionate, evidence-based care that restores hope, dignity, and mental well-being. At The Luminous Care, we are more than a treatment facility-we are a beacon of light for those navigating the darkness of addiction, mental illness, or trauma.

### **Contact Us**

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