

## WHAT TO EXPECT

Our first meeting will consist of an evaluation where we will discuss your history, concerns, and personal goals. We will make a recommendation that is based on all the information obtained, utilizing our extensive experience and expertise. We want to give you the best chance of meeting your goals and securing a life free from alcohol and other drugs.

Family Recovery Specialists will outline a plan that gives you or your loved one the best possible chance for recovery. If we are not the right program for you, we will help you find the best possible treatment to meet your needs. We meet you where you are in the recovery process and work to find the best solution for you.

## SERVICES

- Bio-Psycho-Social-Spiritual Evaluation
- Intensive Outpatient Program
- Outpatient/At-Risk Program
- Intervention/Placement
- Concierge Crisis and Case Management
- Recovery Coaching and Monitoring
- Individual and Family Therapy

## GOALS OF TREATMENT

1. To educate you and your family about substance abuse and addiction.
2. To assist the individual to recognize his/her own problem with substances.
3. To teach the individual and the family how to recover from the illness.
4. To motivate and support you to take personal responsibility for your own recovery.



# DO YOU WORRY

about yourself or someone you care about?



**Family Recovery Specialists**

9350 Sunset Drive  
Suite 175  
Miami, FL 33173  
o: 305.595.7378  
f: 305.595.7380

[www.familyrecoveryspecialists.com](http://www.familyrecoveryspecialists.com)



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## QUESTIONS TO CONSIDER

1. Do you worry about your loved one's behavior?  
Do you worry about your own behavior?
2. Do you and your family members disagree or argue about the severity of the behavior?
3. Do you feel frustrated because no matter how hard you try the destructive behavior doesn't change?
4. Have you or your loved one exhibited mood swings? Anger outbursts?  
Isolating more than usual?
5. Do you find yourself being secretive or lying?  
Do you suspect your loved one is lying to you?
6. Do you feel sad because you have lowered expectations of yourself or your loved one?
7. Have you noticed a decrease in motivation in yourself or someone you care about?
8. Have you noticed a change in work or school performance? Declining grades?  
Loss of interest in sports or other hobbies?
9. Have you noticed a change in your loved one's friends? Has your social group changed?
10. Do you find yourself bargaining with your loved one?

## CONSULTING/INTERVENTION

Family Recovery Specialists, P.A. provides educational/therapeutic consulting for adults with special needs. We specialize in intervention and assisting families find the most appropriate placement for an individual who is acting out, suffering from a mental health or substance use disorder, learning challenged or just someone who could benefit from a different environment in order to learn valuable life skills that can maximize their potential. Please visit our website for more information.

[www.familyrecovery specialists.com](http://www.familyrecovery specialists.com)

## INTENSIVE OUTPATIENT PROGRAM

FRS provides an intensive outpatient program for adults who are dealing with substance abuse and addiction issues. We believe addiction is a primary, progressive, potentially fatal disease that can be successfully treated. Our program consists of education, individual counseling, group therapy, family counseling and random drug screening. We provide highly individualized and comprehensive services for addiction and recovery with a 12 step focus. Please visit our website for more information.

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**RAYMOND S. ESTEFANIA**  
MS, LMHC, CAP

Mr. Ray Estefania has been working in the field of addiction treatment for nearly 20 years and has worked extensively with those who have been affected by chemical dependency. He is the former Adolescent Program Director at South Miami Hospital. Ray is a considered an expert in the field and frequently provides education and training on topics related to addiction and recovery. He earned his undergraduate degree in Psychology from the University of Florida and his graduate degree in Mental Health Counseling from Nova Southeastern University . Ray is a Licensed Mental Health Counselor, a Certified Addiction Professional and an Internationally Certified Alcohol and Drug Counselor. He has been very involved in the prevention of substance abuse in children and has organized numerous substance abuse prevention programs in schools. Mr. Estefania has acted as a consultant to many schools and has coached thousands of parents on ways to prevent substance abuse in children. Ray is a frequent speaker to schools, parent groups and community organizations and has been a guest on both radio and television programs on topics including prevention, parenting, addiction and recovery.



**ANA M. MORENO**  
MS, LMHC

Ms. Moreno is a psychotherapist working in South Miami Florida. She graduated with a Master's Degree in Mental Health Counseling in 2002. She has been working in the field of substance abuse for ten years specifically with adolescents, young adults and their families. Ms. Moreno has spoken at many of the public and private schools in Dade County and has been an expert guest on numerous radio shows and television news shows. Recently Ms. Moreno contributed to a study related to drug use in the adolescent and young adult population that will be published in the Journal of Adolescent Medicine in 2011.