



Facility Overview

Safe Landing is a **drug and alcohol recovery facility that specializes in addiction for male and female adolescents.**

Established in 2017 in Miami, Florida, Safe Landing is fully accredited by the Joint Commission and licensed by the DCF.

Our Approach

With an average treatment duration of **45 days**, Safe Landing focuses on a **relationship-driven, individualized method.** Our goal is meeting clients where they are at. From **Cognitive and Dialectical Behavioral Therapy to Motivational Interviewing**, we use a variety of therapeutic techniques to efficiently identify and treat the **root cause** of our clients' substance abuse issues.

We offer a variety of programs including:

- Evidence-Based Residential Program
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)

We also advocate **family involvement** throughout the entire treatment process. With this holistic, all-inclusive approach, clients build the **concrete support system** we believe is essential in preventing relapse.

*We understand the complexities that emerge when enrolling an adolescent into a recovery program, especially concerning withdrawal from school. At Safe Landing, we're proud of our **APEX Virtual Schooling Program** that allows our clients to continue their education in a classroom setting, regardless of their treatment program.*

- ✓ One Stop Shop with In-House Medical Experts
- ✓ Low Staff-to-Client Ratio of 3:1
- ✓ Animal Assisted Therapy
- ✓ A Holistic Support System
- ✓ Extremely Passionate Clinical Team

Curriculum

- ✓ Animal Assisted Therapy
- ✓ Relapse Prevention
- ✓ Career and College Prep Development
- ✓ Mental Health Awareness and Education
- ✓ Emotional Regulation
- ✓ Wellness and Healthy Habits
- ✓ Social & Communication Skills
- ✓ Self Esteem Building
- ✓ Yoga and Mindfulness
- ✓ Smoking Cessation Program

Treatment Modalities

- ✓ Cognitive Behavioral Therapy (CBT)
- ✓ Dialectical Behavioral Therapy (DBT)
- ✓ Trauma Focused Cognitive Behavioral Therapy
- ✓ Motivational Interviewing (MI)
- ✓ Family Systems Therapy
- ✓ Harm Reduction Therapy



How We're Different

Safe Landing's staff is comprised of a variety of credentialed medical experts (clinicians, psychiatrists, nurses, etc.), so every client need can be addressed within the same facility. Under the supervision of **Safe Landing's Medical Director, Dr. Carlos Satulovsky, MD, FASAM**, we maintain a personalized level of care with a **low staff to client ratio of 3:1**.

Through **empowerment** and **education**, we assist clients in the **development of life skills and sustainable coping mechanisms** that prepare them for a smooth discharge and successful return to their day-to-day lifestyles.

We also have our resident **therapy dog Mantequilla** on staff, lending her service and emotional support—a fluffy and soothing addition to any therapy session.

Amenities

- Health and Fitness Outings (Yoga, Gym, etc.)
- Barber visits
- 24/7 Registered Nurse on site
- Dorm Style Living
- Shared Game Room (Netflix, Xbox, Ping Pong etc.)

Most out-of-network insurance policies are accepted including:

aetna

**Blue Cross
Blue Shield**

Cigna.

Humana.

**Magellan
HEALTHCARE.**

OPTUM

**Scott & White
HEALTH PLAN**

UnitedHealthcare®



Andrea Baskin, LMHC, MS
Clinical Director



**Christina Geraci Rosenberg,
LMHC, MSEd**
Assistant Clinical Director



Mantequilla
Chief Snuggle Officer

