

Ascend Recovery Center Pairs Outpatient Treatment With Certified Recovery Housing in Palm Beach Gardens

FARR-certified recovery residences and full transportation support set the Palm Beach Gardens program apart

PALM BEACH GARDENS, FL, UNITED STATES, August 6, 2026

/EINPresswire.com/ -- PALM BEACH GARDENS, Fla. - [Ascend Recovery Center](#) offers adults in Palm Beach County a complete outpatient recovery environment: structured day treatment combined with recovery residences certified by the Florida Association of Recovery Residences (FARR) and owned and operated by Ascend itself.

Housing, staffing, and clinical care stay under one organization from a client's first day of treatment.



The Joint Commission-accredited center provides a Partial Hospitalization Program Monday through Friday, a daytime [Intensive Outpatient Program](#), and ongoing outpatient care. Each client's schedule tapers as they progress: a full weekday schedule in the Partial Hospitalization Program, fewer clinical hours in the Intensive Outpatient Program, then ongoing outpatient support as work and daily life take a bigger role. Clients keep the same clinical team through every step, and programming runs from the center at 4362 Northlake Blvd in Palm Beach Gardens.

Clients living in Ascend's structured sober living residences receive transportation to and from treatment, outside recovery meetings, court dates, medical appointments, and other recovery-related obligations. Reliable transportation removes one of the most common practical barriers in early recovery, when many adults are rebuilding without a car, a license, or a support network nearby. FARR certification holds recovery residences to statewide standards for safety, ethics, and resident support, which gives families a real benchmark when comparing sober living options in South Florida.

Clinical care includes cognitive behavioral therapy, dialectical behavior therapy, EMDR, art therapy, and brain mapping, a neuroscience-based approach to personalizing treatment. Brain mapping gives the clinical team a clearer picture of how each client responds, which helps match therapies to the person instead of running everyone through the same plan. Wellness programming includes yoga and mindfulness practices, with SMART Recovery offered alongside 12-step facilitation.

On weekends, residents take part in outdoor activities such as hiking, kayaking, and park outings, made possible year-round by the South Florida climate. These activities encourage healthy routines, peer connection, and positive lifestyle changes that support lasting recovery beyond the clinical setting. Structured weekends also fill the unscheduled hours where early recovery so often gets tested.

"Recovery doesn't end when group ends at 3:15," said a spokesperson for Ascend Recovery Center. "Because we own our recovery residences, we can support people through evenings, weekends, and all the moments between sessions where recovery actually gets built. Our goal is to create a safe, structured environment where clients can practice new skills, build confidence, and stay connected to recovery every day."

Ascend Recovery Center accepts Aetna, Cigna, Blue Cross Blue Shield, United Healthcare, and TRICARE. TRICARE acceptance extends the program to service members, veterans, and military families. The center also offers confidential insurance verification and admissions support to help prospective clients and their families understand available treatment options and begin the recovery process with confidence. Adults seeking treatment, and family members calling on someone's behalf, can reach the admissions team at (561) 530-2919.

About Ascend Recovery Center

Ascend Recovery Center provides outpatient addiction treatment and FARR-certified recovery housing in Palm Beach Gardens, Florida. Part of the Ascend Behavioral Health Network, with locations in Florida, New Mexico, and North Carolina, Ascend is accredited by The Joint Commission. Learn more at <https://ascendrecoveryfl.com/>.

Admissions Team

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