



Foundation House



Recovery  
Elevated®

WELCOME

# Behavioral Health and Substance Abuse Treatment for Men

## Our Mission

We believe that treatment and recovery should be more than just fixing what’s broken. Successful recovery means building a life beyond your imagination by discovering your passions, pursuing your dreams, and creating a future filled with possibility. Foundation House exists to introduce young men to that kind of transformative treatment experience.

At the heart of our mission is a belief in the limitless possibilities of confronting your toughest challenges—and never walking the path alone.

## Foundation House

For over two decades, Foundation House has been a leader in men’s mental health and substance abuse treatment. Our program is anchored in evidence-based therapeutic practices and exceptional experiential programming, seamlessly guiding men from structured residential care to fully independent living.

### AT A GLANCE

- ✓ We treat mental health, behavioral health, co-occurring disorders, and substance use disorder
- ✓ One-to-12 month program, and average length of stay of six months, and a typical minimum of 90 days
- ✓ Personalized treatment for older adolescents (16-19), young adults (20-27), and adult (28+) males



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# Our Story



Foundation House was born out of a childhood relationship between two best friends from New York City; Patrick Babcock and Peter Kellerman.

Peter died in the tragic events of 9/11, 2001 while working for Cantor Fitzgerald in the North Tower of the The World Trade Center. In memoriam of his best friend, Patrick started Foundation House to carry on Peter's name and share his own recovery with young men who are seeking a way to live happy, joyous, and free.

A portion of the proceeds from Foundation House are applied to annual contributions made to local, national, and international charities and organizations. As part of our International Expedition Program, Foundation House works with local organizations in the locations we visit, helping give back to those in need wherever we go.



## A FOXHOLE PROVIDES SOLDIERS A PLACE OF SHELTER AND REFUGE.

At Foundation House, our community (and our main office) is called "The Foxhole." Like soldiers seeking refuge in battle, we unite against our shared adversaries: addiction, distraction, and mental health challenges. Our strength is amplified when we stand shoulder to shoulder, achieving collectively what seems impossible alone. Welcome to The Foxhole.



# TREATMENT<sup>FH</sup>



Our exceptional clinical team at Foundation House expertly combines evidence-based therapies with each client's particular needs under the direction of our triple-board-certified psychiatrist and medical director, as well as our fully licensed master's-level clinicians. Our goal is to address clients core issues and guide them toward a meaningful life.

Our focus extends beyond merely managing symptoms. We delve deeper, targeting the root causes of mental health, behavioral, or trauma-related issues that have led to disruptive behaviors or substance use disorder. Our blend of individualized clinical therapy, life skills training, and enriching experiences aims to reorient the brain's reward system, foster resilience, build healthy relationships, and instill belief in the value of recovery.

COMPREHENSIVE DUAL-  
DIAGNOSIS TREATMENT





# Our Clinical Approach

## Tailored Clinical Therapy

We believe in personalized care. Our team of licensed therapists, psychiatrists, nurses, and naturopathic doctors starts each client on a customized therapy program. After a thorough psychiatric evaluation and biopsychosocial assessment, we pair each client with the most suitable therapist to meet their individual needs.

## Growth and Independence

We emphasize growth, independence, and self-confidence as cornerstones for lifelong recovery. Challenges and successes during treatment build a foundation for a sustained, independent life. We focus on practical life skills training, real-world experiences, and responsibility. Our evidence-based therapies promote self-awareness, empathy, and emotional regulation, enabling clients to handle life's ups and downs with strength and poise.

## Integrated Treatment Model

We treat mental health and substance use disorders using an integrated model, combining evidence-based mental and behavioral health treatments with substance abuse treatment. Our approach is rooted in attachment theory, which is incorporated into all interventions. We also use 12-step education, family therapy, relationship-building, and mindfulness practices. Our clinical team manages complex addictions and co-occurring disorders, ensuring seamless transitions through all care stages and levels.

## WHAT WE TREAT

- Substance Use Disorder
- Behavioral Issues
- Anxiety Disorders
- Neurodivergence
- Trauma
- Depression
- PTSD
- Failure to Launch
- Executive Functioning
- Technology Addiction
- Grief
- Self-Harm

## PSYCHIATRIC SERVICES

- Psychiatric Assessment
- Medication Stabilization
- Diagnosis Formulation
- Psychoeducational Groups
- Provider Consultation



Licensed by the state of Maine as both a substance abuse and mental health treatment facility and accredited by the Joint Commission on Accreditation of Healthcare Organizations



WEEKLY INDIVIDUAL THERAPY



.....

“

*I cannot express enough how profoundly grateful our family is for the transformative impact Foundation House has had on our son's life. Our son's journey has been nothing short of remarkable.*

”

— Alumnus Parent, '23



# Levels of Care

At Foundation House, we provide a structured reintegration model through our residential program, designed to prepare clients for a successful transition to life after treatment. Each stage is meticulously designed to address the unique challenges and needs of our clients, ensuring they receive the optimal level of care at each phase of their recovery journey.

We understand that successful treatment is far from a one-size-fits-all solution. It's a deeply personal journey that involves the individual, their family, and preparation for the world that awaits them after treatment. Our goal is simple: to equip the men we serve with the tools they need for a fulfilling life in long-term recovery.



## STAGE ONE

### PARTIAL HOSPITALIZATION PROGRAM (PHP)

Foundation House starts with our PHP, following client stabilization and detox. We focus on individual needs in a structured environment, minimizing distractions and enhancing stability. Our comprehensive approach includes addiction and mental health education, robust support services, and family integration. Clients receive 20+ hours of clinical care weekly, including therapy, experiential activities, and medical oversight for personalized, evidence-based recovery.

## STAGE TWO

### INTENSIVE OUTPATIENT PROGRAM (IOP)

Progressing to Stage Two, our IOP promotes increased independence while maintaining clinical and behavioral support. Clients receive 9+ hours of clinical care weekly, with therapy, group sessions, bimonthly meetings with our medical director, and clinical assignments. Experiential activities include wilderness expeditions, wellness retreats, and international travel opportunities. Family engagement continues with therapy, check-ins, and support group calls.

## STAGE THREE

### OUTPATIENT PROGRAM (OP)

Our final stage focuses on personal relationships, integration, and goal-setting for a smooth transition to life after treatment. Clients balance academic and vocational pursuits with recovery support. Clinical care is tailored to align with long-term goals, clients collaborate on personalized treatment schedules, and continuing care plans involve families and clinicians. Alumni stay connected through athletic leagues, alumni groups, international travel, and sponsorships.





# Family Program

Research shows that young men have better long-term recovery outcomes when they have the support of their family. To promote healthy communication, boundaries, and self-care, we offer family therapy and support. Family members gain important skills to support their loved ones, care for themselves, and actively engage in the treatment process.

Placing your trust in us during a crucial moment in your loved one's recovery is a significant decision, and we are committed to honoring that trust. Recovery is a process best embraced by the whole family; family involvement and self-care are crucial. We balance family involvement with appropriate boundaries, trusting this approach leads to a life of sober independence.

## WE ENGAGE THE FAMILY IN THREE WAYS:

### Family Check-in Calls

Led by your loved one's primary therapist, these calls support families through psychoeducation on attachment and individuation and provide resources for recovery.

### Biweekly Family Support Group Zoom Calls

These calls include our clinical team as well as current and alumni parents, providing a nurturing environment to discuss self-care, boundaries, communication, and more.

### Family Therapy

When clinically appropriate, family therapy occurs after the initial treatment stages. It focuses on communication, transitions, family dynamics, and coping strategies.



+ FAMILY WORKSHOP GROUP SESSION



+ FAMILY SOFTBALL GAME



# OUR PROGRAM



At Foundation House, our cutting-edge experiential programming combines dynamic action with insightful guidance. Clients engage in outdoor adventures, community involvement, and meaningful peer connections, pushing both their mental and physical boundaries. These experiences boost confidence and blend clinical expertise with hands-on participation.

Our tailored method empowers young men through solution-driven tactics to reshape their mental frameworks, fostering authentic achievement. By synchronizing mind and body, breaking self-imposed barriers, and drawing strength from peers, we simplify seeking help and equip clients with practical tools to tackle and transcend challenges.



ROCK CLIMBING · ACADIA NATIONAL PARK



# Our Program

Our program is built to help young men build confidence and independence, learn to manage their daily lives, and build lives worth living. We believe in a proactive, hands-on, action-oriented approach to treatment. We make our clients key decision-makers in their journey, building trust and self-advocacy. With two beautiful homes, a dynamic urban campus, and a 120-acre therapeutic ranch, we provide an unparalleled setting for recovery and the perfect balance of city and nature.

Experiential Activities

Our clients are immersed in a comprehensive clinical program, including daily group and individual therapy sessions. We emphasize integrated clinical care, and our experiential activities are not just therapeutic—they’re also transformative—designed to fortify resilience and break through personal limitations.

Educational & Career Support

Our extensive academic resources and support are tailored for individual educational aspirations. We offer guidance on employment, education, and active participation in the community.

PROGRAMMING INCLUDES:

- Experiential Therapy
- Academic Advising
- Career Counseling
- Cooking and Nutrition
- Yoga, Mindfulness, and Acupuncture
- Wilderness Adventures
- Service Work
- Fitness Training
- Music Studio
- Arts
- Surfing
- Wellness Retreats
- Health and Medical Groups
- Team Sports and Activities
- Tickets to Local Events
- Bike Share Program
- International Travel
- Alumni Programming

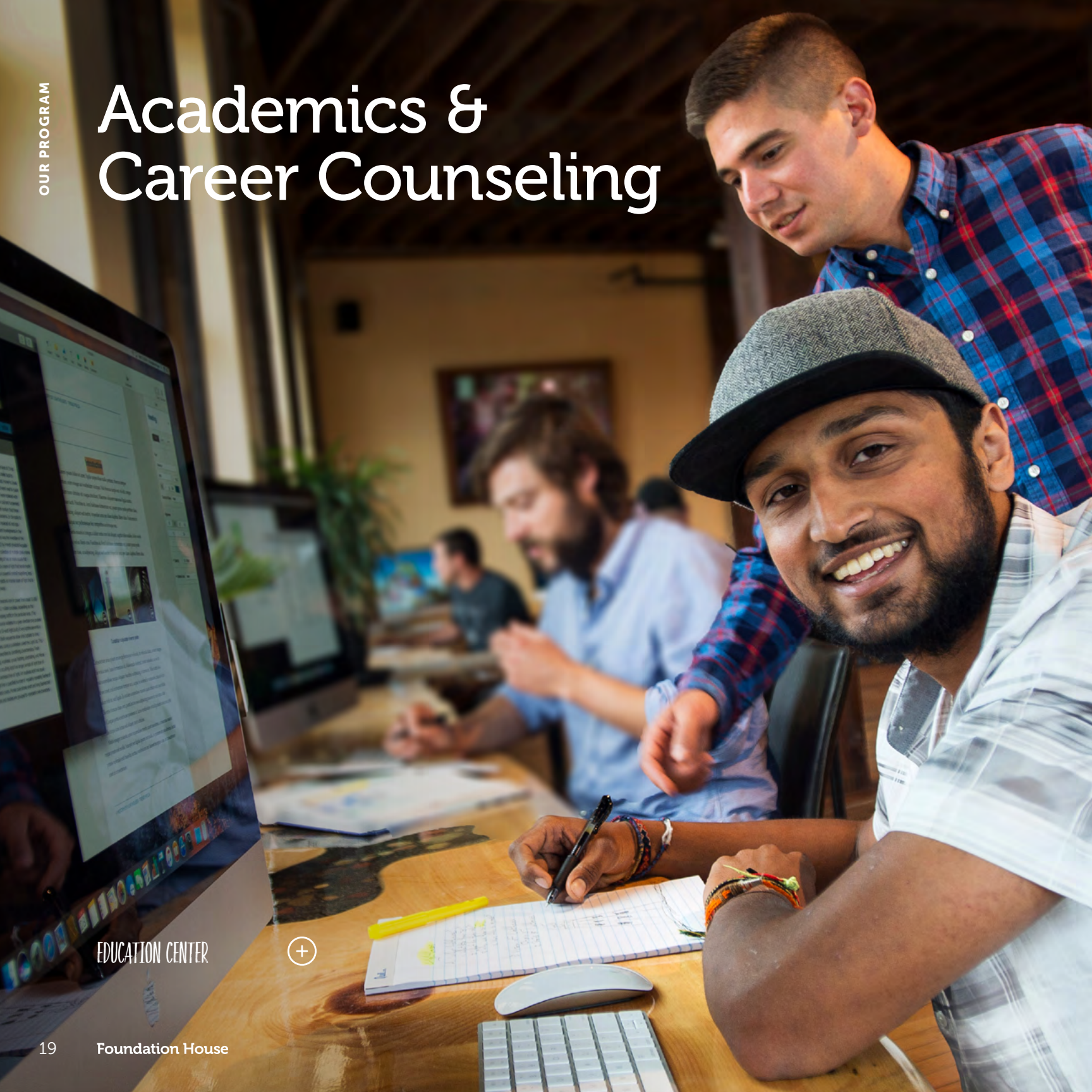
Our weekly schedule contains clinical programming, experiential therapy, and the proper balance between structured and free time. Here’s an example week:

## Weekly Schedule

	8am-9am	9am-12pm	12pm-2pm	2pm-4pm	4pm-6pm
Monday	Meditation	Large Process Group	Clinical Group	Cooking Class/ Gym Hours	Peer-Led 12 Step/ Free Time
Tuesday	Meditation & Yoga	Small Process Group	Life Skills Group	Acupuncture/ Gym Hours	Free Time
Wednesday	Meditation	12 Step Process Group	Addiction Medicine	Music Studio/ Float Tanks	Alumni Meeting/ Free Time
Thursday	Meditation & Yoga	Health & Fitness <small>(e.g., hockey, boxing, yoga)</small>	Emotional Regulation	Relapse Prevention	Free Time
Friday	Meditation	House Clean	Attachment Group	Small Process Group	Experiential/ Trip Departure
Saturday	Free Time/ Adventure Trip	Free Time/ Adventure Trip	Free Time/ Adventure Trip	Athletic Leagues/ Gym Hours	Free Time
Sunday	Free Time/ Adventure Trip	Free Time/ Adventure Trip	Free Time/ Adventure Trip	Health & Fitness/ Gym Hours	House Meeting/ Free Time



# Academics & Career Counseling



EDUCATION CENTER



The disruption of academic and occupational goals can leave young men in early recovery feeling adrift and their future uncertain. We provide clients with a thorough interest and aptitude assessment, steering their academic, career, and vocational pursuits.

## Academic Advising

We provide tailored academic services to help clients map their educational paths. Our experts guide clients through diverse educational options. To balance education with recovery, we often recommend flexible online platforms, and have successfully helped many students graduate from Fusion Global Academy, The American Academy, and James Madison Online. Partnering with Academic STARS Success, we offer specialized tutoring, including support for executive functioning.

## Career Counseling

Our career guidance is tailored to individual needs. While some may need to craft a standout resume, others might look for a phased reintegration into the job world. Leveraging our extensive insights into Portland's job landscape, we extend support to clients keen on attaining part-time or full-time employment.

### ACADEMIC PATHWAYS

- Traditional High School Diploma
- High School Equivalency
- Higher Education Admission
- Ed Tech Training



## Local Schools & Universities

BATES UNIVERSITY  
 BOWDOIN COLLEGE  
 COLBY COLLEGE  
 MAINE COLLEGE OF ART  
 SOUTHERN MAINE COMMUNITY COLLEGE  
 THE UNIVERSITY OF NEW ENGLAND  
 FUSION ACADEMY  
 LAUREL SPRINGS SCHOOL



# Experiential Therapy

Young men need novel experiences, adventure, and service work to rewire their brains' reward system and to build relationships, self-esteem, and a belief that recovery is worthwhile.



+ KAYAKING



+ SURFING CLUB



CLIMBING GYM  
MEMBERSHIP

+

Experiential therapy is an immersive approach that promotes healing through hands-on activities in individual or group settings and comes in many forms. It's grounded in the idea that true healing stems from direct experiences.



+ SKIING



+ WEEKEND TRIPS TO OUR RANCH



Through action, clients tap into buried emotions, learn effective coping techniques, and reshape their reactions. It's a versatile tool we find particularly beneficial for them to address past traumas, enhance relationships, or lead more balanced lives.



+ SOFTBALL LEAGUE

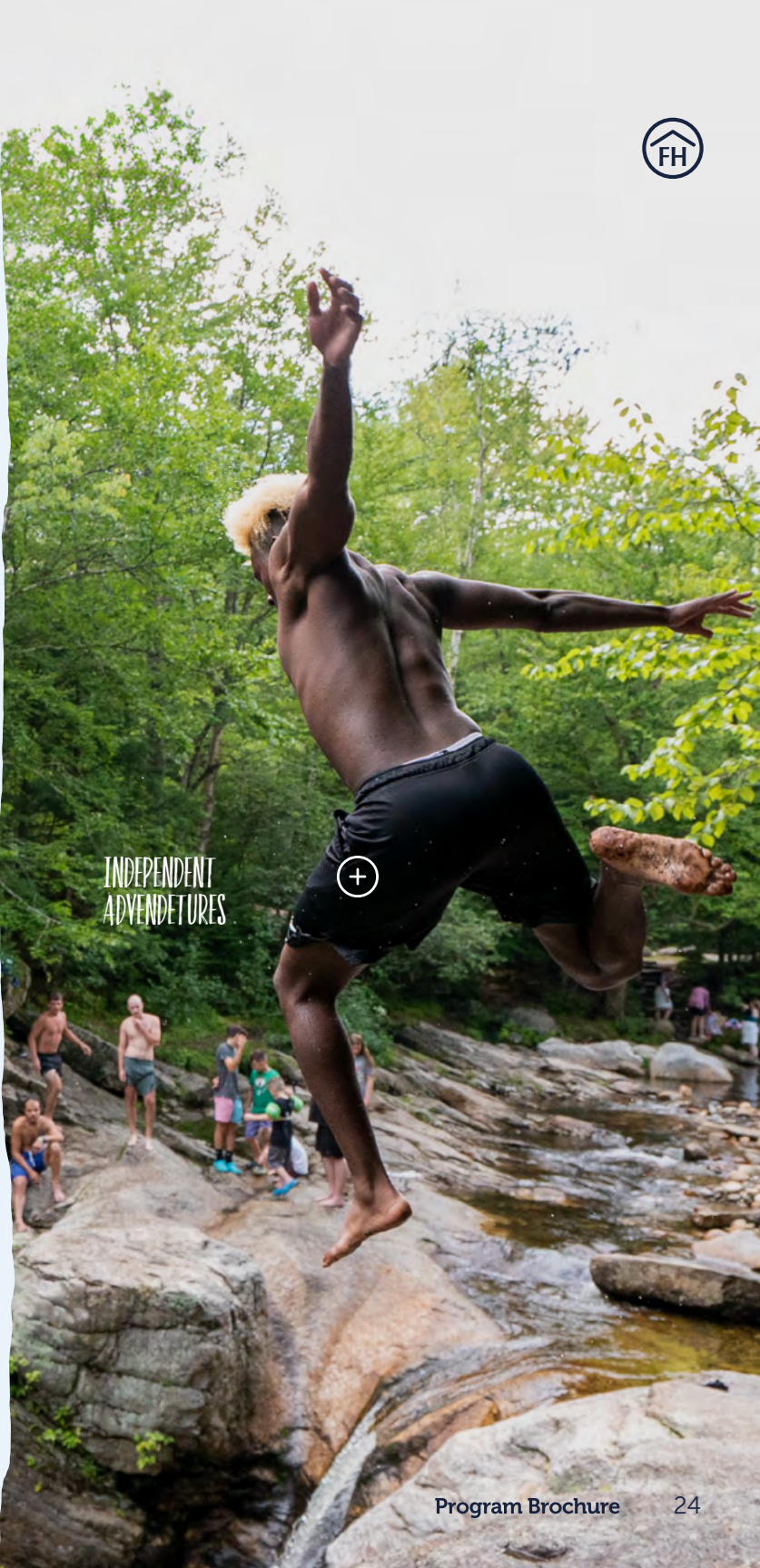
“  
This isn't just  
a program, it's  
our way of life.  
”



+ ICE HOCKEY LEAGUE



+ MUSIC STUDIO



INDEPENDENT  
ADVENTURES





# Wilderness Adventure

Wilderness adventures connect our young men to Maine's vast wilderness, unparalleled coastline, untouched landscapes, and New England's finest mountains. Clients learn cooperation and trust and forge profound bonds. Our biweekly adventures, spanning from Thursday to Sunday, immerse clients in outdoor activities and retreats to the Foxhole Ranch. Beyond the thrill and exploration, these trips in the great outdoors offer an escape from digital distractions, rekindling past passions or igniting new ones.

## ADVENTURES INCLUDE:

- Hiking and Backpacking
- Camping Trips
- Kayaking and Canoeing
- Paintball
- Rock and Ice Climbing
- Alpine and Cross-Country Skiing
- Fishing
- Surfing



# Service Work

Effective recovery is rooted in service—our clients engage in service work as part of our weekly programming, building self-esteem and a sense of connection to the community. Beyond local service work here in Portland, a large part of our international expeditions is dedicated to environmental stewardship. Each trip places a focus on climate change education and environmental service projects.

# Alumni Program

Our alumni network is the bedrock upon which our community stands. We rely on the strength of this group to act as examples and perpetuate our values in life after treatment. Alumni participate in daily programming, athletic leagues, wilderness adventures, and international travel. They also lead weekly 12-step meetings at our homes and sponsor current clients.



SPECIAL SURFERS



ALUMNI COMMUNITY



# Cooking & Nutrition

At Foundation House, we prioritize holistic care. Recognizing that many men entering our program have faced challenges in maintaining nutritious diets, we provide comprehensive support. With guidance from our naturopathic doctor and certified personal trainer, clients benefit from guided grocery shopping, cooking classes, meal planning, and tailored weight-training programs.



DAILY MEDITATION  
& WEEKLY YOGA

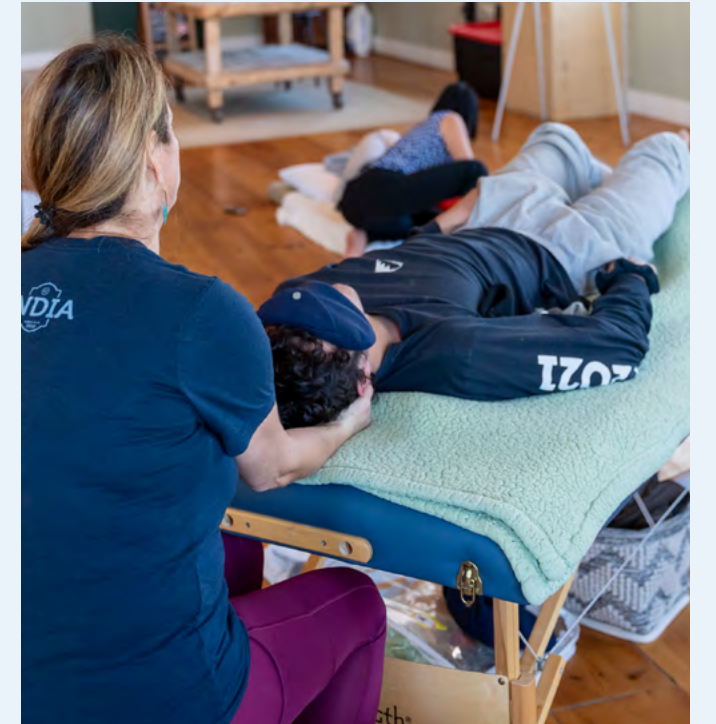


# Mindfulness

*Meditation, Yoga and Acupuncture*



Meditation empowers our clients to reflect on their thoughts, recognize harmful patterns, and gain a deeper awareness of themselves. For genuine emotional and spiritual growth, moments of undistracted tranquility are essential. Yoga gently reintroduces clients to their body's cues, addressing anxiety and stress and how to maintain calm and balance.





# What's Included

Included in a client's stay at Foundation House are fitness memberships, access to rock-climbing gyms, and tickets to local minor league sporting events. We also provide a Bike Share Program for easy transportation around Portland. In addition, our therapeutic float spa is available during scheduled weekly programming and clients can sign-up for personal use.



## Fitness

- Foxhole Gym**  
Personal training, weights, and bouldering wall
- Recon Fitness**  
Bimonthly group MMA classes, boxing, cardio, etc.
- Evo Rock Gym**  
Access to an indoor climbing course

## Tickets for Local Teams

- Portland Sea Dogs**  
Tickets to home games of the Red Sox Double-A team
- Maine Celtics**  
Tickets to home games of the NBA affiliate of the Boston Celtics
- Maine Mariners**  
Tickets to home games for NHL affiliate of the Boston Bruins



BIKE SHARE PROGRAM



THERAPEUTIC FLOAT SPA



# International Travel

MOUNT KILIMANJARO  
TANZANIA, AFRICA



Our International Expedition Program transcends the traditional boundaries of treatment by offering unique and transformative experiences where clients learn to embrace sobriety as an exciting journey of lifelong exploration and growth.

The Program offers more than just travel; it is an integral part of our therapeutic process. These experiences are meticulously curated and designed to expose our clients to new cultures, environments, and challenges, which significantly enhance their recovery, community connection, and personal development. Our clients and alumni learn to navigate the world and their recovery with newfound clarity and purpose.

This program is truly distinct within the treatment industry—no other program offers such immersive and expansive experiences. Each expedition is crafted to reinforce the values of community and shared experience, which are central to sustained recovery, while also including service work that emphasizes the importance of giving back—a cornerstone of our program’s philosophy.

## PAST TRIPS

Europe • Africa • India • U.S. Virgin Islands • Patagonia • Australia

## COMING SOON

Antarctica



THE GREAT BARRIER REEF,  
CAIRNS, AUSTRALIA





# Europe

The inaugural Foundation House international expedition found our clients, alumni and staff crossing the Atlantic Ocean to follow the path of the 101st Airborne “Band of Brothers” and its tour of duty throughout Europe during World War II. This trip allowed us to examine the bond of brotherhood that formed among the soldiers as they shared in struggle and supported each other in battle.

2013

+ BERCHTESGADEN, GERMANY



+ PARIS, FRANCE



+ NORMANDY BEACH, FRANCE

+ RIC COFFEE PLANTATION  
TANZANIA, AFRICA



2014

# Africa

Our program is designed to provide a foundation on which to build full and joyous lives. So it was fitting that our second international trip focused on “origins,” taking us to Tanzania on Africa’s eastern coast. We traced the origins of coffee from plant to cup, climbed Mount Kilimanjaro, and experienced an African safari, appreciating nature in its raw form.

+ MOUNT. KILIMANJARO, TANZANIA, AFRICA



“Going to Africa with Foundation House gave me hope I hadn’t felt in a long time.”

— Elliot D., Alumni



# India

Our 2016 international expedition took us to India. Our itinerary followed the footsteps of the Buddha as we targeted a core element of Foundation House—our holistic and spiritual program. Our travels throughout India focused on meditation, yoga, culinary and spiritual practices while we visited the major locations of the Buddha's travels in his own search for enlightenment.

2016

“  
I came back with  
a confidence  
that there wasn't  
anything I couldn't  
do and nowhere I  
couldn't go.  
”

— Chris S., Alumnus



+ THE BODHI TREE, BODHI GAYA, INDIA



+ RAFTING IN THE HIMALAYAS



# U.S. Virgin Islands

When hurricanes Maria and Irma struck the Caribbean, we recognized the needed relief work as an opportunity to give back. We partnered with a conservation nonprofit, to reconstruct a quarter-mile stretch of boardwalk in Francis Bay, St. John in order to connect camp sites to beaches. After work each day, we hiked, fished, snorkeled, and went scuba diving throughout the U.S. Virgin Islands.

2018 / 2019



+ SERVICE PROJECT, SAINT JOHN



+ SCUBA DIVING, SAINT JOHN





# Patagonia

Our 2022 international expedition took us to Patagonia, Chile. After 24 hours of flights, 10 hours of driving on dirt roads, four hours of hiking, and a brief but eventful rowboat river crossing, we found ourselves on the edge of the Earth. Here, we spent two weeks on trail, exploring untouched wilderness and glaciers baring the effects of climate change.



+ REMOTE PATAGONIA



+ TRADITIONAL PATAGONIA BBQ

2022

# Australia

2024

Our 2024 international expedition to Australia (our sixth continent) was designed to rediscover enthusiasm for life in a setting that promises adventure, education, and the joy of recovery in one of the Earth's most extraordinary places. We spent time in the Outback, surfed in Sydney, and spent four days scuba diving at the Great Barrier Reef while examining the impact of climate change on another wonder of the world.



+ THE OUTBACK



+ SURFING IN SYDNEY



+ THE GREAT BARRIER REEF



# OUR LOCATION



The location and setting of a treatment program can play a crucial role in its outcomes. Since day one more than two decades ago, Foundation House has called Portland's vibrant streets and the tranquil wilderness that surrounds the city home.

It's no secret that this city is a key to our success. Portland's unique urban-nature balance, supportive community, and access to recovery and mental health resources make it an ideal place for healing and making a smooth transition back into the rhythm of everyday life.



# Portland, Maine

Portland is one of the most desirable cities in America, receiving awards annually for its exceptional quality of life, ideal living conditions, year-round activities, and top-notch restaurants.

The vibrant urban center, from the bustling Old Port to the lively arts scene, remains manageable in size while offering dynamic and diverse opportunities. With numerous acclaimed restaurants, museums, and live music venues, there is always something happening on the peninsula. For those looking to spend time outdoors, there is plentiful green space—not to mention hiking, kayaking, and skiing—all within a short drive. Multiple universities and startup companies bring students and young professionals from all over, resulting in a youthful and energetic population.

Portland's size cultivates a tight-knit community, where it is common to encounter Foundation House alumni or other members of the recovery community at school or work. The recovery community has an active and visible presence, and Portland's tourism-based economy provides abundant entry-level job opportunities for students and young adults embarking on their careers.



+ WILDERNESS



+ COASTLINE



+ DOWNTOWN



+ THE OLD PORT DISTRICT



“  
Imagine a city  
where the hustle  
and bustle are just  
right. Our beloved  
city is the perfect  
blend of vibrant  
city life and serene  
natural settings.  
”

— Foundation House



# Our Homes

Both of our urban residences are located on one block in the city's historic district, a few blocks from downtown, and just a half-mile from our clinical offices and programming campus. Portland's intimate size means clients can walk, bike or drive to and from our homes and offices and transport themselves around town quickly and easily.

Clients start their day in our clinical building, climb or workout in our activity building, complete schoolwork in our education center and relax in our therapeutic float spa—all on one block in the heart of Portland.

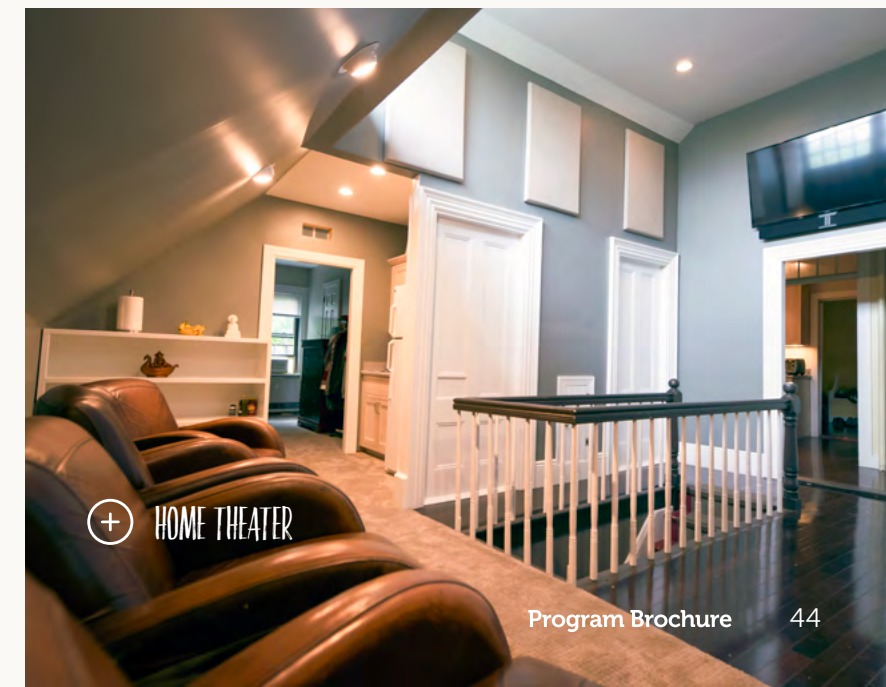


+ OUR NEIGHBORHOOD

Young men get better through connection. Each floor has a dedicated common area, and both meals and chores are shared.



+ OUTDOOR SPACES



+ HOME THEATER

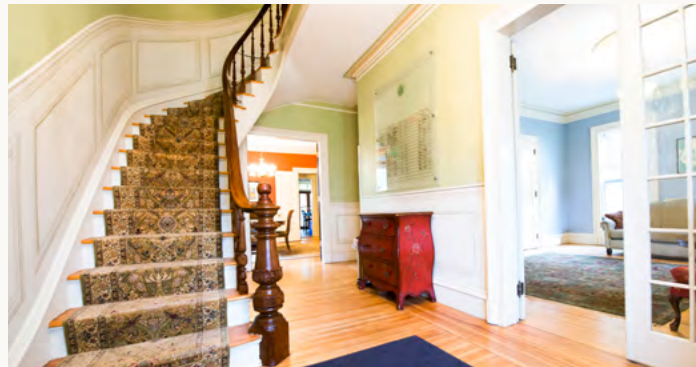




# Deering Street



# State Street



15  
BEDS

3  
FULL KITCHENS

5  
BATHROOMS

8  
BEDROOMS

## 40 DEERING STREET • PORTLAND, MAINE

This is a historic 15-bed home on a quiet street, featuring five double rooms, two single rooms, and a triple room with a kitchen, bath, and rooftop deck. Amenities include state-of-the-art kitchens, common areas with flat-screen TVs, a renovated basement with a living room and kitchen, and a backyard garden.

27  
BEDS

6  
KITCHENS

1  
HOME THEATER

16  
BEDROOMS

## 235 STATE STREET • PORTLAND, MAINE

State Street, the larger of our urban homes, has 27 beds across three main floors and a renovated basement. Each floor has a kitchen and flat-screen TVs in the living areas. Most rooms are double occupancy, with seven single rooms. Rear porches offer grilling and dining spaces, and the backyard features seating and a horseshoe pit.



# Our Urban Campus

Portland, Maine 

## Our Campus

Our urban campus in Portland's Bayside neighborhood spans two blocks, featuring the clinical building, activity center, and program center. All weekly programming takes place here, and clients are encouraged to fully utilize these unique spaces. Our therapeutic ranch is located 90 minutes outside Portland, right next to the beautiful White Mountain National Forest.

## Our Homes

Located a half-mile from our clinical offices and urban campus, our houses are in the heart of downtown Portland. Each home is fully furnished, newly renovated, and beautifully maintained, offering all the comforts of home, including Wi-Fi, household supplies, outdoor spaces, and in-room flat-screen TVs. In our family-style setup, clients share common areas and are assigned to single or double-occupancy rooms. The ample kitchen spaces allow clients to cook for themselves, and everyone shares household chores.



### OUR HOMES

- 1 235 STATE STREET
- 2 40 DEERING STREET

### OUR CAMPUS

- 3 CLINICAL BUILDING
- 4 ACTIVITY CENTER
- 5 PROGRAM CENTER
- 6 THERAPEUTIC RANCH





160

# Clinical Office



⊕ MAIN OFFICE



⊕ POOL & PING-PONG



⊕ CLINICAL HUB

BAYSIDE • PORTLAND, MAINE

**160"**  
PROJECTOR

**7-10**  
MINUTES FROM  
OUR HOUSES

**Bike**  
SHARE PROGRAM

**HQ**  
CLINICAL HUB

The Foxhole, our main office, is Foundation House's headquarters and the hub for our clinical team. Clients start their day with therapist check-ins, medications, and the receipt of their daily spending money. Group and individual therapy sessions happen here, and clients or alumni can do school work, play pool or ping-pong, watch movies, or just relax. the Foxhole is only a 7-to-10-minute walk from our houses.





# Therapeutic Ranch



⊕ EQUINE CENTER



⊕ POOL & POOL HOUSE



⊕ TWO ADIRONDACK-STYLE HOMES

BETHEL, MAINE

120  
ACRES

2  
HOMES

Pool  
AND POOL HOUSE

Ranch  
AND HORSE STABLES

Located next to the White Mountain National Forest, the Foxhole Ranch serves as a hub for programmatic and clinical uses. It hosts our wilderness adventures, a paintball course, an equine therapy center, and wellness retreats. In cases of relapse or discharge, suitable clients may join our three-day Wilderness Intervention Program with 24/7 supervision, individual therapy, and new treatment planning.

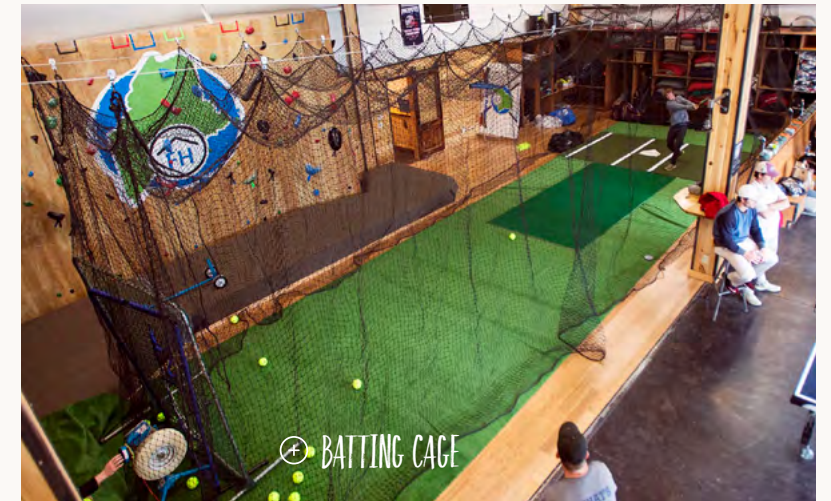




# Activity Center



⊕ WILDERNESS GEAR CENTER



⊕ BATTING CAGE



⊕ THE FOXHOLE GYM



⊕ BOULDERING WALL

BAYSIDE • PORTLAND, MAINE

Rock  
WALL

12  
STEP MEETINGS

Gym  
AND FITNESS CENTER

1  
BATTING CAGE

Located in a refurbished warehouse adjacent to our clinical office, the Activities Center features a rock wall, a batting cage, a yoga studio, a wilderness gear room, ping-pong, darts, bumper pool, and entertainment space. It hosts our Wednesday night alumni-led 12-sep meeting and dinner. Our fitness center is open to clients day and night. Private training sessions are also available.





# Program Building



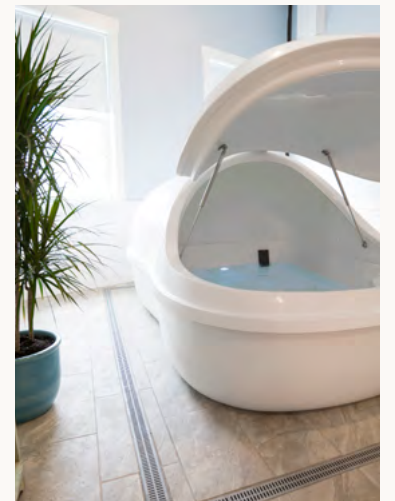
⊕ MEETING SPACE



⊕ EDUCATION CENTER



⊕ FLOAT TANKS



BAYSIDE • PORTLAND, MAINE

3  
FLOORS

2  
FLOAT TANKS

8  
MAC DESKTOPS

1  
BLOCK FROM HQ

Our hub for all program-related activities, the three-story, open floor plan offers unique activities on each floor and includes our program team offices. The second floor houses our Education & Vocational Center, where clients can access computer workstations and study halls. The third floor has our therapeutic float spa, where clients can practice mindfulness to reduce stress, anxiety, and pain.



# CONTACT US<sup>®</sup>

## CONTACT INFO

**Admissions:** [\(207\) 791-2002](tel:2077912002)

**Staff Directory:** [\(207\) 791-2000](tel:2077912000)

**Email:** [info@foundationhouse.com](mailto:info@foundationhouse.com)

**Fax:** [\(888\) 245-3952](tel:8882453952)

**Main Office:**

Foundation House

160 Preble Street

Portland, ME 04101

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

If our message resonates with you or someone you know, we'd love to hear your story. For program details, availability, cost, or insurance information, contact our admissions team. Every day, we dedicate our time to individuals, families, and fellow professionals in order to make sure that every person gets the help they need.



Foundation House

Mental Health, Behavioral Health and  
Substance Abuse Treatment for Men