



PROMISES DFW

Promises Dallas-Fort Worth is a primary substance use disorder and primary mental health treatment center in Lewisville, Texas. Our focus is on fostering long-term, sustainable recovery and improving overall quality of life.

We are a trauma-informed, skills-driven, and family-focused organization that utilizes measured-based care to enhance our treatment and improve our patients' outcomes.

QUALITY TREATMENT, AS PROMISED.

PROMISES
DALLAS-FORT WORTH



"I'm eternally grateful for the exceptional care and support I received at **Promises**. The alumni program has provided invaluable ongoing support and community, enabling me to maintain my progress and connect with fellow alumni. I extend my sincerest gratitude to the entire team at Promises for providing me with the tools, confidence, and support system necessary for a successful and fulfilling life in recovery. I highly recommend Promises. This was the best decision I've ever made."

- Promises Behavioral Health Alumni



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OUR CURRICULUM:

- Our **“Recognize, Regulate, and Respond”** philosophy creates a consistent, repeatable recovery experience at each level of care, ensuring a continuous and effective path toward healing.
- Our staff is trained to understand the impact of trauma and foster connections with clients during difficult moments. From that place of connection, we can create an environment for rebuilding lives.
- Our skills-driven curriculum integrates brain-based research and evidence-based practices like DBT, ACT, and Positive Psychology to address how neural processes impact emotional regulation.
- We recognize the importance of connection and family support, which is why we engage families within the first 24 hours of treatment and throughout the treatment stay.

OUR PROGRAMMING:

- Safe, medically monitored detox with 24/7 medical staff
- Our on-site medical provider and psychiatric professionals help support all aspects of mental and physical well-being
- Nutrition support services to foster healthier eating habits and promote balanced wellness
- Expressive therapies, such as art, music, and movement, help clients enhance body awareness and deepen the connection between mind and body
- Yoga and a gymnasium to help clients manage stress, enhance emotional regulation, and promote mental clarity
- Outdoor walking paths and a courtyard for space dedicated to personal introspection
- Telehealth Intensive Outpatient (TIOP) meet virtually, three days a week, to provide accessible recovery support and continuity in the recovery journey
- 12-step and 12-step alternative programs
- Most commercial insurance accepted

OUR PROMISE:

Promises Behavioral Health is a nationwide network of fully accredited mental health and substance use disorder treatment centers. **With a commitment to accessible and individualized care, we aim to provide hope, transformation, and lifelong recovery for individuals and their families.**

- **Client-First Intake:** Our compassionate, nonjudgmental intake process removes barriers to treatment with hassle-free insurance verification.
- **Recovery Ready Workplace:** We encourage individuals who have shared experiences with our clients to seek employment. We value everyone's journey in creating a team of empathetic professionals.
- **Promises Behavioral Health University:** Every month, we offer free Continuing Education training to clinical professionals highlighting therapeutic modalities from Promises experts.
- **The Rooted Alumni Program:** A nationwide community supported by dedicated advisor, free events, and resources to support long-term recovery.