Family First
ADOLESCENT SERVICES

# Family First. It's our purpose and our promise.

**Family First Adolescent Services has been helping teens and families address common and complex mental health and substance use disorders since 2014. Our years of experience have proven that adolescents need a specialized approach that meets them on their level while addressing what's going on beneath the surface-level symptoms.**

## Residential Program Quick Facts

**Founded:** 2014 by James McManus, LMHC, Ben Cecil, BA, CAP

**Program Type:** Residential Treatment Center

**Licensure:** Dually Licensed and program specific equipped to treat both primary mental health, as well as substance use.

**Accreditation:** Licensed by The Agency for Health Care Administration (AHCA), Florida Department of Children and Families (DCF), Division of Health Quality Assurance, Accredited by The Joint Commission

**Where We Excel:** Advanced clinical approach, minimum of 4 individual therapy sessions weekly, 40+ hours of NARM informed clinical care. Extensive family systems work, excellent and individualized academic programming, on-site personal training and daily experiential therapeutic adventure programming. Weekly updates on client progress to referent and family alike. Collaborative, dedicated, relational staff.

**Enrollment:** Six distinct programs limited to 6-14 clients .

**Gender Type:** Cisgender male, Non-binary/Gender Non-Conforming

**Ages:** 11-18, boys only

**# of Staff:** 187 (As of 2026)

**Minimum Length of Stay:** 45 days

**Average Length of Stay:** 90 days

**Website:** www.familyfirstas.com

**Family First Adolescent Services**
700 Village Square Crossing
Palm Beach Gardens, FL 33410

**Contact Admissions Team 24/7 to learn More**
**familyfirstas.com | (561) 328-7370**

# Family First is one of the nation's top adolescent treatment programs specializing in mental health while focusing on complex and developmental trauma.

**Willingness**: Clients do not have to be willing to enter treatment. Clients are unable to sign themselves out of treatment without legal intervention. 20-30% of our clients admit through support of intervention.

**AWOL / Containment:** Staff and facilities equipped to maintain maximum safety and intervene on flight risk.

**Psychiatry & Rx Management:** Yes, full time.

**Insurance:** Commercial Insurances / Tricare
Same-day verification of coverage.
In Network with Optum (United Healthcare)

**Typical Client:** Family First is licensed to treat primary mental health issues with or without substance use, such as, but not limited to, PTSD, C-PTSD, anxiety, depression, bipolar, self-harm, ADD/ADHD, and problematic gaming issues. We identify substance use as a behavioral issue and does not exclude a potential client from admission.

**Exclusionary Criteria:** Consistent Violence outside the home, Severe cognitive impairments, Non-speaking, Active Suicidal Ideation with a plan, BMI below safe threshold.

**Academics:** Yes, each client has an educational case manager and access to accredited teachers to help with schoolwork (2.5 hours per day, 5 days per week). A comprehensive on-site academic support program allows students to continue their schooling while receiving treatment. We customize academic plans to each client in collaboration with their home school.

**Family Program:** Yes. Weekly family therapy sessions and clinician-led family groups 2x per week (new material, discussion, and exercises each week); parents can continue to join indefinitely beyond their child's completion of care. Parents additionally receive weekly updates from program leadership staff, academic coordinators, psychiatric providers, and concierge support is available from case managers via direct cell at any time. Family treatment plans are constructed with the family therapist. These plans run parallel to the treatment plans of our clients and are processed in family therapy.

## Clinical Services Highlights (Individual, Group, Family):

**Week 1:** 5-in-7 in addition to initial assessments, clients receive five individual therapy sessions within the first seven days of treatment.
**Group:** 7 days per week.
**Individual:** 4x Weekly (Additional as needed).
**Pysch:** Weekly assessment with clients, and updates to family from psychiatric providers, in addition to initial comprehensive neurocognitive and psychiatric evaluation.
**Family:** Weekly Family Therapy Session Via Zoom, Weekly Family Social Zoom, 2x Weekly Clinician Facilitated Family Groups offered.

**Experiential Therapies:** In addition to our robust core clinical program, Family First engages Adventure Based Therapy, Surf Therapy, Animal Assisted Therapy, Equine Therapy, Goat Yoga, and CrossFit infused Therapy. Our experiential therapies are clinician run groups that engage the physical with the mental/emotional systems of our clients.

**Fun:** Deep sea fishing, wakeboarding park, bowling, kayaking, paintball, planet air (trampoline park), go-karts, paddle-boarding.

## *Contact Us*

**Admissions Team**
**Available 7 Days / Week**

**(561) 328-7370**

**familyfirstas.com**