

FIRSTSTEPS

RECOVERY

Our mission at First Steps Recovery is to help rebuild the minds and bodies of Veterans who are struggling with substance use disorder. We aim to address the underlying causes behind addiction through a variety of evidence-based treatment modalities. Our expert medical and clinical staff is here to help you take the first step to a healthier life.



First Steps Recovery's Veteran Resource Team (VRT) is a team comprised of fellow Veterans who now work in the addiction recovery field. Our resource specialists help Veterans navigate the process of accessing substance use disorder treatment services. Our VRT will walk with each Veteran throughout their stay and continue to support community integration for a full year following their comprehensive treatment episode.

After addiction treatment, Veterans are often left to figure out how to live on their own. At First Steps Recovery, we have a dedicated social worker that supports the patient for a full year after their episode of care, helping them access resources such as transitional living, life skill support, vocational assessments, and medical care, thus increasing the likelihood of the patient being able to not only establish sobriety, but also a meaningful life in long term recovery.

Program Features:

- ✓ Gender Specific Facilities
- ✓ Therapy and clinical programming created to address the specific needs of Veterans and their families
- ✓ Life skills training, education, and assistance with community reintegration
- ✓ A safe, healthy, supportive, and structured environment located in the serene foothills of the Sierra Nevada Mountains
- ✓ A refuge for Veterans, providing an environment free of temptation and toxicity
- ✓ Supervised outings and meetings

Disorders Treated

- ✓ Substance Use Disorder
- ✓ Anxiety
- ✓ Depression
- ✓ Post-Traumatic Stress Disorder (PTSD)
- ✓ Attention-Deficit/Hyperactivity Disorder (ADHD)
- ✓ Bipolar Disorder medication compliant
- ✓ Other Co-Occurring Disorders

Many trauma reactions including post-acute stress disorder and post-traumatic stress disorder often trigger or exacerbate substance use disorders.

Including services to support Veterans and their spouses, children, and other eligible dependents of personnel from the following branches:

Army

Navy

Air Force

Coast Guard

Marine Corps



Multiple Levels of Care

- ✓ Medically Monitored Detoxification
- ✓ Physical Assessments
- ✓ Inpatient Residential Treatment
- ✓ Partial Hospitalization Programs (PHP)
- ✓ Intensive Outpatient Services
- ✓ Robust, lifelong alumni program, which involves weekly gatherings and activities as our patients are encouraged to build meaningful relationships with others, both civilian and Veterans who are living a life in recovery



Therapies & Services

- ✓ Specialized Veteran Treatment Track
- ✓ Dual Diagnosis
- ✓ Individualized Treatment Planning
- ✓ Expert Clinical Staff
- ✓ 24-Hour Nursing
- ✓ Community Reintegration
- ✓ Individual Case Management
- ✓ Individual, Group, and Family Therapy
- ✓ Cognitive Behavioral Therapy (CBT)
- ✓ Dialectical Behavioral Therapy (DBT)
- ✓ Eye Movement Desensitization and Reprocessing (EMDR)
- ✓ Trans magnetic Stimulation (TMS)
- ✓ Brainspotting
- ✓ Somatic Experiencing
- ✓ Experiential Therapy
- ✓ Motivational Interviewing (MI)
- ✓ Cumulative Trauma Focused Therapy
- ✓ Neurofeedback
- ✓ Resiliency for Veterans
- ✓ Equine Counseling
- ✓ Mindfulness and Meditation
- ✓ Yoga & Massage Therapy
- ✓ Psychoeducation
- ✓ Support Groups/12-Step Introduction
- ✓ Travel Scholarships
- ✓ Safe and Sober Transport

When a Veteran or another member of the military family struggles with a mental health disorder or a behavioral health concern, the VRT team can provide considerable information, guidance, and support.

During and after a person's time in treatment, a VRT liaison will monitor their progress and ensure that they are connected with the appropriate services and resources that will support them during the post-treatment phase of their journey to achieving improved health.

First Steps Recovery accepts most commercial insurances, including Tricare and TriWest as an authorized VA Community Care Network (CCN) provider.

To learn more about how the Veteran Resource Team (VRT) can help you or a member of your family, contact First Steps Recovery (VRT)



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