

"ON A SCALE OF 1 TO 10, THIS WAS A 20."

"The best aspect of the program for me was the ability of a guarded individual to open up in a group of fellow veterans."

"YOU EXCEEDED MY HOPES AND EXPECTATIONS."

"Now I understand not only the science behind addiction, but I have also learned coping skills to help control anxiety caused by PTSD."

SALUTE TO RECOVERY

VETERANS PROGRAM



**PROUD VETERANS AFFAIRS
COMMUNITY CARE PROVIDER & PARTNER**



Desert Hope Treatment Center & Recovery First are part of
American Addiction Centers Nation Network of Treatment Centers.

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THE SALUTE TO RECOVERY PROGRAM

The Salute to Recovery program is dedicated to helping military veterans and first responders develop solid strategies to promote positive decision-making and permanent healthy lifestyle changes.

We believe the road to recovery is unique to each patient. Our treatment team understands that life in service can put individuals at high risk for developing substance use and mental health disorders, making it difficult to:

- **Manage a work/life balance.**
- **Protect against stress-related disorders.**
- **Identify the impacts on self and family.**
- **Connect with the emotions of others.**
- **Recognize the beginning stages of post-traumatic stress disorder (PTSD).**

The Salute to Recovery program was created with these unique challenges in mind and is dedicated to military veterans and first responders whose lives have changed and become unmanageable due to substance use disorder, post-traumatic stress disorder (PTSD), and other mental health issues.

Under the MISSION Act, Veterans have more ways to access health care. This includes within VA's network and through approved non-VA medical providers in your community, called "community care providers." Depending on your situation—for example, if a certain type of health service isn't provided by VA—you may be able to go to a non-VA provider such as Salute to Recovery. Call us and we help you discover if this is an option for you and your situation.

OUR TREATMENT INCLUDES:

Trauma Groups
Relapse Preventions
Emotion Regulation
Greif & Loss
Spirituality
Nutrition
Pain Management
Excercise
Yoga
Coping Skills

Cognitive Behavioral Therapy
Dialectical Behavioral Therapy
Motivational Interviewing
Cognitive Processing Therapy
EMDR
12-Step
Recreational Therapy
Art Therapy
Music Therapy

Embedded in the Salute to Recovery program is the First Responder and Military Lifeline curriculum that was created in collaboration with The Veteran's Administration and Employment Assistance Professionals (EAP).



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