# ramid Military Therapy & Recovery Programs ERSTANDING THE UNIOUE NEEDS OF THOSE WHO HAVE SERVED





# **Detox & Residential Substance Use Treatment Services**

Substance use, depression, anxiety, and PTSD are all common issues for military and veterans, particularly those who have endured trauma during their time in service. Pyramid's Military Therapy & Recovery Programs use a clinically integrated approach to address underlying trauma and moral injury at their cores.

### A Curriculum Built Just for Veterans

Our highly structured yet clinically flexible programs utilize a Process Therapy approach designed specifically for all veterans.

CBT, DBT, and Acceptance & Commitment Therapy (ACT) are incorporated to address the complex behavioral healthcare issues that service veterans commonly face.

#### Other key aspects of our curriculum include:

Phase 1 trauma stabilization, establishing safety, & building coping skills

Addressing moral injury through acceptance techniques & redefining valued living

& well-being Utilizing polyvagal theory to reprogram the autonomic nervous system &

"fight vs. flight" responses

## Our team is available to take your call 24/7, and can arrange complimentary transportation for a quick and easy admission.





### Military Therapy & Recovery Programs at a Glance

- » Psychotherapeutic process group
- » Psychoeducational group
- » Holistic services and access to integrative treatment services
- » Weekly individual psychotherapy
- » Weekly family therapy session
- » Weekly family support group
- » Monthly family workshop
- » Peer support services
- » Medication management
- » Access to medical care



## **Treatment Team**

- » Master's Level Clinician
- » Board Certified Medical Director
- » Psychiatric Nurse Practitioners
- » Registered Nurses & Licensed Practical Nurses
- » Veteran Peer Support Specialists
- » Certified Recovery Specialist (CRS)
- » Trained Behavioral Health Technicians

Pyramid is an approved provider of the Optum Veterans Community Care Network (VA-CCN).

For more information or to initiate a referral, please contact our Veterans & Military Help Line at (888) 202-6071.

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