

Deciding to enter recovery is a big step

Virtue Recovery Center offers comprehensive care through a safe and comfortable living environment while providing clients a unique and person-centered approach to their recovery process.

Our interdisciplinary treatment team addresses the medical, emotional, spiritual, and behavioral health concerns of a client.

While in our care a client can expect:

- Medical and Psychiatric Evaluations and Follow Up
- Medication Monitoring
- A Recovery Wellness Plan
- Daily groups that are process and psycho-educational orientated
- Individual therapy
- Family therapy
- Assessment based informed treatment planning
- Exposure (Possibly change to Introduction) to 12-step model and philosophy
- Case Management
- Therapeutic outings
- Life Skills

Virtue Recovery Center offers the full continuum of care which is essential to a client's relapse prevention.

A client will have the opportunity to transition through:

- Inpatient Eating Disorder
- Substance Use Detox
- Residential Program
- Partial Hospitalization Program
- Intensive Outpatient Program
- Outpatient Program
- Aftercare housing



Each of the Virtue Recovery facilities offer individualized services based on the client's specific needs. Virtue Recovery Center believes in the treatment of mental health in addition to the diagnosis of eating disorders and substance use care.



Substance Abuse Care
and Mental Health Facility
Astoria, Oregon
NPI 1699371476



Eating Disorder Care Facility
Sun City West, Arizona
NPI 1861094898



Substance Abuse Care
and Mental Health Facility
Chandler, Arizona
NPI 1326628975



Eating Disorder and Substance Abuse
Mental Health Care Residential Facility
Houston, Texas
NPI 1184347544



Substance Abuse Care
and Mental Health Facility
Killeen, Texas
NPI 1801526280



Eating Disorder and Substance Abuse
Mental Health Care Residential Facility
Las Vegas, Nevada
NPI 1861116071



For more information:

866.693.3878

www.VirtueRecoveryCenter.com

PAYMENT FOR TREATMENT

COMMERCIAL INSURANCE

We accept most major commercial insurance policies

COMMUNITY CARE PROVIDER

We proudly participate in the Community Care Network (CCN)
for veterans



Eating Disorders We Treat

- Anorexia Nervosa
- Avoidant/Restrictive Food Intake
- Bulimia Nervosa
- Binge Eating
- Other Specified Feeding or eating disorder
- Rumination Disorders

Specific Programming

- Health at Every Size (HAES) Principles and All Foods Fit Model
- Nutrition Education
- Exchange based meal plan system
- Meal Support
- Movement Support
- Bathroom Support
- Restaurant experientials
- Group topics include, but are not limited to
- Body Image and Body Positivity
- Navigating Social Media
- Nutrition/Meal Planning/Preparation/Cooking
- Mindful Movement
- Eating Disorders and the Body



Virtue Recovery Center prides itself on providing high quality services to our clients and we understand that integrated care will provide the best data driven outcomes.

Co-Occurring Disorders We Treat

- Anxiety Disorders
- Bipolar and Related Disorder
- Depressive Disorders
- Obsessive-Compulsive and Related Disorders
- Personality Disorders
- Trauma and Stressor Related Disorders



Substance Use Disorders We Treat

- Alcohol
- Hallucinogens
- Inhalants
- Opioids
- Sedatives, Hypnotics, and Anxiolytics
- Stimulants

Specific Programming

- AA, NA, Refuge, SMART Recovery, and Celebrate Recovery Frameworks
- Medications for Opioid use Disorder (MOUD)
- Therapeutic outing experientials
- Group topics include
- Addiction and the Brain
- Post Acute Withdrawal Symptom Management
- Process Addictions
- Relapse Prevention
- Risks, Triggers, and Warning Signs



Military service is demanding and dangerous.

Life after the military can pose completely different yet equally fatal challenges for the veterans who have served in the armed forces.

Discharging from military service inherently means shifting from a tight-knit military culture built on selfless sacrifice to a civilian culture rooted in personal progress and individual success.

Many Veterans find it difficult to reintegrate with the general American public because they just can't reacclimate.

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BATTALION

★ VETERANS PROGRAM ★

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866.762.0753

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COLLABORATIVE CARE

Our multidisciplinary treatment teams address physical, behavioral and mental health simultaneously. Treating the whole person under one roof during a single episode of care increases the quality of care and is essential for positive health outcomes.

Our integrated model acknowledges the interplay between the symptoms of PTSD and SUDs and coordinates care to target both disorders concurrently. We address trauma early in treatment and practice skills that relieve symptoms of PTSD. Proper management of PTSD and other mental health symptoms improves recovery from SUDs.

EVIDENCE BASED INTERVENTIONS

- Cognitive Behavioral Therapy (CBT)
- Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Dialectical Behavioral Therapy (DBT)
- Rational Emotive Behavior Therapy
- Eating Disorder
- Cognitive Processing Therapy (CPT)
- Motivational Interviewing
- Substance Abuse
- Solution Focused Therapy
- Written Exposure Therapy (WET)
- Thought Field Therapy
- Prolonged Exposure Therapy (PET)

Eating Disorders have the highest mortality rate of any mental illness.

People with an eating disorder are at increased risk of psychological distress as up to 97% of individuals have another comorbid psychiatric diagnosis.

Binge Eating Disorder is the most common eating disorder in the United States.

The most common type of eating disorders among military members in Bulimia Nervosa. Although eating disorders can be successfully treated, only 1 in 10 people with an eating disorder ever receives treatment.

**AN ESTIMATED 30 MILLION PEOPLE
IN THE UNITED STATES SUFFER
FROM AN EATING DISORDER
(20 MILLION WOMEN AND 10 MILLION MEN)**

**AN ESTIMATED 1 IN 4
FEMALE VETERANS &
1 IN 100 MALE VETERANS
REPORT EXPERIENCING
MILITARY SEXUAL TRAUMA.**



TRAUMA-INFORMED, PERSON-CENTERED CARE

VRC offers avenues through which Veterans can provide feedback and advocate for their own needs, including a Military Veteran Liaison who can advocate on behalf of the Veteran.

Comprised of highly credentialed, deeply experienced individuals from diverse backgrounds—civilians, Veterans and retired first responders. All staff are military culture sensitivity trained and promote an environment that embodies the following principles:

- Safety and Trustworthiness -

VRC creates an environment that protects Veterans from physical harm and promotes a sense of emotional security. Staff earns clients' trust through open, respectful communication.

- Choice and Collaboration -

VRC provides services according to Veterans' individual preferences and values and encourages them to make their own care choices.

LIFE SKILLS TRAINING

Recovery is a process of change through which individuals improve health and wellness, live self-directed lives and strive to reach their full potential. Veterans at VRC are encouraged to set personal recovery goals and work with case managers and Veteran peer support specialists to develop meaningful daily activities that cultivate the independence, income and resources necessary to participate productively in society.

- Financial Planning
- Resume Writing / Submitting Job Applications
- Problem Solving Skills
- Communication Skills
- Veteran peer support specialist

TRANSITIONAL CARE PLANS

- Each client works hand and hand with VRC and VA treatment team.
- **12-Step and other Community Support Group Engagement.**
- Strategies for proactively managing symptoms to sustain long-term stability and better health overall.
- Take steps to restore positive family relationships.
- Engagement to determine eligibility for benefits with the local VSO (to maximize Veteran Benefits).
- We proudly participate in the Community Care Network.

Unresolved trauma perpetuates the thoughts and feelings of loneliness. It keeps the individual from coping with unwanted emotions leading to the need to "self-medicate" through substance use and other maladaptive means. Virtue Recovery's interdisciplinary treatment approaches support each client's underlying causes that have led them to substance use. We allow our clients to regain stabilization through teaching, mentoring, and modeling real life recovery.