

# **Operation Success Welcome Packet**

**A Guide for Clients and Families**



**Integrated Chemical Dependency and  
Mental Health Treatment for  
Military Members, Veterans, and their  
Families**

**New Bridge Foundation**

**Berkeley, CA**

**800-785-2400**

**Building Bridges to Recovery since 1968**

**[www.newbridgefoundation.org](http://www.newbridgefoundation.org)**



## **WELCOME TO OPERATION SUCCESS**

Welcome to New Bridge Foundation. Your decision to enter treatment may have been a difficult one, but you have made a great choice. We have a long and proud history of serving military members, veterans and their families. We created Operation Success to address the unique issues you face, and help you begin your road to recovery.

We have prepared the information in this packet to introduce you to the program. This information will help you understand the treatment process and program expectations.

New Bridge Foundation seeks to provide a compassionate and supportive environment for your recovery. Many members of our professional and dedicated staff have military experience, and all staff receive specialized training to address the unique issues present in the lives of military members, veterans and their families.

It is the goal of the staff to help you address the important issues you face. We know you can recover and we will do everything we can to help you take on your challenges and work through them successfully.

Once again, welcome to New Bridge Foundation. Congratulations on taking this important step in your recovery.

Sincerely,

*The New Bridge Foundation Staff*

# **New Bridge Foundation's Operation Success PROGRAM SERVICES**

New Bridge Foundation has been successfully treating military members, veterans, and their families since 1968. Operation Success was created to address the unique needs of those involved with the military. Housed in beautiful Hearst mansions in the Berkeley Hills, New Bridge utilizes evidenced-based treatment models to bring success to those we serve.

We are licensed and certified by the State of California Department of Alcohol and Drug Programs and we have the highest accreditation from CARF for Integrated Alcohol and Drug Treatment and Mental Health.

## **Drug and Alcohol Services:**

- Chemical Dependency Education
- Military Therapy Group facilitated by psychiatrist
- Relapse Prevention
- Military Support Groups facilitated by veterans
- Individual and Group Therapy
- Family Program with services provided in person or via phone
- 12-Step Program including Young People's 12-Step meeting for younger soldiers and dedicated military 12-step and sponsorship
- Cognitive Behavioral Therapy
- Physical Conditioning Program with personal trainers, jogging, & yoga

## **Dual Diagnosis Services:**

Dual Diagnosis services include the services listed above, as well as the following:

- Medication Evaluation and Management
- PTSD/ASD Coping Skills
- Individual EMDR sessions to manage PTSD/ASD symptoms
- Anxiety Management and Training
- Acupuncture
- Seeking Safety Therapy

## **Pain Management Services:**

We created our pain management track to help those individuals who want to address their chemical dependency issues while learning to manage their pain in a healthy way.

Our pain management services include:

- Medication Evaluation and Management
- Biofeedback
- Acupuncture
- Anxiety Management and Training
- Pain Management Group facilitated by a physician

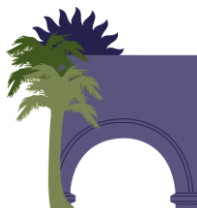
## **Aftercare Services:**

- Free Aftercare services include weekly therapy groups, random urine screens, and relapse prevention. Counselors are available via phone for clients living out of the area.

**OPERATION SUCCESS**   
**Admissions Process**

The following steps that need to be taken to enter treatment at New Bridge Foundation:

- 1) A call needs to be placed to our Admissions Office at 800-785-2400. You might take part in a brief phone interview with one of our Admissions staff members to introduce you to the program.
- 2) If you are active duty, a flight will be arranged through your command or referral source to one of our local airports. This information will be relayed to us by someone at your base along with your cell phone number. If you are a veteran or family member, either you or your referral source will make your flight reservation. Please make sure that New Bridge Foundation has your cell phone number so we can easily contact you once you land.
- 3) We will pick you up at the airport. Please bring your cell phone with you on the plane. Our driver will call you once you land to confirm your pick up location.
- 4) The driver will bring you to our Admissions Office to complete your assessment and intake paperwork and you will be admitted to the program.
- 5) If you are driving here, please come to our Admissions Office at 1841 Berkeley Way in Berkeley, CA 94703. Please see driving directions for specific routes.



**New Bridge Foundation**

# Military Packing List for Operation Success

## WHAT TO BRING

<b>Identification</b>	<ul style="list-style-type: none"> <li>• Driver's License or ID</li> <li>• Insurance Card</li> <li>• Medical Papers (appointments, test results, TB test)</li> </ul>
<b>Personal Items</b>	<ul style="list-style-type: none"> <li>• <b>If you take medications, you must bring full prescriptions <u>in original containers</u>. Any over-the-counter medication, vitamins, and supplements <u>must be in unopened and sealed containers</u>.</b></li> <li>• Phone cards or quarters for the pay phone (cell phones will be kept in our safe while you are in treatment)</li> <li>• Alarm clock (without radio)</li> <li>• Comb/Brush</li> <li>• Toothbrush/Toothpaste</li> <li>• Deodorant/Soap/Lotion</li> <li>• Shaving needs (razors/shaving cream)</li> <li>• If you smoke, bring cigarettes (You will be allowed a maximum of 4 cigarettes per day)</li> <li>• Personal food items</li> <li>• Hair care products (shampoo/conditioner/hair spray)</li> </ul>
<b>Basic Wardrobe</b>	<ul style="list-style-type: none"> <li>• Comfortable everyday pants and shirts</li> <li>• Sweater/Jacket/Coat</li> <li>• Underwear and Socks</li> <li>• Sleepwear (pajamas, sweats, etc.)</li> <li>• Robe/Slippers/Shower Shoes</li> <li>• Comfortable shoes (flats/tennis shoes)</li> <li>• Sweats or exercise clothes</li> <li>• No clothing with references to drugs or alcohol</li> </ul>
<b>DO NOT BRING</b>	<ul style="list-style-type: none"> <li>• Electronics (iPods, Laptops, Radios, TVs, cameras, etc.)</li> <li>• Expensive Jewelry or other valuables</li> <li>• Knives, weapons, or any sharp objects</li> <li>• Mouthwash with alcohol</li> <li>• Excessive cash</li> <li>• <b>Laundry detergent (provided for you)</b></li> <li>• Anything highly caffeinated (including coffee, tea, energy drinks, Rock Stars, Red Bull, etc); regular soda is OK</li> </ul>

*\*Please bring any of the above mentioned items you feel you may need while in treatment. You will not have the opportunity to purchase them while you are at New Bridge Foundation.*

# **New Bridge Foundation's OPERATION SUCCESS**

**Operation Success focuses on the unique issues present in the lives of military-affiliated members, in a seamlessly integrated chemical dependency and mental health treatment program.**

**To speak with an Admissions Staff member please call:  
800-785-2400**



**New Bridge Foundation is proud to serve all branches  
of the US Military.**