

New Bridge Foundation's
OPERATION SUCCESS 
Program Components

During the 40 years we have been serving military members, veterans, and family members, we have gained a wealth of knowledge regarding your unique needs. As a result we created Operation Success, which includes many components designed to help you achieve your goals.

Medication Evaluation and Management

Upon entering treatment, individuals are assessed by one of our physicians and the on-duty nurse. When needed, clients meet with the psychiatrist to discuss any issues of concern and for medication evaluation and management.

Individual Counseling

All clients are assigned an individual therapist. This person is there to help process issues which need to be dealt with on an individual basis. Our therapists have years of experience working with military members, veterans and their families and receive extensive training regarding the unique issues present when working with the military.

Psychological Evaluation

A Licensed Clinical Psychologist interviews all clients, asking questions about background, relationships, addiction patterns and other pertinent areas. This information helps us understand each client and their specific needs.

PTSD/ASD Treatment

We offer a special group of services to manage the symptoms of PTSD/ASD. These include: EMDR, Biofeedback, Acupuncture, Seeking Safety Groups, and targeted cognitive behavioral therapy.

Groups

Groups are the treatment modality of choice for chemically dependant individuals and one of the keys to recovery. There are a number of different types of groups we offer as part of Operation Success. These include:

Military Therapy Group: This group is facilitated by a psychiatrist, who works extensively with military members and their families. This group focuses on the psychological issues related to the stress of military life.

Military Support Group: This group is facilitated by a veteran, and includes topics such as: "pride, morale, and dignity of the unit," "fighting and training better sober," "working with the stigma of addiction in the military," and "achieving a culture of sobriety in a culture of partying."

Process Group: This group is for exploring thoughts, feelings, and relationships with others. Issues such as denial, grief, anger and self-esteem are often discussed in this group.

Relapse Prevention: This group explores how relapse happens, and what you can do to prevent future episodes. There are very clear signs and triggers leading to relapse, and this group teaches the skills to identify these signs, and to change a relapse pattern to a recovery pattern.

Health and Recovery Group: Facilitated by a registered nurse, this group provides education regarding health and how this impacts recovery.

Dual Diagnosis Group: this group is for individuals who have a mental health diagnosis such as depression, PTSD, and anxiety. This group allows a safe place to discuss issues particular to having a secondary diagnosis.

Anxiety Management and Training

The goal of anxiety management is to teach healthy coping skills, including:

- ✓ Relaxation Training: systematic musculoskeletal relaxation
- ✓ Breathing Training: use of diaphragmatic techniques change blood gases and decrease fight/flight response of hyperventilation
- ✓ Positive Thinking and Self-Talk: replacing negative thoughts when anticipating/confronted with stressors
- ✓ Assertiveness Training: teaches the appropriate wishes, opinions, and emotions without alienating others
- ✓ Thought Stopping: distraction technique to cease negative thoughts
- ✓ Meditation and Movement Therapy
- ✓ Acupuncture

Family Program

Your family and close friends have been affected by your addiction, and they need information, support and understanding. The evening Family Support Group and attendance at Alanon will help the whole family begin recovery. In addition, individual family sessions take place in person, or via telephone, so that clients with family far away can also reap the benefits of having their family involved in the treatment process.

Education

Knowledge is power. Through talks, discussions, videos and reading, individuals increase their knowledge about chemical dependency and how people recover. Many topics will be addressed such as "How Chemical Dependency Affects the Family," "PTSD/ASD," "Coping with the Stress of Military Life." "12 Steps," "Codependency," and "Pain Management."

12-Step Program

As part of treatment, individuals attend in-house 12-Step meetings, 12-step concept groups, and are introduced to sponsorship. It is very important that clients connect with ongoing support for recovery and learn to use the fellowship and other resources. We offer dedicated military 12-step meetings and, for younger soldiers, we offer young people's 12-step meetings.

Treatment Plan

The treatment plan is a collaboration between the client, their counselor, and the interdisciplinary treatment team. The goal of the treatment plan is that each individual will complete treatment and understand their triggers, obtain healthy tools for recovery, and know the action steps needed to live a healthy life.

Physical Conditioning Program

Chemical dependency affects people at every level: physical, mental, emotional and spiritual. Getting the body healthy is one of the foundations of recovery and staying fit is crucial to active duty military members. Exercise is important for long-term recovery and for its immediate physical and emotional benefits. The Physical Conditioning Program includes personal training, yoga, and jogging.