



Helpful links/resources for active duty service members and their families.

www.patriotssupportprogram.com

A Resource for Military Specific Treatment Programs Across the Country

www.militaryonesource.mil

Support for Every Phase of Military Life

www.tricare.mil

Benefits Information

www.dcoe.health.mil

Defense Centers of Excellence for Psychological Help

www.health.mil/inTransition

Resources for Mental Health/Coaching for Those in Transition/Separating

<http://afterdeployment.org/>

Wellness Resources for the Entire Family

<http://www.militaryhomefront.dod.mil/>

DOD Website with Resources Across a Broad Spectrum

www.veteranscrisisline.net

Confidential Crisis Line for Veterans and Their Families



Contact Us:

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COASTAL HARBOR HEALTH SYSTEM

Return to Readiness Treatment Program™



A Military Specific 28 Day Treatment Program for Substance/ Dual Disorders



A TRICARE® Certified Program



Return to Readiness for our military service members.

The Return to Readiness Treatment Program™ (RTR) is designed to provide integrated treatment services for active duty service members dealing with substance abuse and co-occurring disorders aggravated by the stressful or adverse situations resulting from deployment and reintegration. The scope of the program is based on a 28-day model of evidence-based cognitive behavioral therapy for PTSD and Hazelden's Living in Balance Program.

Our mission for these service members is to equip them with the tools needed to maintain recovery from past trauma and addictions while moving forward as productive and healthy members of our nation's Armed Forces. Our program likewise supports family involvement as part of the recovery process to better allow service members a seamless transition back to military life.

The key components of this military-tailored program include:

- Post Traumatic Stress Disorder/ Combat Stress
- Trauma Groups
- Addiction-free pain management
- 12-step support groups
- Family therapy
- Individual therapy
- Educational programs focusing on anger management, conflict resolution, grief/loss and healthy relationships
- Cognitive Restructuring
- Life Balance Groups
- Civilian Reintegration Processing
- Eye Movement Desensitization Reprocessing (EMDR)
- Exercise/Recreational Therapy including PT
- Yoga/Massage Therapy



We accept referrals from all military branches of service.

We believe successful behavioral health treatment occurs in the least restrictive environment possible. Once a service member is assessed and stabilized for safety, their continuing needs are met in a military dedicated environment custom designed with their care and comfort in mind. While programming separately from the civilian population, the service member can be assured their needs are being specifically met by a team of treatment professionals



that include veteran and retired military personnel who understand military culture. While treatment progresses, constant contact is maintained with key Command and Base Support Networks to assure a seamless transition back to active military readiness.