

Proven treatment to address trauma, addiction, and other duty-related issues



## Uniformed Service Program

### **Police. Fire. Military. EMS. Corrections.**

Serving in uniform takes strength of body *and* of mind. But even the strongest among us can be overwhelmed by the emotional demands of duty.

Maybe you've been back from war for a while, but the war won't leave you. Maybe you've seen your job stress turn into something more. Addiction? Isolation? Despair?

### **You're trained to call for backup**

When it comes to protecting your community or saving a life, you don't

think twice about calling in support. When personal challenges become a threat to your career, or your life, you shouldn't have to go it alone.

You can call in support for yourself—or someone you work with—from the Brattleboro Retreat.

### **Dedicated, effective, and strictly confidential**

Here on our private southern Vermont campus, men and women from the uniformed services address their personal struggles in the company of peers who understand what it means to serve.

### **Well-being is balance based**

You'll learn how your physical and emotional health can complement each other and improve your ability to handle stress and physical pain. Our approach includes:

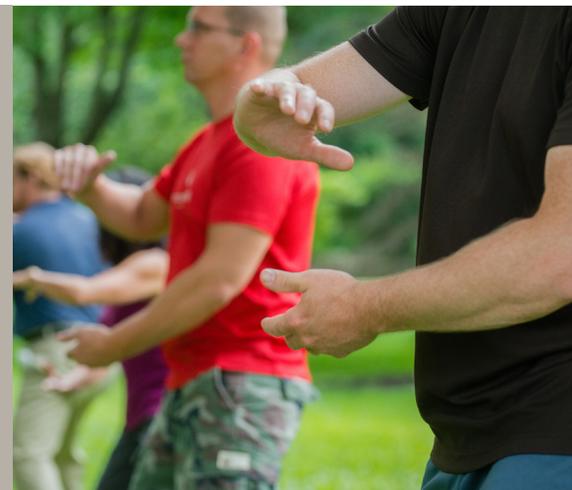
- acceptance and commitment therapy
- wellness activities
- biofeedback
- relaxation techniques
- meditative movement
- mindfulness training.

At night, several comfortable housing options are available, including our Inn, a charming and comfortable alternate to conventional lodging.



“The entire staff was extraordinary. The compassion and care were genuine.”

—Police Officer





“I appreciated the confidentiality and privacy that was inherent and respected by the staff.”

—Fire fighter

While in the Uniformed Service Program, you'll have access to the Brattleboro Retreat's entire continuum of care, including detox services and inpatient treatment for co-occurring disorders. We also provide substance abuse services with individualized assessment and treatment, medication management, and access to AA/NA meetings.

### What you'll get back

You'll start mapping a path back into life—and work—with proven skills to help overcome drug and alcohol dependence, anxiety, PTSD, depression, and loneliness.

In addition to coping better and reducing your distress, you will:

- Improve your sleep.
- Feel better about yourself.
- Reduce tension, anger, and fatigue.
- Change unhealthy patterns.

Aftercare planning is an important component of returning to work, your home, and community. A clinician will assist with referrals to outpatient providers and other follow up support services in your community.

### Just like you, our team is mission driven

The USP staff includes psychologists, social workers, mental health counselors, mental health workers, psychiatrists, and other medical providers. Many have extensive experience working with first responders and veterans.

### Admissions to USP

Our referral and admissions process is designed to be simple and convenient. You can start by submitting a pre-intake form via the internet ([brattlebororetreat.org/get-started](http://brattlebororetreat.org/get-started)) or call us at 802-258-3700.

More than 100 private insurance companies accepted, as well as Medicare and some Medicaid. Self-payment plans available. The Brattleboro Retreat is a tobacco-free campus.

Get help now.

802-258-3700  
[brattlebororetreat.org/usp](http://brattlebororetreat.org/usp)

## Our treatment philosophy.

We believe that people are resilient. We believe they can make significant changes in their lives that will strengthen their recovery from mental health and addiction challenges. We help every step of the way, with expert care rooted in understanding and respect.



**Brattleboro Retreat**

UNIFORMED SERVICE PROGRAM

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