



*Family-centered
treatment*

*for mental illness
& substance use disorders*


WESTBRIDGE



WestBridge

WestBridge is a private non-profit organization dedicated to supporting the recovery of individuals and families that experience co-occurring mental illness and substance use disorders.

Our services are designed according to evidence-based practices that were developed through research on co-occurring disorders, and all interventions are tailored to meet the unique needs and strengths of individuals and their families.

At WestBridge, we provide a fully integrated continuum of services including residential services, community-based care and Family Education & Support, to help individuals and their families achieve a healthy life of recovery.

Call us today at 800.889.7871 for more information, or visit westbridge.org.

*recovery is
a marathon,
not a sprint*





Community-
Based Care

Residential
Services

Family Education
& Support

WESTBRIDGE

CONTINUUM OF CARE
FOR DUAL DISORDERS

Evidence-Based
Practices

OnCOURSE
Student Services

All WestBridge services are private pay and strictly confidential.

Residential Programs at WestBridge (NH and FL)

Our residential programs are safe, home-like environments that provide support and evaluation for men who are experiencing increased stress or whose lives have become chaotic as a result of their mental illness and substance use. Our residential programs are available for individual lengths of stay for stabilization, and to begin or re-establish the healing process. The average length of stay in our residential programs is three to six months.

Our caring professionals are on-site, 24 hours a day, to provide support, treatment intervention, encouragement and monitoring. Each resident participates in individual, family and group counseling, wellness activities, medication services, psychiatric evaluation and self-help. Each residence also employs a full-time chef who prepares healthy and delicious meals.

Enjoying a well-balanced diet, establishing a healthy sleep cycle, exercising, exercising and living in a supportive substance-free environment, and living in a supportive environment enables residents to reassess their current lifestyle and make decisions that will promote recovery. As participants make progress, we support them in becoming increasingly involved in community activities, including work and school. We also design an individualized transition plan with each participant that includes ongoing support from our Care Management team and gradual movement toward an independent residence.

WestBridge South in Florida is a tobacco-free campus.





Community-Based Care (NH, MA, FL)

Our Care Management Services are based on the extensively researched Assertive Community Treatment (ACT) model. Studies have shown that ACT services are very effective for individuals with co-occurring disorders who may need extra support to live independently and to gain recovery skills. ACT teams provide services 24 hours a day, 7 days a week and have been proven to help reduce the number of hospital stays and increase an individual's ability to remain active in his or her community.

At WestBridge, our Care Management Teams provide services both in the office and in the community. A variety of staff members are involved in each participant's care so that services can be provided during day and evening hours, up to seven days per week. Care Management Teams meet each morning to coordinate treatment activities and to ensure that information about each participant's treatment is shared among all team members.

Areas in which Care Management provides assistance:

- Daily living activities
- Physical health
- Medication support
- Illness management & recovery
- Career development
- Housing stability
- Substance abuse & mental health counseling
- Family support & education
- Recreation & leisure activities
- Coordination of services with other providers



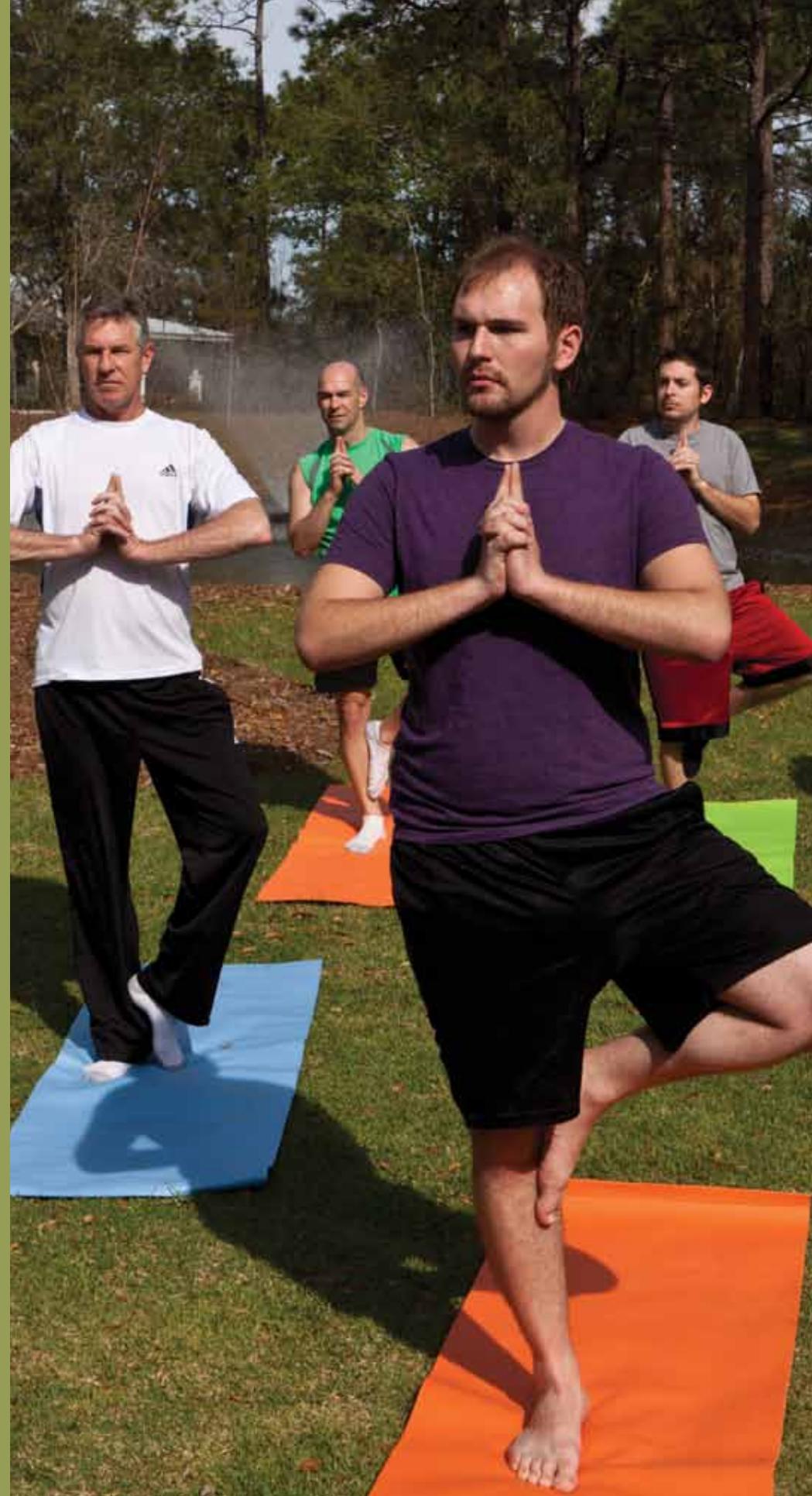
Family Education & Support

WestBridge is strongly committed to the integration of family in treatment. To that end, WestBridge has developed the Family Education & Support (FES) program. This evidence-based program is ongoing throughout an individual's stay with WestBridge. Our goal is to support the family through education, skill building and problem solving. This empowers the entire family on their journey to wellness and recovery.

Evidence-Based Practices

Doing what works in helping individuals and families gain recovery from dual disorders is important to the WestBridge staff. We strive to use treatment approaches that have been researched and proven such as:

- Motivational Interviewing
- Contingency Management
- Cognitive Behavior Therapy
- Integrated Dual Disorders
- Assertive Community Treatment
- Family Education and Support
- Mutual Help
- Stages of Change
- Supported Employment
- Behavioral Family Therapy
- Medication Management
- Illness Management and Recovery



Meet and Greet

At WestBridge we believe in the philosophy that there should be “no wrong door to treatment.” However, we also believe that services should be focused and designed to fit particular needs. To ensure that WestBridge is the right place for an individual and their family to work on their recovery, we have developed a comprehensive admission process which includes a “Meet and Greet.” The Meet and Greet, which occurs after an initial screening call, can be done in one of our facilities, at a family home anywhere in the United States, or in another treatment setting if an individual consents. The purpose to this nationwide outreach service is twofold:

- To learn as much as possible about a potential participant and his or her family, their goals, strengths, and needs
- To provide information to a potential participant and his or her family so they are able to assess if WestBridge feels right for them.

We strongly believe in ensuring that participant and family expectations are clear to us and that we have to ability to meet or exceed them. In cases where it does not appear that we are able to provide the services that would be most helpful to someone, we will work with them to identify and connect to a provider who would be a better fit.

There is no charge for the Meet and Greet.

Focus on Wellness

Recovery is a way of life that embraces emotional, physical, mental and spiritual health. At WestBridge, we believe that there are many opportunities for our treatment team to help individuals and families begin this process. Wellness-based activities are integrated throughout all of our programs to introduce and foster the development of healthy and positive skills. Participants receive support and guidance in making nutritious diet choices, and practicing mindfulness-based activities such as yoga and meditation. With a customized set of skills and tools in place, the participants will feel more hopeful and confident with their recovery.





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