

FOR IMMEDIATE RELEASE

WestBridge, Inc. continues expansion, adding programming for women as well as men.

MANCHESTER, NH (November 1, 2022) – To meet growing demand, on January 2, 2023, WestBridge will expand its treatment options to include an intensive outpatient program (IOP). Until this time, WestBridge has explicitly focused on residential and community-based treatment for men and their families experiencing mental illness with or without substance use. WestBridge will now use its expertise to serve women as well as men within this new level of care.

WestBridge's IOP is an intermediate level of care for people who live in the community and can benefit from more support and structure than outpatient therapy can provide, yet do not need the intensity of a partial hospital program, residential treatment program or hospital. The IOP will provide virtual and in-person therapeutic services to individuals experiencing symptoms of thought disorders, mood disorders, and anxiety disorders with or without co-occurring substance use at a minimum of three days per week. Available services include group therapy, case management, individual therapy, family support, and psychiatric consultation as appropriate. Men needing higher levels of care can still enter WestBridge's Residential Treatment Program or Community-Based Outpatient Program.

WestBridge is a family-founded non-profit organization, established in 2001, dedicated to providing evidence-based practices to support long-term recovery. WestBridge embraces families throughout the process, helping them learn, communicate and become trusting partners in recovery. WestBridge has supported many men and their families across two decades. In addition, WestBridge's independently verified treatment outcomes for men with co-occurring disorders who participated in WestBridge's residential and community-based outpatient treatment are published in an international journal.

WestBridge invites you to learn more about its unique programming and the importance of providing evidence-based treatment in addressing mental illness with or without co-occurring substance use. Contact Jennifer Villandry, LICSW, Director of Business Development for more information. Tel: 800-889-7871 e-mail: jvillandry@westbridge.org

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