

## **FOR IMMEDIATE RELEASE**

### WestBridge, Inc. Expands Treatment Options

MANCHESTER, NH (January 3, 2022) – To meet growing demand, WestBridge will expand its treatment options to include men's mental health-specific treatment on January 3, 2022. Until this time, WestBridge has explicitly focused on integrated dual disorders treatment for men and their families experiencing co-occurring mental illness and substance use. Moving forward, WestBridge will use its expertise in treating serious mental illness to serve men and their families with or without co-occurring substance use.

Men seeking treatment at WestBridge can present with both symptoms of mental illness and substance use, or mental illness specifically and can enter treatment via its Residential Treatment Program or Assertive Community Treatment Program (ACT). Average length of stay in both programs varies based on individual needs. Those who may be ideally suited to the program include men diagnosed with Schizophrenia Spectrum Disorders, Bipolar I Disorder, Major Depressive Disorder alone, or combined with substance use, including Opioid Use Disorder, Cannabis Use Disorder, or Polysubstance Use Disorder. In addition, men who have experienced multiple hospitalizations and treatment episodes, employment disruption, family distress, and legal involvement can be considered for admission. Treatment is individualized based on each participant's needs. Education on substance use prevention is factored into the programing, along with multiple simultaneous evidence based practices and an intensive family program.

WestBridge is a CARF accredited non-profit organization, founded in 2001, dedicated to supporting the long-term recovery of adult men and their families that experience mental illness and substance use disorders. WestBridge provides both residential treatment and community-based outpatient treatment using evidence-based practices that have been proven to work. WestBridge also embraces families throughout the process, helping them learn, communicate and become trusting partners in recovery. WestBridge has supported hundreds of men and their families across two decades. In addition, WestBridge's independently verified treatment outcomes for men with co-occurring disorders are published in an international journal.

WestBridge invites you to learn more about their unique program and the importance of providing evidence-based treatment in addressing mental illness with or without co-occurring substance use. For more information, don't hesitate to get in touch with Jennifer Villandry, LICSW, Director of Business Development. Tel: 800-889-7871 e-mail: [jvillandry@westbridge.org](mailto:jvillandry@westbridge.org)

**Website:** [www.westbridge.org](http://www.westbridge.org)

**Assertive Community Treatment:** <https://www.westbridge.org/dual-diagnosis-treatment-programs/outpatient-assertive-community-treatment>

**Residential Program:** <https://www.westbridge.org/residential-and-assertive-community-treatment-programs-for-men-with-dual-disorders-2/inpatient-treatment-programs-2/>