



FORTITUDE

INTEGRATED FIRST RESPONDER PROGRAM

**Substance Abuse and Mental Health Treatment
for First Responders**

**24/7 Admissions Center | (888) 573-0763
www.FirstResponderFortitude.com**

DESIGNED WITH FIRST RESPONDERS IN MIND

Join fellow first responders in an evidence-based treatment program designed to treat substance use disorder, co-occurring trauma and mental health issues. This specialty track will help clients address:

- Substance use or addiction
- Post-traumatic stress
- Depression and suicidal thoughts
- Injury, burnout and anxiety
- Trauma, stress and grief
- Intrusive memories, flashbacks and nightmares
- Related mental health issues



HEALING HOLISTICALLY

Years of dedicated experience treating first responders has made Advanced Recovery Systems the experts on trauma-informed behavioral healthcare for these unique professionals. The FORTITUDE program supports healing through the following levels and modalities of care:

■ Full Continuum of Care:

- Medical detox
- Residential
- Partial hospitalization
- Intensive outpatient
- Telehealth

■ Evidence Based Modalities:

- Cognitive Behavioral Therapy (CBT)
- Cognitive Processing Therapy (CPT)
- Eye Movement Desensitization and Reprocessing Therapy (EMDR)
- Motivational interviewing
- Psychoeducation and life skills

■ Alternative Therapy Approaches:

- 12-Step meetings
- AA, NA, SMART recovery
- Family outreach
- Family therapy
- Recreational therapy

RECOVERY RESOURCES

Due to the unique nature of first responder careers, specialized providers and flexible treatment options are critical to success. FORTITUDE offers the following additional services to ensure clients are best equipped for long term recovery:

- Vetted network of culturally competent aftercare providers across North America for long term recovery support
- Virtual recovery meetings for program alumni

Virtual Offering, Nobu:

- Real-time access to mental health tools, assessments and education
- Nobu enhances mental and emotional wellness to foster a happier, healthier workforce
- Teletherapy for substance use and mental health issues

To download Nobu, please visit nobu.ai



HELPING THOSE WHO HELP OTHERS

The FORTITUDE program welcomes professionals (active or retired) who struggle with substance abuse and co-occurring mental health issues, including:

- Law enforcement
- Fire service members
- Paramedics and EMTs
- Correctional officers
- Dispatchers
- Emergency room personnel
- Military veterans





The FORTITUDE program is a specialty track at The Recovery Village™ Columbus and a part of Advanced Recovery Systems' treatment facilities.



The Recovery Village™ Columbus is accredited by The Joint Commission.

FORTITUDE - The Recovery Village™ Columbus
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