

# COMING SOON!



## SAFE HARBOR Tactical Recovery

To further support our efforts in serving our Veteran community, Safe Harbor has implemented a highly successful, fully independent program set to open by the end of 2021.

### **SAFE HARBOR TACTICAL RECOVERY**

A Veteran-Specific Residential Substance Use Disorder Treatment Program.

#### **MISSION:**

- ★ A 45-day residential treatment program for Veterans
- ★ Trauma-informed treatment model
- ★ PsychArmor Certified program
- ★ Individualized treatment plans to include whole-person wellness (weekly yoga, nutrition education, and gym equipment on-site)
- ★ Intentional staffing to include Veterans and persons in long-term recovery (counselors and nurses on-site 7 days per week)
- ★ Treatment to include family & support system involvement
- ★ Collaborative relationship between Safe Harbor treatment team, the VA, and other Veteran support services
- ★ Weekly Equine Therapy
- ★ Neurofeedback Services
- ★ REBOOT Combat Recovery Groups (starting January 2022)

For more information, please contact: Jessica McGraw at [jmcgraw@summitbhc.com](mailto:jmcgraw@summitbhc.com) or (804) 839-1092. To make an immediate referral, please call Admissions: (757) 349-8301.





**SAFE HARBOR**  
Tactical Recovery

# PHP PROGRAM

Partial Hospitalization Program

3516 Queen Street, Portsmouth, VA 23707

## PHP Highlights

- > VETERAN-READY TREATMENT
- > Day treatment 8:30am-3:30pm M-F
- > Comprehensive treatment services, including Gorski Relapse Prevention Curriculum
- > Whole-person wellness, including weekly yoga and mindfulness education
- > Daily continental breakfast and lunch
- > Weekly medical management appointments
- > Aftercare planning and individual counseling

To make a referral to Safe Harbor,  
please call Admissions at (757) 349-8301.

