

# VETERANS SERVICES



## Treating the Veteran Community

Members of the military demonstrate bravery and dedication on a daily basis, which leads to a profound sense of pride and purpose. While being part of the armed forces is highly rewarding, it exposes service members to higher levels of stress as a result of witnessing or directly experiencing trauma.

At Bayside Marin, we understand how the cumulative effects of trauma can lead to the onset of posttraumatic stress disorder (PTSD), which can limit a veteran's ability to carry out their job responsibilities and live a healthy, productive life.

## VA Mission Act

As a result of the VA Mission Act of 2018, the VA has launched a program that gives veterans more treatment options. When the VA cannot provide the care a veteran needs, individuals can work with their healthcare provider to receive care within the VA's Community Care Network (CCN). Bayside Marin is proud to be part of the VA system as a participating CCN provider.

## Our Philosophy

Bayside Marin understands that military personnel can have experiences that may increase the risk of suffering from PTSD as well as drug or alcohol addiction. As such, we have created individualized detox protocols, treatment regimens, and continuing care plans that are designed to address the unique needs of this community. Our experienced clinicians utilize a blend of evidence-based theories and holistic modalities to assist in defining each client's recovery plan while striving to help reduce the stigma and shame associated with substance abuse.



For a confidential consultation, please call (800) 757-7131

[www.baysidemarin.com](http://www.baysidemarin.com) | 718 4th Street, San Rafael, CA 94901

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## Our Staff

*Our multidisciplinary team includes clinical and medical professionals who have extensive experience in treating veterans.*

- Board-certified medical doctors (MDs)
- Nurse practitioners and physician assistants
- 24/7 registered nurses (RNs) and licensed vocational nurses (LVNs)
- Clinical psychologists
- Master's level clinicians and certified addiction counselors



## Our Treatment Approach

During treatment, clients will work with their therapist to develop a customized treatment plan, which includes both individual and group therapy. We have purposely chosen holistic and movement therapy opportunities for veterans. This population can reap the benefits of healing and recovering through activities such as ecotherapy, mindfulness meditation, yoga, acupuncture, therapeutic massage, Pilates, and music/art therapies. Clients also have access to Bayside Marin's private, fully equipped gym, steam room, sauna, and pool.

## Seeking Safety

To teach effective coping skills and increase self-awareness, we utilize the Seeking Safety curriculum in our care for veterans. This approach helps clients who have PTSD form a stronger, more stable emotional foundation so that deeper concerns related to trauma can be addressed without overwhelming individuals receiving treatment.

## Family Program

At Bayside Marin, we believe recovery is a community effort. We offer biweekly, two-day intensive Family Program workshops, and throughout the course of treatment, we seek input from family, friends, significant others, colleagues, and employers when appropriate.

## Continuing Care & Ongoing Support

Each client receives a customized discharge plan upon completion of treatment, and we strive to keep our veterans connected long after they leave Bayside Marin. We also offer weekly alumni meetings, as well as access to the Recovery Choice® Alumni Outreach Program to provide support, resources, and promote frequent connection during the first year of recovery.