



TREE HOUSE RECOVERY®

VETERANS GETTING OPTIMIZED

ADDICTION TREATMENT FOR VETERANS



VETERANS BUILDING YOUR CIVILIAN TEAM

Strong team connections are essential for long-term recovery - the stronger your team, the healthier you become. **Action Based Induction Therapy (ABIT)** is a platform designed to achieve that goal. ABIT uses Naval Special Warfare Training exercises to teach communication and leadership skills while simultaneously targeting neurological health. Some outcomes are...

- **Builds team connections**
- **Strengthens leadership skills**
- **Enhances decision-making**
- **Adversity resilience training**



ACTIVE DUTY RETURN TO FORCES

U.S. Special Operations Forces (SOF) are a priceless American resource. We are committed to protecting you and your career. For any SOF team member struggling with addiction, Tree House is committed to helping you heal the wounds we cannot see. Not only will we help you heal mentally and emotionally, we will also ensure you become physically and socially stronger than you have ever been. Our goal is to fortify SOF careers and return warriors, mission-ready, operationally fit, and mentally prepared. Some outcomes are...

- **Protect your career**
- **Physically and socially stronger**
- **Heal mentally/emotionally**
- **Return mission-ready**



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CPL

REST EASY BROTHERS TILL VAU...

KIA 1-5-06
KIA 3-3-2006

GET WELL GET BACK IN THE FIGHT

Whether active duty, medically retired, or veteran, our treatment is purpose-built to save lives, families, time, and money. Beating addiction is just one more mountain to climb, and we are here to help. At Tree House, you'll gain the skills to stay sober and on point by taking care of yourself. Learn how to decompress between deployments or how to adjust to civilian life. Go from wounded, ill, and injured, to healthy, fit, and optimized. Get well and get back in the fight.



TRAUMA (PTSD) RESOLUTION

Through the completion of a series of structured, expressive written assignments, **Writing Therapy** provides a unique “tool” that allows men to examine, understand and resolve the traumatic experiences from the past that have not been addressed before and may have been stored behind a “curtain of silence” for years. Digging deeply into these unspoken and unexplored experiences is necessary for a sustainable, long-term recovery from drug and alcohol addiction. Some outcomes are...

- **Resolution of trauma**
- **Honest, detailed reflection**
- **Improved decision-making**
- **Use of write as a “tool”**



MENTALLY & PHYSICALLY STRONGER

ESM Fitness Therapy is an intense exercise regimen that pushes the boundaries of the body in an effort to achieve new fitness heights. While this is a victory in its own right, the physiological responses also incite profound psychological shifts: the vigorous workouts completed with your team foster a sense of exceptional self and collective motivation.

- **Reduced anxiety & fatigue**
- **Improved sleep & thinking**
- **Lessened stress sensitivity**
- **Get stronger, stay fitter**



DROP YOUR DEAD WEIGHT

It's time to inventory your gear. Take a break and unpack what you've been carrying around. Lay it all out in front of you and identify what you need and what's not helpful.

At Tree House, we'll work with you to lighten your load. We'll help you get rid of the burdens that are weighing you down and to recognize what's worth carrying. It's not about letting go of everything, but identifying what's essential and what's not. We'll help you get rid of the unnecessary baggage and find the right balance to regain your strength.



MORE THAN A REHAB

Addiction tears men down physically, mentally, and emotionally. It separates us from our loved ones. Our Program is designed to achieve the goal of “life optimization”.

Tree House Recovery is more than a rehab; it’s life optimization. This means living a life that you love. Sobriety is the result. Our expert staff knows what it takes to live an empowered life. The Tree House team works closely with you to ensure the most effective result.

- **Addiction Education**
- **Process Group**
- **One-on-One Therapy**
- **Writing Therapy**

- **ESM Fitness Therapy**
- **EP Yoga Therapy**
- **ABI Therapy**
- **Recovery in Action**

A man with grey hair and a beard, wearing a blue polo shirt, is on the left. A woman with short grey hair, wearing a light green jacket, is on the right. They are both looking towards the center. In the background, there is a window with a view of a house and a tree. The text 'FAMILY PROGRAM' is overlaid in large, bold, black letters.

FAMILY PROGRAM

Military families face unique challenges, including frequent separation and the constant threat of danger. We offer specific tools and strategies for military families to cope with these challenges. We believe that military families deserve extra support and care. We offer guidance on staying connected during separation, managing stress and anxiety, and dealing with trauma. By providing specific support for military families, we aim to help them find healing and recovery.



TREEHOUSERECOVERY.COM



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BENEFITS

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