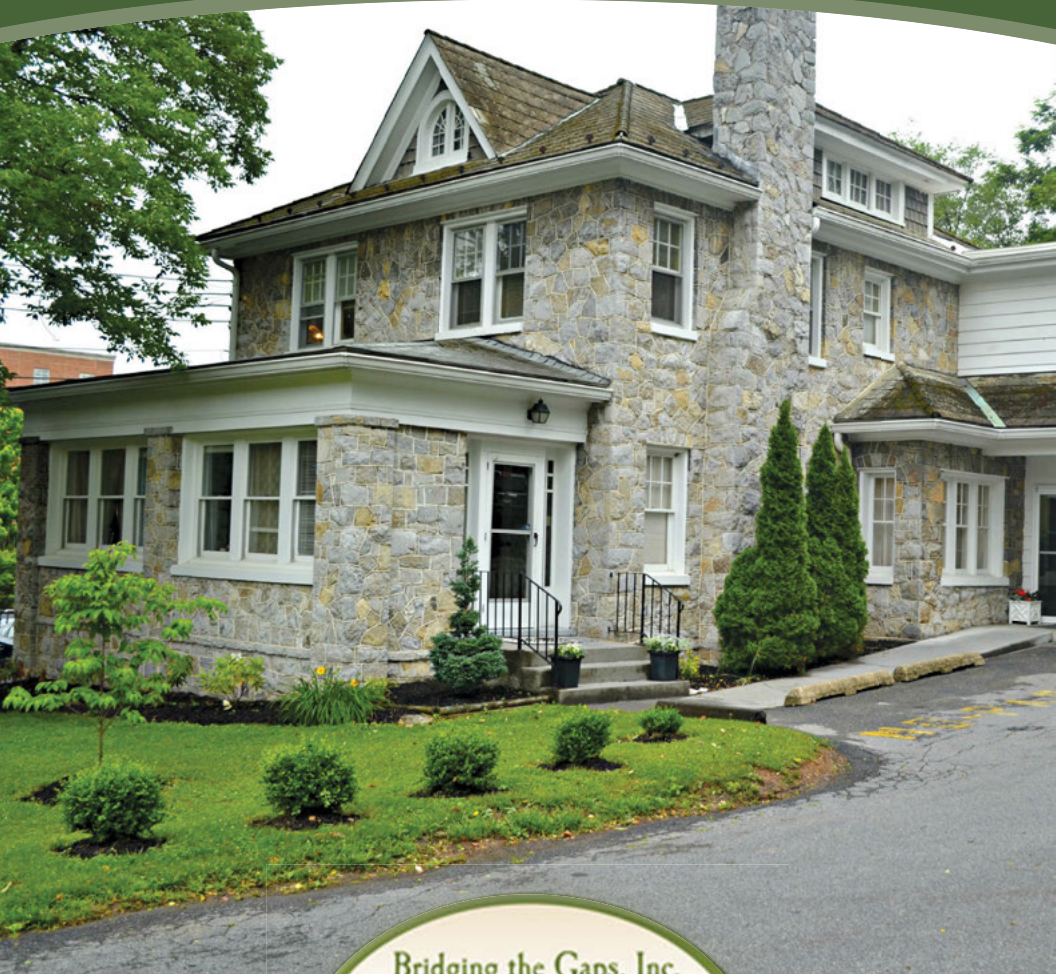


# Bridging the Gaps

*an integrative addiction treatment facility*



[www.bridgingthegaps.com](http://www.bridgingthegaps.com)

## About Us

Bridging the Gaps (BTG), an integrative residential addiction treatment facility located in historic Winchester, Virginia, provides treatment for adults suffering from the disease of addiction. We provide a phase based treatment structure consisting of 3 core phases with the opportunity for an extended 4th phase to better facilitate a client's transition back into the demands of day to day life.

## Facilities

Located in historic Winchester, Virginia, BTG is within a 2 hour drive from Washington, DC and Baltimore, MD and a 4 hour drive from Pittsburgh, PA and Philadelphia, PA.

BTG is a relatively small treatment facility licensed to treat up to 24 clients at a time. Our size enables us to give our clients the personal attention and individualized treatment that they deserve.



## Staff

24 hour supervision is provided at the treatment facility and the Phase I and Phase II houses by residential and clinical staff uniquely equipped to handle the sensitive and special needs of our recovering clients.

BTG believes that addiction is a “whole person” disease requiring treatment of the mind, the body, and the spirit. All of the treatment program components work as an integrative whole, helping our clients recover their physical health as well as providing them with the psychological and spiritual tools they need for a life free from drug addiction and alcoholism.

Education and counseling sessions are among the modalities utilized to specifically target treatment of the mind.



Intravenous therapy, oral nutrients, nutrition, acupuncture detoxification, fitness, massage, and neurofeedback are among the modalities utilized to specifically target treatment of the body.



Meditation, yoga, Reiki, and the 12 step program are among the modalities utilized to specifically target treatment of the spirit.



# Phase I

The first phase of our program is focused on physical and emotional stabilization including enhancing acceptance and engagement in the program. Throughout a client's course of treatment, a variety of treatment modalities are offered including:

- intravenous and oral nutritional therapy,
- neurofeedback training,
- healthy and nutrient dense diet (caffeine and sugar free),
- nutritional education,
- acupuncture detoxification services,
  
- psycho-educational sessions,
- individual and group counseling,
- family psycho-education and conjoint sessions,
  
- physical fitness and massage,
- 12 step program, and
- meditation and stress management.



Phase II is designed to build upon and enhance the knowledge, insight, and experiences gained during the first phase. Phase II clients continue to live in a fully staffed and controlled residential environment. The nature of the Phase II therapeutic work is intended to take the clients to a deeper emotional level to process, often for the first time, experiences of trauma and pain. The supportive residential environment is deemed imperative to ensure that clients in the midst of this emotional level of work are safe and feel supported 24 hours a day.



# Phase III

In Phase III, the client continues to receive full clinical services, but does so within the context of a transitional living environment. During Phase III, clients reside in a residence that is not fully supported by residential staff. The client is expected to provide for their own daily needs, such as cooking, meal preparation, shopping, and establishing a healthy daily routine. During this phase of treatment the client is provided the opportunity to experience both the privileges and obligations of life on their own while continuing to have the structure of full clinical programming throughout the week. Clients experience a return to the real world with the simultaneous ability to fully process daily stresses, interpersonal and interfamily dynamics, relapse warning signs, and the experience of sober life within the group and individual process.



Upon completing Phase III, clients have the option of transitioning to Phase IV of our treatment continuum. Phase IV, the final transitional phase, provides the client with the opportunity to remain in the sober residence, begin employment or school, attend our continuing care program, receive a weekly individual session with the client's primary care counselor, and participate in the weekly peer encounter session. Each of these components of the Phase IV program is required of a Phase IV client.



## Admissions

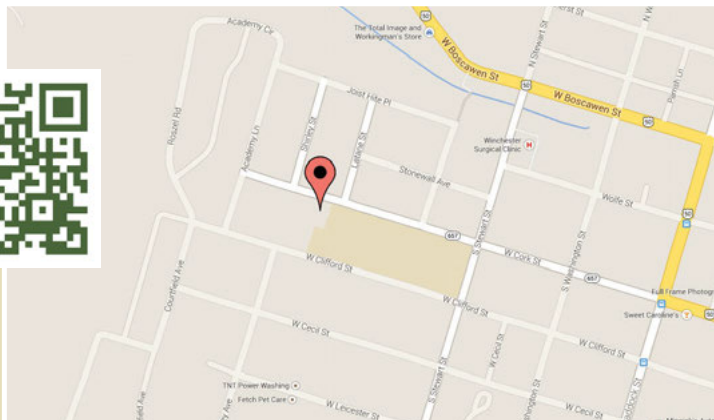
At BTG, an admissions staff member is available to take your call 24 hours a day, 7 days a week. Whether you are calling for yourself, for a loved one, or just to ask a question, please do not hesitate to call us as we look forward to hearing from you.



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Local & International: (540) 535-1111

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