



**Transformations**

*at Mending Fences*

An UpHealth Company



Nationally Licensed & Accredited

# Helping Treat Veterans & First Responders

Residential and PHP treatment programs for primary mental health, trauma, PTSD, addiction, depression, and co-occurring disorders.



Transformations at Mending Fences offers the Help For Our Heroes program which is specifically designed **FOR** veterans and first responders **BY** veterans and first responders in order to improve their physical, mental, and emotional wellness, helping to heal and repair their lives.

This program specializes in treating military veterans and first responders who are suffering from primary mental health, substance abuse, and co-occurring disorders. Our location is on 400+ acres in beautiful northern Florida, an ideal setting for peaceful treatment and recovery.

## EXPERIENTIAL & TRADITIONAL THERAPIES

- Eye Movement Desensitization and Reprocessing
- Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Emotion-focused therapy (EFT)
- Equine-Assisted Psychotherapy
- Creative expression/Music Therapy
- Sand tray Therapy
- Individual sessions
- Trauma groups

We have successfully helped hundreds of veterans and first responders nationwide manage the problems incurred by job stress and chemical dependency. Upon completion of the program, clients have a plan in place to help cope with stress management; improving their physical, mental, and emotional wellness.

Call us now for a confidential discussion with one of our admissions specialists.

**(888) 850-7832**

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