



DESERT WINDS  
RECOVERY CENTER

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# SPARTAN

PROGRAM

*Treatment For Veterans*





# DESERT WINDS RECOVERY CENTER THE SPARTAN PROGRAM

The Spartan Program at Desert Winds Recovery Center provides an intimate treatment experience that supports Veterans whose lives have changed and become unmanageable due to substance use, post-traumatic stress disorder (PTSD) and co-occurring mental health disorders.

Our small 10-bed program allows our staff to put each Veteran at the center of his/her program with the understanding that they are the experts in their life's values, goals, and priorities.

## LEVELS OF CARE

- Medically Supervised Detoxification
  - Residential
- Partial Hospitalization/Day Treatment
  - Intensive Outpatient
  - Sober Living





## OUR TREATMENT TEAM

Desert Winds Recovery Center has a cohesive team of professionals that are compassionate and experienced in treating substance use disorders and the many challenges that come along with it. The small intimate setting allows the treatment team to get to know each and every Veteran's situation and work together to deliver the best treatment experience.

### OUR TREATMENT TEAM IS COMPRISED OF:

- Psychiatrists
- Medical Doctors
- Nurse Practitioners
  - Nurses
- Clinical Social Workers
- Masters-Level Clinicians
  - Registered Dieticians
  - Music/Art Therapists
- EMDR Trained Therapists
- Recreational Therapists





## INDIVIDUALIZED TREATMENT

Each Veteran's story is unique. Our treatment team begins with what matters most to the Veteran and engaging him/her in shared decision making, which includes family members and significant others. Each Veteran's individualized treatment plan is built through this collaboration and mutual respect.

### CO-OCCURRING TREATMENT

Many individuals that enter treatment for substance use disorders also have co-occurring mental health disorders and medical challenges. Our multi-disciplinary team is experienced in treating, but not limited to the following:

#### MENTAL HEALTH

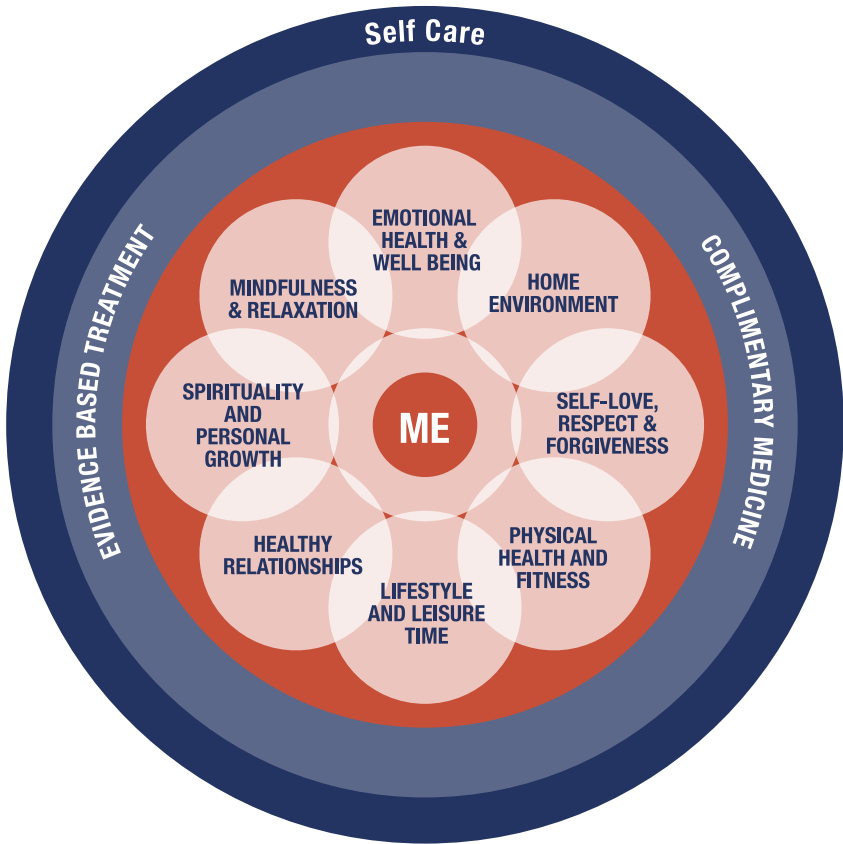
- Anxiety
- Mood Disorders
- Bipolar Disorder
- Major Depressive Disorder
- Post-Traumatic Stress Disorder
- Personality Disorders
- Attention Deficit Hyperactivity Disorder.

#### MEDICAL

- High Blood Pressure
- Heart Disease
- Liver Disease
- Digestive Problems
- Mobility Issues



# FINDING BALANCE



The treatment plan is built around each Veterans individual values, needs and goals. This collaboration pinpoints what is important in the Veteran's life and identifies positive solutions for change to restore balance in his or her life. Finding life balance offers the for the best chance of long-term recovery from addiction and stabilization of mental health disorders.



## TREATMENT MODALITIES

The Spartan treatment team utilizes proven, evidence-based treatment methods that are focused on developing solid strategies and promoting healthy decision-making related to substance use, mental health and trauma.

- 3 Weekly Sessions of Individual Therapy
  - Cognitive Behavioral Therapy (CBT)
  - Cognitive Processing Therapy (CPT)
- Dialectical Behavior Therapy (DBT) (Informal Groups)
  - Eye Movement Desensitization & Reprocessing (EMDR)
  - Applied Integrated Therapy (AIT)
    - Art Therapy
    - Music Therapy
  - Recreational Therapy
  - 12-Step Facilitation
  - Daily Group Therapy
- Family and Couples Counseling
  - Sleep Hygiene
  - Life Skills
- Anger Management
- Conflict Resolution/Coping Skills
  - Loss and Grief Counseling
  - Seeking Safety



## SELF-CARE

Self-care encourages Veterans to take the time to do things that help them live well and improve both physical health and mental health. Self-care can help manage stress, lower risk of illness, and increase energy.

- Mindfulness
  - Moving the Body
  - Surroundings Awareness
  - Personal Development
    - Nutrition
    - Exercise
    - Recharge
  - Relationships
  - Spirit & Soul
  - Emotional Support Animals are Welcome
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## COMPLIMENTARY MEDICINE

Complementary and alternative medicines (CAM) may be beneficial for Veterans. Some benefits of CAM are stress reduction, increased tolerance, reduced physiological arousal and an overall increased sense of calm.

- Meditation • Yoga • Tai Chi
- Deep- Breathing Exercises
  - Massage
- Drumming • Sound Bowl Therapy
  - Progressive Relaxation
  - Exercise



## REFERRALS & ADMISSIONS

For more information or to refer a veteran please contact:

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### VETERAN AFFAIRS

Desert Winds Recovery Center is proud to be  
a Veteran Affairs Community Care Provider  
(VACCN). NPI # 1235732272



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