



VETERANS RECOVERY RESOURCES

Veterans Recovery Resources
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Outpatient Services

Veterans Recovery Resources is a non-profit, community-based substance abuse and mental wellness program developed **for Veterans, by Veterans**—regardless of their ability to pay. Our mission is to accelerate Veteran wellbeing by removing the barriers to care for Veterans, their families and caregivers suffering from substance abuse, post-traumatic stress and other mental wellness issues. “Vets Recover” is designed to deliver the highest-quality, evidence-based, compassionate and affordable services to all Veterans who need help. Treatment will be provided by professionals with the cultural competence to specifically address Veterans’ mental wellness issues. Our goal is to create a vibrant network of Veterans—and their families—who support each other over a lifetime and work together to strengthen and contribute to our local communities and economy.

Who we serve

In an effort to provide care to the broadest range in our community, Veterans Recovery Resources defines Veterans as any person who served in the U.S. military for at least one day (whether past or present).

We provide care to military service members, Veterans, families, caregivers and survivors regardless of their ability to pay.

- Military service members
- Veterans (served in U.S. military for one day)
- Spouses, significant others
- Family members
- Caregivers
- Survivors

Who we are

Our clinical team has special expertise in addressing basic medical concerns along with chronic pain, substance abuse/dependence, and other common conditions among persons who served in the U.S. military (for example, processing trauma, moral injury, depression, anxiety)—as well as those faced by military families, caregivers and survivors.

Our talented and compassionate team consists of licensed clinical professionals, Veteran peers, and Veteran and non-Veteran volunteers from varied sectors in the community. We are medical providers, physical and occupational therapists, psychologists, social workers and mental health counselors. Veteran Peer Specialists are men and women who are further along in their recovery journeys and draw upon their own lived experiences of suffering and healing to work in tandem with clinicians in a manner that offers understanding, hope, and problem-solving skills. In

- Licensed professionals
- Clinical psychologists
- Counselors
- Family and marriage therapists
- Medical providers
- Occupational therapists
- Physical therapists
- Social Workers
- Veteran Peer Specialists
- Veteran Peer Mentors

addition, we have assembled a network of peer mentors, community providers and caring volunteers who desire to support military service members and Veterans to cultivate meaning, belonging, and wellness in the Mobile and surrounding areas.

Our Services

Veterans Recovery Resources offers a comprehensive continuum of professional and peer-based services for military service members, Veterans and their families within an inter-professional and community-based framework.

Services presently include primary medical care, individual, group and family therapy and counseling, physical and occupational therapy, and peer support in an outpatient clinic and locations throughout the Mobile community.

Recipients of services are also invited to join with other Veterans, families, caregivers and survivors in outdoor recreational activities and opportunities to serve the Mobile community.

Consumers who are deaf or have limited English proficiency will be referred out to receive culturally appropriate services.

In the future, Veterans Recovery Resources intends to offer a 30-day residential program for persons who are struggling with alcohol and/or drug abuse/dependence, post-traumatic stress, and other co-occurring health-related challenges that may necessitate a more intensive treatment experience.

- Whole Health Screening
- Behavioral Health Screening
- Individual counseling
- Group counseling
- Family counseling
- Psychoeducation
- Mental health consultation
- Whole health education
- Physical therapy
- Occupational therapy
- Recovery support services
- Peer counseling services
- Medication management
- Case management, planning, linkage
- Community service and group activities
- Advocacy
- Monitoring
- Alcohol and/or drug screening/testing
- Smoking cessation
- HIV early intervention services

Our Values

Veterans Recovery Resources is guided by core values that shape selection and implementation of all services and activities.

We value evidence-based care, meaning clinicians and Veteran Peer Specialists seek to incorporate the best available evidence into a collaborative, shared decision making process where the Veteran's values are honored and respected. The complexity of recovery, healing, and growth are optimal when we engage in management strategies that align with our personal values, beliefs, and customs. As such,

- Evidence-based care
- Collaboration
- Every individual
- Veteran-centered
- Physical, emotional, social, spiritual wellness

we value a collaborative and Veteran-centered approach in which clinicians and Veteran peers work with clients to develop plans that integrate the best research evidence with their preferences and cultural values. While the reduction of psychological distress or uncontrolled drinking or other medical problems can be crucial aims, we ultimately value holistic care that might promote emotional, physical, social, and spiritual wellness over the life span.

- Accountability
- Transparency

Payment

Veterans Recovery Resources bases its fee structure on that of the VA. We are an approved VA Choice/Community Care Program with a direct-pay referral program in place with the Gulf Coast VA Healthcare System. We also accept insurance reimbursement from a range of providers, as well as Medicare and in the future, Medicaid (as available in Alabama).

Whenever possible, Veterans Recovery Resources seeks payment to support and expand operations in years to come. However, in keeping with the guiding mission of our non-profit organization, we are committed to care for any military service member, Veteran, family member, caregiver or survivor who may benefit from services.

Sliding scale, charitable care and payment assistance programs are available.

How we help

Veterans Recovery Resources offers a continuum of clinically-based medical and behavioral services, peer support programming, and community integration activities to provide a Veteran-centered, holistic, and phase-based approach to mental wellness (see diagram).

In cases of severe distress and unsafe behavior (for example, substance abuse, self-injurious behaviors, social isolation), the first aim is to reduce these difficulties and promote healthy coping and lifestyle decision-making.

In some cases, individuals will need high-impact treatments for post-traumatic stress, moral injury, depression, and/or other conditions that often drive unsafe behavior in military populations. In others, individuals might benefit from medication management, physical therapy and/or other health-oriented interventions.

Whatever the case, the ultimate goal is not simply to achieve medical and emotional stabilization in clinically-based services. Instead, working in tandem with Veteran peers, Veterans Recovery Resources ultimately aims to restore belonging and meaning in life via establishing a vibrant community of service members, Veterans, and families who are pursuing a new mission together - promoting health and equity in their families, neighborhoods, and local communities across the Gulf Coast.

Each case is different. Ask about:

- VA Direct Pay (Referral)
- VA Choice/Community
- Aetna
- American Behavioral
- Blue Cross/Blue Shield
- Cigna
- Humana (Combined)
- Humana Military
- Medicaid
- Medicare
- Optum
- Tricare
- United Healthcare
- Others

Phases	#1 Safety & Stabilization	#2 Revisit & Heal	#3 Belonging & Meaning
Health Domain	Physical, psychological, environmental	Psychological	Relational, spiritual
Setting	Residential Program Outpatient Clinic		
Clinical Services	Primary Medical Individual Therapy / Counseling Group Therapy 12-Step Program Therapeutic Support, PT, OT		Group Therapy 12-Step Program Therapeutic Support, PT, OT



Hours of service

Current business hours:

- Monday - Friday
- 8:00AM - 6:00PM
- Appointments outside these times may be available on a case by case basis
- Business hours will evolve over time as our clinic grows

After-hours:

Behavioral

- **Veteran Peer Support Line:** Talk to another Veteran. Free, confidential, 24/7, Veteran-run. 1-855-838-8255 or chat, text, email. <https://www.vets4warriors.com/>
- **National Veterans Crisis Line:** For emotional crisis, licensed clinician 1-800-273-8255 (and Press 1). <https://www.veteranscrisisline.net/get-help/hotline>

Medical

- **Nurse's Help Line:** Non-emergent medical concern for Veterans Recovery Resources clients. 251-990-8860. <http://baymedicalfamilypractice.com/> (Reference VRR and Dr. Yonge).
- **Call 911** for a medical emergency.

Accessibility and Location:

Veterans Recovery Resources is located at 1156 Spring Hill Avenue in mid-town Mobile, Alabama. This location has easy interstate access to both I-10 and I-65 and is accessible through public transportation. There is a bus stop in front of the facility.