



**Are You Struggling To Win Back Your Health?  
Have You Lost Hope?  
We Can Help!**

Since 2003, The Bridge has been helping people of all ages and backgrounds win back their mental health through our structured program combining holistic and clinical methodologies.

The Bridge Recovery Program is a 21-day, all-inclusive retreat with full accommodations in the sunny and peaceful desert just outside of St. George, Utah. Our mission is to provide relief and a reset for our guests and their families suffering from chronic health conditions like depression, anxiety and post traumatic stress.

We know how elusive and difficult healing can be, so our program takes a varied whole-person approach to help guests make progress towards recovery. Our program is overseen by an experienced team of physicians, therapists, counselors, mental health experts, fitness trainers, lifestyle coaches and holistic healers. The varied specializations of our staff offers a complete, long-lasting and memorable healing experience for our guests.

We limit each session to a maximum of 20 guests to ensure personalized attention for meeting the needs of each guest. If you or a loved one has lost hope after many attempts at recovery, our program may be right for you.



Mental Health Retreat, Chronic  
Illness & Post Trauma Recovery

**[TheBridgeRecoveryCenter.com](http://TheBridgeRecoveryCenter.com)**

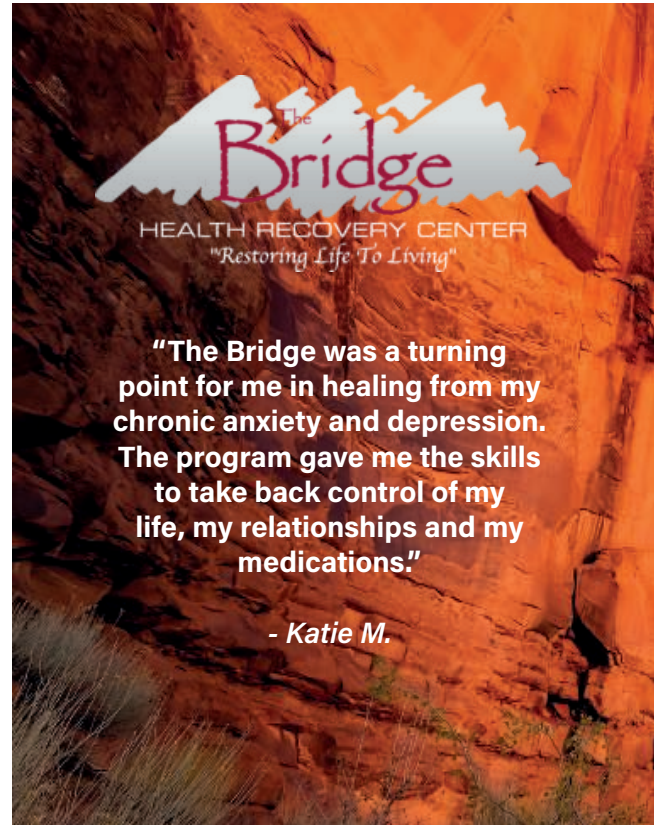
**(877) 885-9567**

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Hurricane, UT 84737

## Our Wellness Retreat And Recovery Program Helps People Suffering From Chronic Health Conditions



- Chronic Depression
- Generalized Anxiety
- Post Traumatic Stress
- Panic Disorders
- Nervous Breakdown
- Chronic Stress
- Chronic Illness
- Chronic Pain
- Chronic Fatigue (CFS)
- Fibromyalgia
- Hypertension
- Failed Surgery
- Lupus
- CRPS / RSD

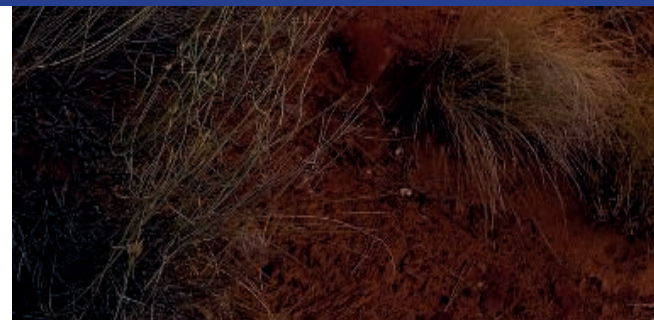


**"The Bridge was a turning point for me in healing from my chronic anxiety and depression. The program gave me the skills to take back control of my life, my relationships and my medications."**

*- Katie M.*

The Bridge Recovery Center is a licensed and certified day treatment facility. We are committed to preminent care and our organization is dedicated to working in accordance with industry regulations. Fulfilling the rigorous licensing process by the Utah Department Of Professional Licensure and certification requirements as a day treatment facility ensures that we meet and exceed the standards for ethical, safe, professional treatment. You can feel comfort knowing that every aspect of our program has been scrutinized and approved.

- ✓ **We deliver treatment according to industry best practices**
- ✓ **We adhere to state and federal health and safety standards**
- ✓ **We perform background checks on all staff**
- ✓ **We employ a highly trained and credentialed staff**
- ✓ **We manage prescription medications in accordance with care guidelines**





## Comfortable Accommodations

Amenities include a private room for each guest, healthy meals and snacks for the entirety of the session and access to a pool and hot-tub. Views of the desert and mountains around St. George are in abundance.

## Clinical Support

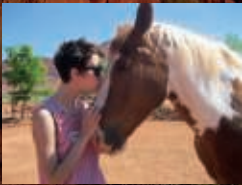
At the start of and midway through the session, guests receive a physician consultation and are offered additional clinical support including medication and substance counseling, clinical psychology, pain management and skills training.

## Whole Person Approach

We offer guests a variety of therapies and counseling sessions including one-on-one therapy, relationship counseling, guided meditation, physical therapy, daily massage and acupuncture.

## Healing Activities

Guests enjoy many different holistic activities at The Bridge to revitalizethe mind, body and spirit. Activities include yoga classes, fitness training, mind-body workshops, therapeutic art activities, hiking, rock climbing, equine therapy and more.





## **Our program offers guests many options for clinical support, healing activities and holistic therapies**

- Physical Evaluation
- Clinical Psychology
- Cognitive Behavior Therapy
- Personal Relationship Training
- Pain Management Training
- Medication and Prescription Management
- Massage Therapy
- Physical Therapy
- Personal Fitness Training
- Life Coaching & Planning
- Nutrition class
- Acupuncture
- Mind-Body Workshops
- Yoga & Meditation
- Equine Therapy
- Art & Music Therapy
- Native American Holistic Therapy
- Wilderness Hiking
- Rapid Eye Therapy
- Foot Zoning
- Meditation Exercises in the Desert
- And more!

## **What accommodations are included?**

- Private room and bathroom
- Healthy breakfast and snack options with prepared lunch and dinner
- Comfortable commons areas
- Lots of open outdoor space
- Beautiful trails and scenic mountain views
- Swimming pool and hot tub

## **What about insurance coverage?**

The Bridge partners with a third-party insurance coverage expert to help you get reimbursement from your provider. We cannot guarantee coverage for every guest, but we can help you get the best coverage offered by your provider. The Bridge also partners with Care Credit. For qualified applicants, Care Credit offers six-month financing and other options.



## What does a typical day look like at The Bridge?

**7:30 a.m.** Self serve breakfast

**7:45 a.m.** Group gratitude and meditation

**8:00 a.m.** Hike or class

**10:30 a.m.** Group Lecture

**11:30:** Lunch

**12:30:** Individual Appointments begin including physician evaluation, physical therapy, personal training, massage therapy, mind-body sessions, acupuncture, energy medicine sessions and more.

**Your day is scheduled for you. Each guest will have an appointment with each treatment provider during their stay.**

**6:00 p.m.** Dinner

**7:00 p.m.** Group Lecture

**8:00 p.m.** Free Time/Journaling

**10:00 p.m.** Lights Out



**The Bridge Recovery Center is accredited by the Joint Commission, which sets the standards for quality and safety of patient care.**

**"Before The Bridge I was taking several medications daily. I hardly left my house and was sleeping most days away. I lost hope of ever leading a normal productive life. After The Bridge, my life completely changed. The Bridge helped me find strength to be active, healthy and happy again. And I'm now able to live life without depending on medication. The staff is amazing and the program is life-changing. I will never be able to thank them enough. I'm now living life to its fullest each day thanks to The Bridge!"**

*Stephanie B.*