



VALOR

★ VETERANS PROGRAM ★

Our Valor program provides specialized treatment for veterans struggling with trauma and substance use after military service. Programming is evidence-based and tailored to the specific needs of this client population. Valor offers trauma therapies like EMDR, traditional and alternative approaches, treatment delivered by staff who are also veterans, and a close-knit alumni community. We are an approved provider of the Community Care Network (CCN) and our 3-step referral and admissions process is simple and smooth.



Start Your Recovery Journey Today.

Compassionate Admissions
Staff Available 24/7

855.628.2899
info@footprintstorecovery.com
FootprintstoRecovery.com



- Illinois**
411 West River Road
Elgin, IL 60123
- New Jersey**
3535 Quakerbridge Road, Suite 300
Hamilton Township, NJ 08619
- Colorado (PHP, IOP & OP)**
6505 South Paris Street
Centennial, CO 80111
- Colorado (Detox & Residential)**
2602 S. Ensenada Way
Aurora, CO 80013

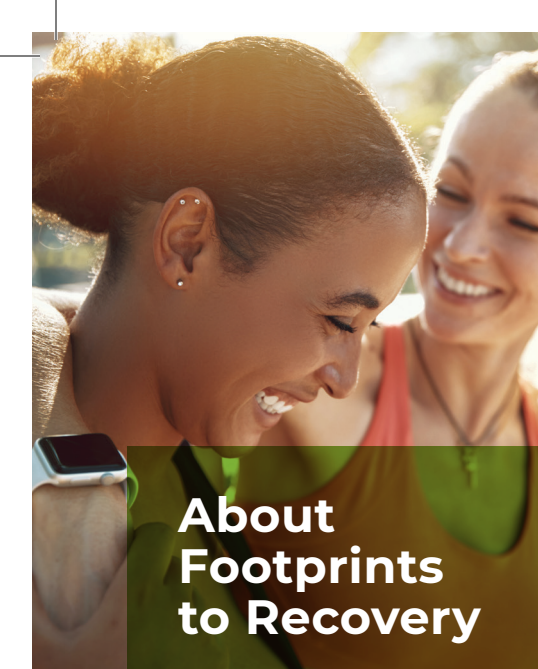


Your Recovery Journey Begins Here.



855.628.2899 | FootprintsToRecovery.com





About Footprints to Recovery

Footprints to Recovery offers a full continuum of care for clients struggling with substance use disorders and co-occurring mental health disorders. We provide personalized treatment plans and a mindful integration of traditional and holistic therapies that mend the physical, mental, and spiritual wounds of addiction.

Footprints, Colorado

- ✓ Detox
- ✓ Residential treatment
- ✓ Partial hospitalization 9am - 3pm (5 days/wk)
- ✓ Intensive outpatient 5:30 - 8:30pm (M, T, & Th); 9am - 12pm (M - F)
- ✓ Outpatient program

Footprints, Illinois

- ✓ Detox
- ✓ Residential treatment
- ✓ Partial hospitalization 9am - 3pm (5 days/wk)
- ✓ Intensive outpatient 9am - 12pm (M - F), 6pm - 9pm (M, T, & Th)
- ✓ Outpatient program

Footprints, New Jersey

- ✓ Partial hospitalization 9am - 3pm (5 days/wk)
- ✓ Intensive outpatient 9am - 12pm (M - F), 6pm - 9pm (M, T & Th)
- ✓ Outpatient program

Virtual IOP and OP available.



Group Therapy

Depending on location and program, group therapies include:

- ✓ Cognitive behavioral therapy (CBT)
- ✓ Dialectical behavior therapy (DBT)
- ✓ Motivational interviewing (MI)
- ✓ Acceptance and commitment therapy (ACT)
- ✓ Eye movement desensitization and reprocessing (EMDR)
- ✓ 12-step groups & 12-step alternatives
- ✓ Art therapy
- ✓ Family therapy and groups
- ✓ Psychoeducation
- ✓ Experiential groups
- ✓ Parenting group and Theraplay
- ✓ Wisdom Warrior group (35+)
- ✓ Music therapy



Trauma Therapy

Treatment at Footprints is trauma focused. Several team members are specially trained in trauma therapies and draw on approaches like eye movement desensitization and reprocessing (EMDR) and cognitive processing therapy (CPT) to help people with substance use disorders address the root causes of their addiction.



LGBTQIA Programming

We offer specialized groups for LGBTQIA clients that provide them an opportunity to explore the unique underlying issues that fuel addiction in this population. Clients can feel safe to share openly with others experiencing similar challenges.



Holistic & Wellness Services

To support physical and spiritual healing, some of our programs offer:

- ✓ Yoga
- ✓ Fitness
- ✓ Acupuncture
- ✓ AcuDetox
- ✓ Mindfulness & meditation
- ✓ Massage therapy
- ✓ Chiropractic services
- ✓ Biosound healing bed



Footprints to Faith

This program provides a space for people of all religions and beliefs to come together and develop emotional and spiritual recovery tools. All clients who identify with something greater than themselves are welcome. We will explore what living a life of spiritual integrity means to each client.