SANFORD™ BEHAVIORAL HEALTH | J.O.H.N. JUST ONE HERO NEEDED

Veterans & First Responders Exclusive Programming

Addressing Addiction, PTSD, Mental Health, Eating Disorders

Healing & Restoration for Those Who Have Served

- A peaceful, home-like atmosphere.
- Our experienced care team understands the culture and challenges faced by Veterans and First Responders.
- We provide care grounded in experience & respect.
- Detox, residential, and PHP (day) programs.
- Weekly eye movement desensitization and reprocessing therapy (EMDR) or accelerated resolution therapy (ART) to reduce the impact of trauma.
- Weekly individual and family therapy.
- Restoring connection with loved ones and developing healthy communication patterns.
- Group therapy and peer support; groups comprised of fellow Veterans and First Responders who understand your journey.
- Trauma-informed programming that addresses the unique challenges faced by Veterans and First Responders.

Veterans & First Responders Exclusive Programming

A Retreat for Healing

We are located in a restored historic home at 221 John Street NE in Grand Rapids, Michigan. J.O.H.N. is a residential treatment facility for adults (18+). Hidden in "plain sight" on a quiet street, J.O.H.N. is a place of healing, fostering camaraderie and trust within an environment of safety, privacy, and comfort.

844.776.9651 ext. 1

Built for You, Backed By Experience

- Private Chef; meals supporting physical and emotional wellness
- On-site fitness center
- Promoting physical and mental well-being
- Service animals welcome
- On-site support meetings
- A town and country neighborhood for excursions and rigorous walks
- Veterans and former First Responders on staff

J.O.H.N.
JUST ONE HERO NEEDED

Forged in Service; Strengthened in Healing

The Green Bedroom

Group Room

Programs & Services

- Psychiatric & Medical Assessments
- Psychiatric & Medical Management: Medication-Assisted Treatment (MAT) & SPRAVATO (esketamine)
- Collaborative Care Teams
- 24/7 On-Site Nursing Staff
- Medical Detox (at Sanford West Behavioral Health Campus)
- Residential Programs
- Day Programs (PHP)
- On-Site Supportive Housing
- Individual Therapist
- Group & Family Therapy
- Long-Term Planning
- Free Alumni Programs
- Free Family Education/Support Programs
- The length of stay is determined by the individual client's care needs and the pace of progress toward treatment goals. The average length of stay ranges from 14 to 45 days.
- Eating Disorder Treatment (at Sanford West Behavioral Health Campus)

EZ Admissions & Clearances

844.776.9651 ext. 1

Call, talk to a real person, begin treatment 24/7

24/7 EZ ADMISSIONS

VA referrer, please fax packets to:
616.341.6015
Clinical Assessment is completed using the referral packet

Specialized Groups

- Coping and Resilience
  - manage stress, mindfulness & self-care
- Trauma and PTSD
  - Coping with memories, rebuilding trust
- Transition and Reintegration
  - Civilian life & relationships
- Relationships and Communication
  - Conflict resolution, problem solving
- Substance Use and Recovery
  - Coping with cravings & triggers, building a support network
- Anger and Emotional Regulation
- Purpose and Meaning
- Peer Support and Community

Sanford Behavioral Health
15146 16th Avenue, Marne, Michigan 49435
Serving Greater Grand Rapids, All of Michigan & Beyond
SanfordBehavioralHealth.com