



CROSSING THE BRIDGE

Vol. 1, Issue 1

Our Inaugural Issue!

We are very excited to be launching “Crossing The Bridge,” our first ever Bridging The Gaps newsletter. Our hope is that this will open up a new window of opportunity for us to stay in touch with our “wider” community.

Staying in touch is a **two-way street!** We’re going to need your help.

- Would you like to promote an event in our area? Send it to us by the 15th of the month and we’ll include it in our **UPCOMING EVENTS** column.
- Know of someone who would like to keep up with BTG news but is not getting our newsletter? Encourage them to sign up.
- Let us know if your address changes. We don’t want to lose track of you. And send us your email address. Sometimes that’s a better way to communicate.

We look forward to hearing from you! Contact us at 866-711-1234 or

slasiter@bridgingthegaps.com.

Bridging The Gaps is an integrative substance abuse treatment center. We get to the root of the disease of addiction by treating the “whole person” - the body, the mind, and the spirit. The result? A significant reduction in cravings and, for many clients, the first true hope for long-term recovery.

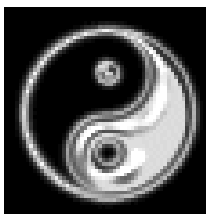
We offer a full range of treatment options:

- Residential Treatment
- Evening Intensive Outpatient
- Day Treatment
- Continuing Care
- Family Program
- Back-on-Track

For more information, contact us:

540-535-1111 or

admissions@bridgingthegaps.com



Energy Medicine: East Meets West

Energy medicine, an alternative form of healing, is slowly but steadily finding its way into treatment centers, hospitals, and medical practices. It appeals to those who are interested in an **integrative approach** to health and well-being – treating the mind, body, and spirit as one.

Quantum physics has shown us that mass and energy are interchangeable. This means that our body is far greater than its physical form. It is an energy, or “life force,” that extends beyond our outer skin and is part of the interconnected whole of the universe.

Every day we are bombarded with the energies that surround us. Our bodies store these energies, and over the years these energies can become unbalanced by emotional pain, abusive situations, alcohol and drug abuse. **Dis-ease** is the manifestation of that imbalance. The blocked or unbalanced life force creates problems in our cells and organs, thereby causing disease and/or emotional disturbance.

Energy medicine strives to **rebalance** our energy. Because our energy fields are part of an interconnected whole, the focused intention of one individual can aid in the health and well being of another.

In the **East**, the power of energy medicine has been accepted for thousands of years, as in the practice of yoga, acupuncture, and Reiki. In the **West**, a comparable practice that is gaining widespread recognition is Therapeutic Touch, and, of course, many of us acknowledge the healing power of prayer.

Next issue we will discuss the forms of energy medicine that BTG offers to its clients.

News at Bridging The Gaps, Inc.

Relapse Prevention Program!

Sometimes those in recovery struggle to maintain their hard-won sobriety. Despite their best efforts, some do relapse! To offer direction and support to these individuals, BTG has created *Back on Track* – a NEW 14-day relapse prevention program, specifically designed for people who have already been through treatment but are seeking support to address triggers and cravings. They can “get back on track” with:

- IV and oral nutrient therapy
- Psychological and nutritional counseling
- Energy healing with reiki, acupuncture, yoga, and massage
- Functional testing to uncover any additional medical issues that may be undermining recovery

While in this program, clients are housed in one of our residences and provided with 24-hour staff that is sensitive to the special stressors that those in relapse are facing. BTG is ready when they are!

Call 866-711-1234 or email admissions@bridgingthegaps.com.

BTG Welcomes Dr. Kelley to Its Team

BTG is pleased to announce the addition of Dr. Kathleen Kelley to its medical treatment team. Dr. Kelley is board certified in Internal Medicine with 26 years of clinical experience. She is part of the Valley Health Network and is a faculty member of the Proevity Medical Education Group. She is a guest lecturer for James Madison University's Lifelong Learning Program and has been recognized by the President's Council on Sports and Physical Fitness for her efforts in promoting community wellness. Dr. Kelley has also been an assistant instructor of medicine for the University of Rochester, Yale University, and Virginia Commonwealth University medical residency programs.

As an Integrative Internist, Dr. Kelley's focus is on promoting total wellness of mind, body and spirit through lifestyle, nutrition and integrative holistic modalities. She helps our clients regain the health that years of substance abuse have eroded, and together with the rest of the BTG staff, she educates the clients about the tools needed to succeed and achieve a balanced, healthy lifestyle.



Upcoming Events

Solutions to Chronic Illness, Stress, Burnout, Addiction & Violence

Thursdays, 4/30-7/16/09

NIHA, Washington, DC

www.niahdc.com.

Family Counseling & Addiction

6/18/09 (one of a series)

Winchester, VA

www.nwcsb.com.

National Acupuncture Detoxification Association Conference

6/5-6/6/09,

Ann Arbor, MI

www.acudetox.com.

Intervention & Treatment of Co-Occurring Illness, Substance Use Disorder

Virginia Summer Institute for Addiction Studies

7/20-7/22/09,

Williamsburg, VA

www.vsiias.org.

BTG's Website Gets A Makeover!

Have you heard? Our website got a makeover. Our address is the same, but the content is very different. Updated information, new design and layout, new videos. It's more user friendly and does a better job of explaining what Bridging The Gaps is all about.

The BTG team will continue to enhance the website – adding new links and features, including an exclusive password-protected alumni page. Our hope is that such a page would develop into an online community that supports long-term recovery. This **alumni-only** page would be yet another way that our alums could stay in touch with us and with each other. We'll keep you posted as we get closer to launching this new page.

Check it out at www.bridgingthegaps.com.

Bridging The Gaps, Inc.

Integrative Addictions Treatment

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