

The Bandera PROPHECY

May 15, 2021

Warriors Heart Lodge to celebrate Grand Opening

The Warriors Heart Lodge Grand Opening will be held on Saturday, May 22, from 10 a.m. to 3 p.m., at 700 State Hwy. 16S in Bandera, in sync with Mental Health Awareness Month.

This Open House is a free event and celebration of their new location that primarily provides Sober Living, Outpatient IOP and Brain Treatment Therapy services exclusively for warriors (active duty military, veteran, first responders and EMTs/paramedics) who have completed their 42-day Warriors Heart residential treatment program. “Our Warriors Heart team is dedicated to helping warriors rebuild their lives and become ‘sober, confident warriors.’ This expansion supports our vision to bring one million warriors ‘home,’ and we are grateful to the Bandera community for its support,” Warriors Heart CEO and Co-Founder Josh Lannon said.

The Warriors Heart Lodge was formerly the Bandera Lodge, and now plays a central role in providing clients with a full “Strength Through Healing” continuum of care at Warriors Heart, which includes Detox, Inpatient, Intensive Outpatient/IOP, Telehealth Outpatient, Sober Living and Aftercare services.

The lodge was acquired in late 2020 to help meet the growing needs of warriors who are struggling with addiction, PTSD, mild TBI and other co-occurring issues, and deserve to heal with dignity and respect. It has 38 rooms, allowing 52 warriors to have structured living for a minimum of 60 days after successfully completing the Warriors Heart Inpatient Program. It gives clients a time of transition in a safe environment after residential treatment.

While staying at the Warriors Heart Lodge, clients can benefit from experiential groups, guest speakers, equine therapy, nutrition advice and advanced life skills. In addition, clients can continue their personal

growth through psychoeducation, 12-step programs (including Warriors Anonymous), trauma work and EMDR (eye-movement desensitization and reprocessing.) Warriors also have fellowship and gatherings at the swimming pool, large patio with outdoor seating and a custom gas grill for cookouts. Many attend firepit AA meetings at the river at night or reflect there during the day. In their down time, clients can play volleyball, horseshoes or badminton.

“We are grateful to our warriors, dedicated team and the Bandera community for supporting the new Warriors Heart Lodge. Thank you for being part of the solution to heal our military, veterans and first responders when they need us most, just as they were always there when we needed them,” Warriors Heart Co-Founder Lisa Lannon said.

“We are dedicated to reducing the alarming number of veteran and first responder suicides by providing our protectors with a safe place to heal with their peers, and the lodge lets us heal more warriors,” former Special Forces and Warriors Heart Co-Founder Tom Spooner (U.S. Army with 21 years of service, 1990-2011) said.

With 1,500-plus warriors completing the Warriors Heart program over the past five years, the results have been inspiring and life-changing. One U.S. Coast Guard member and Warriors Heart Alumni shared, “Warriors Heart made me want to live again.”