



SUBSTANCE USE DISORDER SERVICES

service components

SUD SERVICES:

include counseling, therapy, education, relapse prevention, meditation, process and goal setting, and urine screens. Women learn the causes of their Substance Use Disorder (SUD) while learning new ways to cope.

ONE-ON-ONE THERAPY:

provides a setting to discuss, identify and understand the underlying causes of a woman's SUD.

PROCESS GROUPS:

provide a forum to address and discuss current problems and concerns, consider alternative strategies for coping with daily challenges of recovery, teach new ways to handle trigger situations and generate mutual support.

CHEMICAL DEPENDENCY EDUCATION:

provides instruction on the ways in which substance use affects women, their children, and their relationships with other adults.

DBT SKILLS GROUP:

focuses on skills required to maintain emotional balance while navigating complex, stressful situations.

GROUP THERAPY:

provides a safe, confidential forum to encourage the process of introspection and internal change. helps to identify critical events, traumas and situations from the past that influence current ways of thinking, coping and relating to others.

SEEKING SAFETY TREATMENT GROUP:

recognizes the majority of our clients have faced traumatic life experiences. The program makes connections between symptoms of trauma and substance use / dependence. Teaches clients safe coping skills and techniques.

SMOKING CESSATION:

focuses on creating a positive, substance-free clinical setting. Tobacco is treated alongside drugs and alcohol as an addictive substance. Counselors utilize motivational interviewing techniques to help clients explore and seek behavior change.

MEDICATION ASSISTED TREATMENT (MAT):

referral to community resources that can offer FDA-approved medications to help treat substance use disorders.

