

## **ADULT SUBSTANCE ABUSE TREATMENT**

### ***Substance Abuse Therapy Group:***

Designed for persons with a substance abuse or dependence problem who have had little/no previous treatment and some consequences related to substance use.

### ***RAP Program Phase I:***

Designed for persons who have had previous treatment and now have consequences of continued use. Further they have difficulty maintaining abstinence even for short periods of time or they were unable to maintain abstinence at a lower level of treatment. Phase I of this program meets twice per week for approximately three months and then once per week for approximately three months. Located in Farmville clinic.

### ***Recovery Group Phase II:***

Designed for persons who complete phase I and are in need of relapse prevention skills.

### ***Seeking Safety:***

This is a women's only group that addresses substance abuse and trauma. It meets once a week. Transportation to the treatment group can be offered.

### ***CODI:***

People with severe mental illness and abuse substances can be offered integrated therapy to address substance abuse, mental health and mental retardation issues. This group meets twice a week. Transportation to the treatment group can be offered.

### ***Removing Barriers:***

People struggling with depression or anxiety and also struggle with substance abuse can be offered treatment that address mental illness and substance abuse. Transportation to the treatment group can be offered.

### ***Male Seeking Safety:***

Men struggling with substance abuse and have trauma history that impacts their substance use can be provided group therapy. Transportation to the treatment group can be offered.

### ***Project Hope:***

Project HOPE is a group for adult individuals with substance use disorders who have found it difficult to meet their goal of sobriety in other treatments and/or who have co-occurring traits of Borderline Personality Disorder. It would be most beneficial for the individual to participate in individual therapy at least twice monthly but it is not a requirement to participate in the group.

### **Self-Management and Recovery Training (SMART):**

**SMART Recovery is a peer led group to help people struggling with maintaining their sobriety.**

**Individual therapy, Family Therapy, Psychiatric Services and Case Management are always available to Crossroads clients who need these services. Further, some substance abuse treatment is provided in the evening to assist individuals who work to maintain employment or attend school.**

#### ***SA Case Management:***

**Women who are pregnant, have children, or seeking custody and are abusing substances can be offered a case manager to assist with linking to community resources and assisting with linking children to community resources. Men and women who are abusing substance may be offered case management if intensive services to assist the person is determined.**

#### ***Peer Support Specialist (PSS):***

**Some individuals can benefit from seeking support from a person who has struggled with mental illness/ addiction and is now in recovery. A PSS can assist people with the journey of recovery and, help new individuals navigate the process of receiving services.**

#### **External Programs**

**Crossroads provides referral to 12-step programs, inpatient medical detoxification, residential, and half-way programs. With the exception of medical detoxification, most clients will need to attempt outpatient services before being offered inpatient services.**

#### **Fees and Costs of Services**

**Substance abuse services usually include a combination of individual and group therapy. Individual appointments are billed on a sliding scale fee or are covered by health insurance. There is a flat fee for groups, unless there are extenuating circumstances and an alternative fee agreement is reached.**