

WELCOME!!

What You Can Expect From Us

Help for your drug or alcohol problem. Treatment consisting of 5 sessions. First you'll have two individual sessions, then 3 group sessions. The sessions are designed to give you support and information about coping and to help you with drug and alcohol related problems. In the group sessions, you'll get a chance to practice some coping skills and get feedback from other program clients.

Effective treatment. Delivered by a competent therapist. Your therapist is _____.

Confidential treatment. What you tell us in treatment is confidential. Meaning that we cannot tell anyone what you said without your permission, with the exception of those people described on the consent form. However, if you tell us that you are going to harm yourself or another person, or tell us about child abuse or neglect, we are required by law to inform those who can obtain help for you or for others.

What We Ask From You

Attendance. We ask that you come on time to all of your scheduled appointments. If you must cancel, we ask that you call the treatment program number (_____-_____) so that your therapist can be notified ahead of time and can call you to reschedule.

A clear head. We ask that you not use any drugs or alcohol on days when you have an appointment with your therapist. We believe that you will be able to benefit most from this program if you are not under the influence during your sessions.

Completion of treatment. We hope that you will come to all of your scheduled sessions. If, however, you ever consider leaving treatment early, we ask that you discuss this with your therapist as soon as possible.