

Outpatient Substance Use Treatment Services

Program Overview

The outpatient program is for adolescents and young adults with primary substance use disorders. The highly-structured program is thoroughly designed and engineered with planned topics and sequencing for each session and phase of treatment.

The program encompasses

- Individual Therapy (Assessment, Treatment Planning, Relapse Prevention)
- Group Services
- Patient Education
- Family Therapy
- Collateral Services
- Crisis Services (if needed)
- Case Management
- Aftercare Services

The six-month program allows the client to live at home and offers up to 6 hours of treatment weekly for clients ages 12-17 and up to 9 hours for clients 18-25

For more information or to set up an intake assessment, call:

661-481-2801



Curriculum

We believe that a peer interacting with peers, under effective clinical guidance, is the best modality for addressing drug and alcohol use issues. Therefore we focus on group work as the modality of first choice. In addition clients may receive individual therapy, group therapy and case management services.

Group curriculum includes:

- Group and Individual Sessions
- Early Recovery Skills
- Art Therapy
- Relapse Prevention Groups
- Social Skills Building Group.

Group topics:

- Identifying internal and external triggers
- Challenges in recovery
- The brain and drugs
- Avoiding relapse
- Taking care of yourself
- Managing life
- Repairing relationships
- Compulsive behavior and many other topics.

Individualized Treatment Plan

The structured outpatient treatment experience is designed to give clients the knowledge and support to allow them to achieve harm reduction from drugs and/or alcohol and to initiate a long-term program of recovery.

As a client you will participate in the development of an individualized treatment plan based on information you provide that includes areas of drug/alcohol use, vocational/education, medical, legal, psychological, social and family history.

This individual treatment plan is a primary treatment tool utilized to address issues, establish treatment goals and guide the treatment episode toward complete abstinence from alcohol and all illicit substances.

Program Requirements:

- Eligible for Program Services through third party payors (Medi-Cal, My Healthy L.A. etc)
- Proof of residency in Los Angeles County
- Have received a physical within the past 12 months (clients can still enroll in the program but will have to receive a physical within 30 days of enrollment)
- Experiencing a problem with alcohol &/or drugs
- Meet medical necessity criteria for specific level of treatment

CENTER OVERVIEW

Since 1976, Child & Family Center has helped thousands of children and their families by providing comprehensive prevention, early intervention, diagnostic evaluation and therapeutic services for children, teens, adults and families.

Programs include

- Individual, family and group counseling
- Substance Use education and treatment
- School Based Counseling
- Crisis Intervention
- Intensive in-home care
- Domestic Violence Services

Our staff of professionals includes child psychiatrists, licensed psychologists, licensed clinical social workers, marriage family and child therapists, case managers, and therapists who work in collaboration to provide the best possible care.

We collaborate with school districts, social service agencies, LA County Department of Mental Health, Department of Children & Family Services, L.A. Substance Abuse Prevention Control, among others to provide the best possible care for our clients.

The basic philosophy underlying all of the Center's programs is that early intervention and guidance in an individual's life can prevent more serious problems from developing.

The Child & Family Center is a 501c3 non-profit and certified Medi-Cal Community Mental Health Center. Services are funded through federal, state and county contracts, grants, private donations and provided on a sliding fee scale.



The Child & Family Center helps build a healthy Santa Clarita Valley by providing mental health, behavioral and education services to children, adults and families.



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