

Substance Abuse Treatment Services

	Telephone Intake	Assessment	Individual Counseling	Drug Screening Urinalysis	Psychiatric Services	Transition Group	Active Treatment Group (Phase I of IOP)	Continuing Care Group (Phase II of IOP)	Family Group	IDDT Treatment Group	IDDT Continuing Care/Relapse Prevention Group	Build the Skills Treatment Group
Age Group												
Adults	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Adolescents	✓	✓	✓	✓								✓
Topic												
Assessment		✓										
Eligibility	✓											
Family Support									✓			
Mental Health (Dual Diagnosis)					✓					✓	✓	
Pre-Treatment						✓						
Drug Testing				✓								
Treatment			✓				✓	✓	✓	✓	✓	

Townhall II
155 N. Water Street
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Townhall II

Townhall II promotes the health, wellness, and recovery of individuals and communities through prevention, education, advocacy, intervention, and treatment.

Programs for CJS Referrals

July 2010 – June 2011

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Prevention Program Information

Adult Drug Education Program (ADEP): This program provides information on alcohol and other drugs, including marijuana education, the effects and consequences of use, and how high-risk behavior can affect the family and community. ADEP is a 6-hour program and the cost per participant is \$40.

After the Storm: This divorce education program aims to help divorced or separated parents manage parental conflict and cope with children's reactions to divorce. It is designed for divorced or separated parents and runs 12 hours over a 6-week span. The cost per participant is \$95 (Portage County residents) and \$160 (if held at an out-of-county location).

Families First Program: Families First is a program that helps to facilitate family interaction through activities designed to encourage healthy parent/child relationships. It provides parent and child education through themes such as parenting styles, communication, self-esteem, discipline, parent/child needs, stress management, problem solving, building supports and school readiness. Families are provided with meals and family craft activities. Program runs for 7 weeks and is free to Portage County residents.

Sexual Harassment: This program covers basic information on sexual harassment in the workplace. Topics include: definition, types of sexual harassment, eye of the beholder, and what to do if you or someone you know is sexually harassed. The program is for professionals and program length varies. There is a fee associated with this program; please call for details.

Tobacco Education Program: This is an early intervention program designed to help disrupt tobacco use. The program is for referred students and is 2½ hours long. The cost per participant is \$20.

Treatment Program Information

Telephone Intake: The purpose of the Telephone Intake is to gather information to determine an individual's eligibility and appropriateness for Outpatient services. It is our goal to provide appointments for our customers within 15 business days. Priority, Urgent, and Emergency appointments are scheduled sooner.

Assessment: Licensed counselors perform a thorough and detailed substance abuse assessment during 1 to 2 face-to-face sessions with the client. This is a complete bio-psycho-social evaluation that is designed to evaluate how, and to what extent, the client's alcohol and/or drug use has affected their life and to identify appropriate service recommendations that match the person's needs, abilities, strengths, and preferences. In addition, clients are also directed toward other ancillary services (i.e. medical, housing, psychiatric) that will help support their course of treatment.

Individual Counseling: Instead of participating in group counseling or treatment, some clients are only seen individually by their counselor. Clients appropriate for individual counseling must meet the Level of Care criteria as determined by the State of Ohio. Clients appropriate for individual counseling usually have the following characteristics: they do not meet the criteria for substance dependency, they have minimal or limited legal consequences related to their chemical use, or they have made significant positive behavior changes prior to counseling that have made their current relapse potential low. Clients involved in any group counseling services are also seen for individual sessions.

Drug Screening Urinalysis: Urinalysis and/or breathalyzer testing occurs on all Townhall II counseling clients on a regular and random basis. We provide

on-site testing or we can send specimens to a lab (24 hour turnaround once it is received). We can not provide testing for any non-Townhall II clients; however, we do sell a drug and alcohol screening kit to the public.

Psychiatric Services: Through a contract with St. Thomas Hospital, Townhall II provides *limited* (2 hours per week) psychiatric services for individuals with substance abuse/addiction and mild to moderate mental health issues. A Board-certified psychiatrist performs psychiatric evaluations, writes prescriptions and is available for follow-up appointments and consultations.

Transition Group: This "pre-treatment" group is designed for clients who are not yet ready to commit to the expectation of developing and maintaining abstinence, but who are willing to talk about their substance history and the personal consequences of their use. Participants must be willing to set personal goals that seek to reduce the harmful consequences of their substance use. The goal of the Transition Group is to make the client "ready" so that they can meet the program expectations of the Intensive Outpatient (IOP) treatment program.

Active Treatment Group (Phase I of IOP): Meets either in the morning or in the evening. The group meets three times/week (Monday, Wednesday, & Thursday) for three hours each day. The group lasts for approximately 12 sessions. Goals for this group include: developing and maintaining abstinence from alcohol and/or drugs, increasing the client's understanding of addiction and how to effectively manage the disease, and identifying strengths for recovery and barriers toward recovery. Participants are also required to attend support group meetings on a consistent basis while in the Active Treatment Group.

Continuing Care Group (Phase II of IOP): Meets either in the morning or in the evening. The group meets once a week (Tuesday) for two hours. The group lasts for 12 sessions as well (approximately three months). Goals of this group include: monitoring and maintaining abstinence, addressing any relapse issues as they occur, developing a relapse prevention plan, and becoming more involved in support group meetings. Participants are required to attend at least (3) support group meetings each week while in this group.

Family Group: Family Group meets on the third Tuesday of each month from 6pm-8pm. The program helps the family members understand and support the client's treatment effort and for them to gain information about the treatment/recovery process and the role of families in treatment. Counselors can also address specific questions and concerns about the treatment/recovery process.

IDDT Treatment Group: Designed for clients identified as having both substance addiction and mild to moderate mental illness. The group meets on Monday, Wednesday, & Thursday from 3-4:30pm. The group lasts for approximately 18 sessions. It is designed for clients with dual disorders who are in need of a structured alcohol/drug treatment program. Participants may not have had alcohol/drug abuse treatment before or they may have completed alcohol/drug treatment and subsequently relapsed. They also need to be stable on any medications that they take, to have the ability to use effective coping skills, and need to acknowledge their mental illness and addiction.

IDDT Continuing Care/Relapse Prevention Group: meets on Tuesdays from 4:00-6:00pm. The group lasts for approximately 16 sessions. It is designed for customers with a co-occurring disorder who have completed the IDDT Treatment Group or another IOP treatment group. Participants may also have had some stable, consistent periods of abstinence, but are in need of a structured, recovery support opportunity. Participants need to be stable on their medications and acknowledge their dual disorder.

Build the Skills: An adolescent group treatment program that allows participants to acquire and/or develop a number of healthy coping skills to deal with problems associated with drug or alcohol use and to teach them how to anticipate and effectively deal with thoughts, cravings, and urges to use drugs or alcohol. The group meets on Mondays and Thursdays from 3:30-5:30 and lasts approximately 6 weeks. It is an evidence-based program taken from the [Cannabis Youth Treatment Series](#).

Other: We also offer separate groups for men and women at the Portage County Justice Center. These groups are educational and cover basic recovery concepts. Call for more information.

Prevention/Early Intervention Services

	Adult Drug Education Program (ADEP)	After the Storm	Families First Program	Sexual Harassment	Tobacco Education
Age Group					
Elementary School			✓		
Middle School			✓		✓
High School					✓
College	✓				
Adults	✓	✓	✓	✓	
Professional				✓	
Families			✓		
Topic					
Alcohol and other Drugs	✓				✓
Child Safety and Protection			✓		
Conflict Resolution		✓	✓		
Divorce Education		✓			
Family Education		✓	✓		
Parenting Education		✓	✓		
Relationships		✓	✓	✓	
Social/Emotional Learning		✓	✓	✓	
Violence Prevention				✓	
Youth Development			✓		