



# Central Coast Freedom Center

## Interdisciplinary Treatment Team:

Board Certified Physician

Psychiatrist

Licensed Marriage Family Therapist and/or Licensed Clinical Social Worker

State Certified Drug and Alcohol Counselors

Registered Nurse

Case Manager

Spiritual Care Counselor

Support Staff

Fitness Trainer

Having a variety of group topics are essential to all our outpatient programs at Central Coast Freedom Center and are a standard part of the treatment package for every client. Enhanced services are added and delivered either on site or through functional and formal linkages with community-based agencies or individual providers.

## HOW WILL YOU KNOW WHAT PROGRAM TO JOIN?

The Program counselor will complete a thorough assessment of the following areas:

- Alcohol and Drug History
- Biopsychosocial review

Upon the results of the assessments, your counselor will discuss with you your possible options. The assessment will determine the level of intensity and frequency of services.

### Core group topics:

- Psycho-educational
- Relapse Prevention
- Community Groups that involve group process and peer support
- Single Interest groups such as Trauma Recovery, Gender specific issues, Anger Management, Families and Recovery, Stress Management, and Twelve Step.
- Activity Group Therapy

### Enhanced Services:

- Individual Treatment Planning, beginning on clients' first day of assessment
- Family Therapy Sessions
- Medical Interventions
- Case Management
- Random Drug Screens through Westox Laboratory using State of Art toxicology with efficient and timely results.
- EMDR therapist on site

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