



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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