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Substance Abuse

Substance Abuse can be classified with many degrees of severity, from the casual users through dependency to dealing.

Many casual users remain just that, casual users, never-the-less they are outside the law and need rehabilitation awareness therapy.

Some casual users are persuaded, or coerced, to move from casual use to dependency, and in doing so progress from milder narcotics to more addictive alternatives.

And not all dealers are users, some progress to dealing to fund their increasingly expensive habit, whereas other dealers may not be users at all but consider drug trafficking as a very lucrative income stream.

Fortunately our intensive and constructive group therapy sessions have a positive effect on this population.

Level 1 – Psycho-educational Group Therapy – 10 weeks minimum

This program meets the needs of clients who are new to the criminal justice system, are mentally healthy, and do not have severe drug addictions.

The typical client in this class used alcohol and/or marijuana, or was involved with people who were drug users and were beginning to experiment themselves.

This is a fast moving, self-paced class with many clients completing in 10-12 weeks, and others choosing to be less active and stay longer than the minimum.

Topics covered include the effects of drugs, developing a relapse prevention plan, improving rational thinking, assertive communication, and goal setting.

Level 2 – Treatment for Drug Dependent and Chronic Relapsers - 26 weeks minimum.

Groups are kept small, with no more than 8-10 clients in a group. The number of weeks is decided individually depending on the client's needs. Clients typically do best if they spend 30-35 weeks in this program. Clients must also complete Level 1 work if they have not been in previous therapy.

This program entails deeper therapy for severe drug dependent clients who have long-standing addictions to cocaine, methamphetamines, heroin, or polydrug addictions, and severe alcoholism and repeat DUI's.

The focus of this class is on the deeper issues that led to substance abuse and multiple relapses, rather than on the drugs, and to help clients develop healthy thinking and a responsible life-style that doesn't allow room for an easy relapse.

Many of these clients have mental illness or personality disorders that must be addressed.

Level 3 – Criminal Thinking/Life Skills Class - Treatment for Drug Sellers and Prison Release Clients (without Serious Drug Addictions) - 26 weeks minimum.

Classes are kept small, usually 8-10 clients. Time is determined individually according to client's needs with 30-35 weeks being average.

The clients in this therapy have sold drugs and often have extensive arrest records for multiple charges.

Some enter this program after years in prison and are in need of recidivism prevention therapy.

The focus of this group is to make clients aware of criminal (arrest-able) thinking, and learning to use deterrents to stop this thinking without acting on it.

Clients are required to demonstrate responsible thinking and to be living a law-

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abiding, nonviolent lifestyle.

Focus on this program includes a wide range of areas from developing honesty to empathy, to being responsible with money, time, and work.