

Outpatient Substance Use Treatment Services

Program Overview

People with alcohol or drug dependence problems can and do recover. Child & Family Center is committed to working with youth and adults who struggle with dependency.

To be eligible for our services, you must:

1. Be experiencing or at risk of experiencing a problem with alcohol and/or other drugs.
2. Be eligible for Medi-Cal, My Health L.A. or AB109
3. Show proof of residency in Los Angeles County
4. Have a physical exam or provide a copy of one from the last twelve (12) months.
5. Be 12-65 years old. Our programs are for people ages 12-17 and 18-65.

DID YOU KNOW...

One in ten people over the age of 12 struggle with drugs and alcohol, including addiction to prescription drugs.

Of the people who know they have an alcohol or drug problem, 40% are not ready to stop using.

In the U.S., 4% of 8th graders, 10% of 10th graders, and 17% of 12 graders report binge drinking.

Every day, more than 115 people in the United States die after overdosing on opioids.

For more information about the Treatment Program or to set up an intake assessment, call Monday – Saturday: (661) 481-2801

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Individualized Treatment Plan

Everyone entering treatment receives a full assessment and treatment plan. You will be offered the type of treatment that best suits your needs, and your relationship with alcohol and/or other drugs.

As a client, you will participate in developing your **treatment plan** based on information you provide. This plan lists problems, treatment goals, and ways to meet those goals. It helps you and our program staff stay focused and on track. The plan is adjusted over time to meet changing needs and ensure that it stays relevant for you.

Our program initially focuses on motivating you to stop using drugs or alcohol. Treatment then shifts to helping you stay drug and alcohol free. Substance use affects every part of a person's life. For that reason, treatment needs to affect every part of your life as well. The design of your treatment program will help you gain the knowledge and skills to start your **long-term recovery**.

Program Services

Our program consists of outpatient and intensive outpatient services that support a sober life and meet you where you're at. There is an initial and ongoing assessment of your needs. The program offers:

- Early Intervention
- Assessment
- Treatment Planning
- Individual Counseling
- Group Counseling
- Family Therapy
- Life Skills Training
- Crisis Services (if needed)
- Case Management
- Recovery Planning
- Relapse Prevention
- Aftercare Services
- Alcohol and Drug Screening (Program Requirement)
- Psychiatric Services

While receiving treatment, you will focus on

- Internal and external triggers
- Challenges in recovery
- The brain and drugs
- How to avoid relapse
- Taking care of yourself
- Managing day-to-day tasks

We offer personal care and treatment that fit your busy day-to-day schedule. There are services in the day, evening and weekend so you can go to school or work. There are different requirements for attendance.

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, youth, adults, and families.

Our basic philosophy is that early intervention and guidance in a person's life can prevent more serious problems from starting.

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, psychologists, clinical social workers, marriage family and child therapists, case managers, and substance use counselors who work with you to provide the best possible care.

We work with school districts, social service agencies, Los Angeles County (Department of Mental Health, Department of Children & Family Services, Substance Abuse Prevention Control), and others to provide the best possible care, treatment and services.

Child & Family Center is a 501(c)(3) non-profit and certified Medi-Cal Community Mental Health Center and Alcohol and/or Drug Program. Services are funded through government contracts, grants, and private donations.



*Changing lives and healing relationships
by helping people thrive through
education, treatment, prevention & advocacy.*



Substance Use Assessment,
Referral & Treatment
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