

Alameda Family Services

2325 CLEMENT AVENUE, ALAMEDA, CA 94501

Main: 510-629-6300 Fax: 510-865-1930 WWW.ALAMEDAFS.ORG

ADULT Outpatient Drug-Free Treatment Program

Alameda Family Services offers *Outpatient Drug-Free Treatment Programs* for adults who are experiencing problems with substance abuse or addiction.

Intake Assessment

Clients are admitted to *Outpatient Drug-Free Treatment* after meeting with an AFS counselor and completing an *Alcohol and Drug Abuse Assessment*. Based on the results of that assessment, clients who meet standard criteria for substance abuse or dependence are admitted to treatment. Upon admission, each client is assisted in developing an *Individualized Treatment Plan* that focuses on changes the client will work toward during treatment. All clients are asked to make a commitment to abstain from drugs and alcohol during our program. Length of treatment may vary depending on client needs.

Groups

Outpatient Drug-Free Treatment is a group-based program. All clients admitted to *ODF* attend treatment groups, which typically meet weekly for 90 minutes. Groups are relatively small in size and allow ample time for discussion of individual concerns. All groups are facilitated by a trained substance abuse counselor, and in some cases an intern.

Individual Counseling

Individual counseling is provided to address relapse and/or crisis that pose an immediate threat to sobriety. Individual therapy is also available after a period of abstinence.

Drug Testing

Drug Testing is incorporated into our Outpatient programs to assist clients in achieving the goal of abstinence. Drug testing is administered weekly. Clients who repeatedly test positive for drugs are recommended for a higher level of treatment. Referrals are facilitated in a supportive manner with client input.

Referrals

Clients can obtain information about our programs and schedule an intake appointment by contacting our Intake Voice Mail at **(510) 629-6209**. Clients should leave message indicating that they are calling to schedule an *Outpatient Drug/Alcohol Assessment*. Assessments are provided in the afternoon and evening and last approximately 60 minutes.

Cost

Outpatient Drug-Free Treatment groups and Individual counseling are **FREE**, Weekly drug testing costs **\$20.00**. Clients with Medi-Cal coverage are eligible for all services at no cost. We currently do not except other forms of insurance.