



Out of Life's Challenges Comes Hope

Program Objectives

- To promote the understanding that people can and do recover from substance abuse and addiction
- To establish therapeutic alliance in treatment
- To facilitate the change process
- To teach healthy expression of emotions
- To model embracing a clean and sober lifestyle
- To promote optimal family, work and social functioning
- To enhance coping and problem-solving strategies for recovery

WEB SITES

www.sutter.networkofcare.org

www.yuba.networkofcare.org

C O U N T I E S O F
S U T T E R A N D Y U B A

1965 Live Oak Boulevard
 Yuba City, California 95992
 Business Hours: 8:00 am to 5:00 pm
 Monday through Friday
 Phone: 530-822-7200
 Fax: 530-822-3296
 Email: kscott@co.sutter.ca.us

A BI-COUNTY SERVICE OF
SUTTER-YUBA MENTAL HEALTH

*As the light grows
brighter so do our...*

OPTIONS FOR CHANGE



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S U T T E R A N D Y U B A

Phone: (530) 822-7200

Mission

The Sutter-Yuba Bi-County Mental Health's Substance Use Disorder Services provides a client-centered, outcome-oriented, integrated, cost effective delivery of services.

Staff members of Options For Change are committed to safeguarding the emotional, social and physical well being of others. We promote self-sufficiency and quality of life and health for those we serve.

Philosophy

Alcoholism and drug addiction are conditions that are treatable. As facilitators in the recovery process, staff members help individuals to "find the light" of hope resulting in more options for change necessary to achieve a clean and sober lifestyle.

It is our philosophy to promote open-mindedness, honesty and willingness to reduce or eliminate self-defeating behaviors. The program guides individuals in improving health, welfare and relationships with peers, family and community.

Options for Change Programs & Services

Individuals seeking assistance through Options For Change can choose from a wide array of services. Services are provided after a full assessment or screening of each person.

AVAILABLE SERVICES:

- Screening and Assessment
- Information & Referral
- Codependency Group
- Outpatient Program
- Individual Counseling
- AB 109 Assessment & Treatment
- Drug Court (Sutter * Yuba Counties)
- Life Skills & Education Groups
- Continuing Care (Aftercare)

Adult Drug Court

Drug Courts are offered in both Sutter and Yuba Counties. OFC Staff are assigned to each court to provide screening, assessments, case management and treatment to Drug Court Clients. The program is judicially-monitored treatment, drug testing, and other ancillary services as needed. The counselor's work with a Probation Officer who is part of a seven department team. Clients who are selected by the Drug Court Team will have the opportunity to participate in the Drug Court Program.

Codependency Group

This group is offered to all Sutter/Yuba Residents on Tuesday's from 4:00 p.m. to 5:00 p.m. at First Steps at 1251 East Onstott Road Yuba City, Calif. 95991.

TREATMENT



OUTPATIENT PROGRAM

- Twenty-Six week program (minimum length)
- Clients participate in a *maximum* of 8 hours of treatment activity per week for 25 weeks. This includes individual and group counseling, self-help and other identified services. Motivational techniques are utilized and individualized treatment goals are established. Based upon client needs, ancillary services may be added to the treatment plan (e.g. anger management, family counseling, mental health, employment counseling etc.) Community support meetings and random drug testing are required.

INTENSIVE OUTPATIENT PROGRAM (IOP)

- Thirty six week program (minimum length)
- Clients participate in a *minimum* of 9 to 15 hours per week. In addition to the services provided in the outpatient program, clients are usually given added components in their treatment plan based upon an individual's needs. Additional services could include family counseling, co-dependency groups, anger and domestic violence counseling, support groups, parenting, Alcohol Chemical Treatment Series (ACTS), Father's First and Strengthening Families. This is a 36 week commitment followed by continuing care. Continuing care includes individual and group counseling at least one time per week and may include other ancillary services. Community Support meetings are required as well as random Drug Testing.



RESIDENTIAL PLACEMENT

Options for Change maintains contracts with residential treatment providers for detoxification and short-term in house treatment. Individuals must complete the OFC Orientation process and be indigent order to be considered for placement. We also provide a referral list of low cost—no cost residential programs throughout the state long term placements as well as transitional living programs..

How To Access Services

In

OPTIONS FOR CHANGE

There are two main ways that individuals access services in Options for Change (OFC). An individual may *self-refer* or be *referred by another agency*. Some individuals are referred from the "criminal justice system" (i.e. Probation's AB 109, PC 1210, and Parole). Clients referred for PC 1000 are referred out to community providers. Individuals can access services in the following ways:

- All self and other agency referrals may call our office at 822-7200 to request to be added to the OFC Orientation Group held every Thursday at 1:30. After individuals have completed the Orientation they will be instructed to call the following week to be scheduled for an appointment with an Options for Change Counselor.
- Individuals who are Sutter County criminal justice system referrals will be scheduled for Orientation by the Choices Program Staff.

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