

## Residential Treatment Services

Southwest Counseling Service provides mental health and substance abuse services for adults, children, adolescents and families.

Southwest Counseling's Residential Treatment Services include:

- Drug & Alcohol Assessments
- Rosen Recovery Center
- Therapeutic Community
- Relapse Prevention
- Corrective Thinking
- Life Skills
- Individual, couple and family treatment
- Jail Based Treatment
- Sober Living
- Prevention and Intervention
- Case Management
- Resources for questions about substance abuse
- Other community information

Substance Abuse treatment is designed to provide support, education, life skills, knowledge and tools to fight addiction.



Enriching lives through wellness, recovery, and hope

Community Mental Health &  
Substance Abuse Treatment Center

## Southwest Counseling Service

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*Residential Treatment  
Rosen Recovery Center &  
Therapeutic Community*



### Drug & Alcohol Assessment

Southwest Counseling Service provides comprehensive drug and alcohol assessments to all individuals seeking substance abuse treatment in order to determine the most appropriate course of treatment. Treatment recommendations can include:

- Individual Counseling
- Intensive Outpatient Program
- Residential Treatment (short & long term)

Assessments are based on the American Society of Addiction Medicine (ASAM) Patient Placement Criteria.

### Corrective Thinking

Corrective Thinking is a program designed to help individuals learn their thinking errors that have led to irresponsible and criminal behavior. Correctives are taught to help individuals lead a more responsible, crime-free life.

### Continuing Care

Continuing Care is provided to individuals who have successfully completed treatment, either outpatient or residential. It is provided to support the client's sobriety, reinforce his/her treatment and begin the process of relapse prevention.

### Relapse Prevention

The Relapse Prevention program offers additional services targeted at relapse issues for individuals while in outpatient treatment and is offered twice a week.

## Rosen Recovery Center

Rosen Recovery Center is a short-term (3-6 month) residential treatment program for people with substance abuse problems who are unable to maintain sobriety in the community.

### Screening & Admission

Each client shall have impartial access to treatment regardless of race, religion, sex, ethnicity, or sources of financial support.

Drug and alcohol assessment is required.

### Program Guidelines

The program will address the individual's physical, emotional, mental, social, spiritual, and vocational realities.

Clients spend approximately 35 hours per week of intensive group therapy focusing on:

- Developing an understanding of the recovery process of substance dependence, moods, and thoughts.
- Identifying and reducing emotional and behavioral obstacles in recovery.
- Improving self-esteem.
- Improving interpersonal and social skills with family, relationships, work, and society.
- Improving general physical wellness.
- Developing a written continuing care plan for recovery.
- Improving on life skills for independent living.
- Corrective thinking.
- Relapse prevention and other community support systems



## Therapeutic Community

The Therapeutic Community is a long-term (6-12 month) residential treatment program for individuals with severe substance abuse disorders and criminal behavior. It is highly structured, confrontational and an effective alternative to jail or prison.

### Screening & Admission

- An individual must be diagnosed with a substance dependency.
- The individual must be detoxified & major medical or psychiatric conditions stabilized prior to admission.
- The individual must have a completed a Drug & Alcohol assessment prior to acceptance into the program.
- The individual must be at risk of a more restrictive, confined setting such as incarceration or hospitalization.
- The individual must be 18 years of age or older or a legally emancipated minor.
- The individual must be unable to be treated effectively and efficiently in standard outpatient care based on the client's Drug and Alcohol Assessment.
- The individual must have the physical and mental abilities necessary to participate and benefit from the program.
- The individual must agree to the principles, rules, and regulations of living in the program.
- The individual must demonstrate the ability to control anger and behaviors.
- Individuals will demonstrate a commitment to make a change in their lives.

Members of the Therapeutic Community learn about themselves, their addictions, the impact of drugs/alcohol in their life, and the changes required to become a healthy contributing member of our community.

Therapeutic community is a phase treatment. Once members successfully complete the first phase, they take on additional community responsibilities and earn privileges including:

- Serving as a mentor to newer members.
- Obtaining outside employment.
- Greater independence.
- Spending time away from the community

The goal is for members to gradually re-enter society and apply the principles they have learned and practiced while in the community.