

Our Mission

As a premier provider of outpatient chemical dependency programs....

Valley Health Associates offers a whole-person approach to prevention, intervention, and treatment services that promote recovery & wellness through healthy lifestyle changes while aiming for full social function.

Serving Monterey County and San Benito County.



In the coming year, we will further develop our whole-person, whole-family, whole-community approach. We will provide comprehensive, culturally-sensitive, complementary program components that are evidence-based and proven effective, while being peer, patient,

Now Accepting Referrals Contact us today to learn how we can help!

and community-driven.

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ValleyHealthAssociates.com

Nonprofit 501(c)3 # 77-0297577

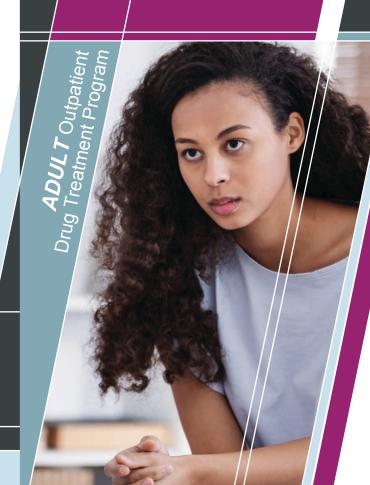
Certified by the State Department of Health Care Services

https://www.dhcs.ca.gov/individuals/Documents/NTP-Provider-Directory.pdf



Better!

We're here to help



Addiction is tough for everyone

Corina became pregnant and plans to place her baby up for adoption. She made the choice to enter treatment at Valley Health Associates, so her child will be born healthy. Free from substances, today she is learning natural ways to reduce her symptoms from complex post-traumatic stress disorder and becoming more clear about what she wants for her future.

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2021 Overdose in Monterey County (Age-adjusted Rate/100k Residents)

(5.6/100k)

Deaths Related to Any Opioid Overdose

204 (46.1/100k) ED Visits Related to Any **Opioid Overdose**

53 (11.3/100k)

Hospitalizations Related to Any Opioid Overdose

Prescriptions for **Opioids**

Valley Health Associates anticipates improvements

- Family connectedness
- Healthy social engagement
- Capacity to hold a job
- Goal setting & accomplishment
- Openness to talk
- Decrease in risky behaviors
- Excitement for new healthy lifestyles





Valley Health Associates is here to help.

Valley Health Associates opened an Adult **Outpatient Treatment Program August** 2022. Valley Health Associates aims to improve the outcomes for those suffering from Substance Use Disorder (SUD), especially Opioid Use Disorder (OUD) in our community.

Our Adult Outpatient program allows men and women to receive treatment for drug or alcohol addiction while continuing with their daily activities, school or work.

Services include comprehensive assessment, individualized treatment planning, individual counseling sessions, group counseling sessions which include SUD education and support services.

introduction to 12-step programs, relapse prevention and coping skills, drug testing, discharge planning and continuing care support groups, peer support access, case management services that assist the participant in accessing needed medical. educational, social, prevocational, vocational, rehabilitative, linkage and referrals to other community services.

The programs utilize several evidence-based best practices, including Seeking Safety, The Matrix, Living In Balance and Anger Management.

Walking the road of recovery together.