



*Walking the road
of recovery together.*

Valley Health Associates

*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,
and community-driven.*

Now Accepting Referrals

**Contact us today to
learn how we can help!**

427 Pajaro Street Suite 4
Salinas, Ca 93901
(831) 424 - 6655 *tel*
(831) 424 - 9717 *fax*



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



Valley Health Associates

It can get
Better!

We're here to help.

ADULT Outpatient
Drug Treatment Program



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.**

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.

Valley Health Associates anticipates improvements for our clients in the following realms:

- 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



ADULT Outpatient
Drug Treatment Program



2021 Overdose in Monterey County

(Age-adjusted Rate/100k Residents)

27 Deaths Related to Any
Opioid Overdose
(5.6 /100k)

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

53 Hospitalizations
Related to Any Opioid
Overdose
(11.3 /100k)

137,702 Prescriptions for
Opioids
(284.5 /1k)

Report produced by the California Overdose Surveillance Dashboard:
<https://cdph.ca.gov/opioidashboard/>

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.



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