

STORIES OF IMPACT

YULIANA

Yuliana, a resilient 16-year-old from Monterey County, experienced a challenging childhood marked by instability and addiction.



With a mother who struggled with substance abuse, Yuliana found herself on a similar path, facing meth addiction by her freshman year. After hitting rock bottom, she sought help through Valley Health Associates. Now sober, she is rebuilding her life with hope and determination.

DAVELYN

Davelyn Delande, 67, a MAT Counselor at Valley Health Associates, brings perseverance and compassion to his work.



Born in the Caribbean and a U.S. Army veteran, he turned his life around after 35 years of incarceration, becoming a certified substance abuse counselor. Now in Salinas, he helps clients find sobriety and purpose, proving that change is always possible.



Valley Health Associates

CONTACT



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OUR SERVICES



Valley Health Associates

www.valleyhealthassociates.com



HELP US MAKE A DIFFERENCE. HELP US SAVE LIVES.

Providing the highest quality substance use disorder services for youth and adults in Monterey and San Benito Counties.

OUR VISION

Valley Health Associates (VHA) is a non-profit organization whose focus is to promote recovery and wellness through healthy and productive lifestyle changes while using a whole-person approach to care. VHA utilizes Medication Assisted treatment and other evidence-based methods in a safe, caring, and supportive environment either on-site or through our mobile clinic.

RECOVERING HOPE WITH OUR CORE PROGRAMS AND SERVICES

Youth Outpatient Treatment

*Separate Programming For Youth 12-17 Years Of Age.
Transitional Aged Youth 18-26 Years Of Age.*

- Comprehensive assessment
- Individualized treatment planning
- Individual counseling
- Group counseling
- Family counseling
- SUD education
- Introduction to 12-step programs
- Relapse prevention and coping skills
- Drug testing
- Discharge planning
- Continuing care support groups
- Peer support services
- Case management
- Linkage and referrals to other resources
- Equine therapy and field trips

Medication Assisted Treatment Services

- Motivational interviewing
- Medication-assisted treatment
- Opioid dependency medications
- Cognitive behavioral therapy
- Group therapy
- Motivational incentives
- Peer support services



Adult Outpatient Treatment

Our Adult Outpatient Program allows men and women to receive treatment for drug or alcohol addiction as they continue with routine daily activities.

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

ADDED SERVICES

For Adults

- Art and gardening for therapeutic expression
- Healthy cooking to nurture bonds over nutritious meals
- Mindfulness spaces for tranquility and relaxation
- Workout Room
- Food Pantry
- Drop-in Lounge

For Youth

- Art and recreational spaces
- Quiet zones for reading and socializing
- Abundant snacks
- A welcoming environment