



Walking the road
of recovery together.



Valley Health Associates

"We learned more about my child's addiction within our first hours of program time at Valley Health Associates than we had in two years of attempting other strategies."

- Anonymous Parent, North Monterey County

Now Accepting Referrals

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

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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>

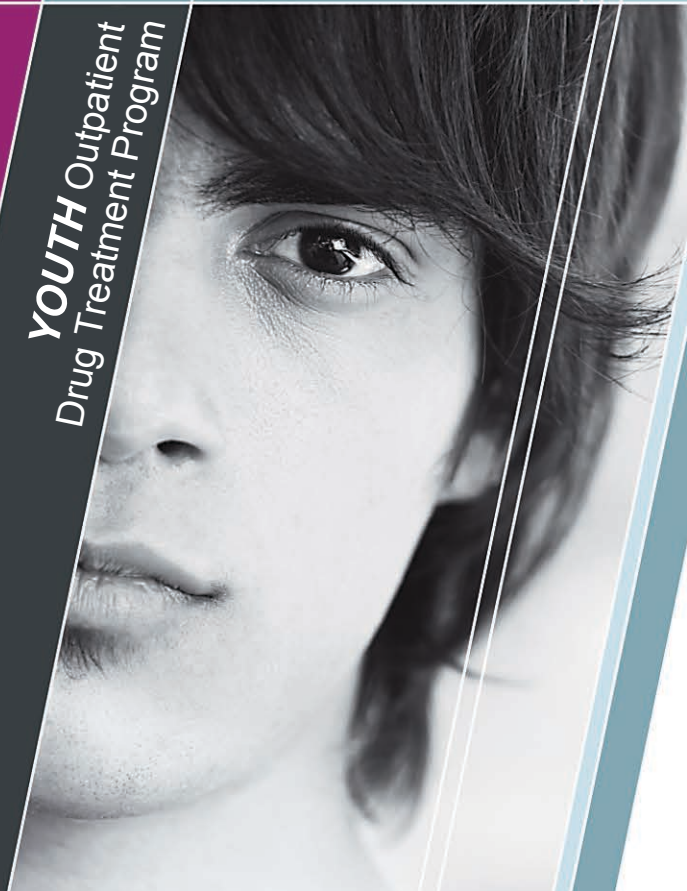


Valley Health Associates

It can get
Better!

We're here to help.

**YOUTH 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

*The adolescent brain, in particular,
is highly prone to addiction.*

...abusing drugs or alcohol regularly
before the brain is completely
formed can increase the odds of
becoming addicted to these
substances.

- American Addiction Centers

It can get **BETTER!**

We see improvement
in the following life areas...

- Family connectedness
- Healthier friendships
- School engagement
- Capacity to hold a job
- Goal setting & accomplishment
- Openness to talk
- Decrease in risky behaviors
- Excitement for life



**YOUTH Outpatient
Drug Treatment Program**



**Percentage of students
that have abused an
illegal drug**

20.3% of 8th graders

49.1% of 12th graders

37.4% of 10th graders

- Monitoring the Future Survey

Valley Health Associates is here to help.
YOUTH 12 - 18 years of age & Transitional YOUTH 18 - 24 years of age

American Society of Addiction Medicine (ASAM)

This widely used assessment tool utilizes criteria that view clients in their entirety, rather than by a single medical or psychological condition. This means it pays attention to the whole patient, including all of his or her life areas, as well as all risks, needs, strengths, and goals.

Treatment & Relapse Prevention

An individualized treatment plan based on information obtained from the ASAM Assessment is conducted in collaboration with the client and treatment support team.

Counseling & Recovery Services

Counseling is conducted by our licensed clinical staff as individual, group, or family sessions. Peer Support Specialists assist with services as needed and appropriate.

Case Management

Personal goals and objectives aim to improve the quality of life and to achieve full social function. A focus is placed on leveraging personal strengths with newly learned skills. Linkage provided to other community services assures a longterm continuum-of-care.

Substance Abuse Education

Knowledge is an important component of recovery. The evidence-based curriculum includes:

- *Living in Balance; Moving from a Life of Addiction to a Life of Recovery*
- *The Matrix Model; Intensive Alcohol and Drug Treatment Program*
- *Candis; A Marijuana Treatment Program*
- *Marijuana; Prevention & Education Toolkit*
- *Heroin + Prescription Painkillers; A Toolkit*

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