

# VHA is ready for your call and here to help.

## MISSION

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

## VISION

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

## CORE VALUES

Valley Health Associates is committed to excellence, making certain that each person served is:

- Treated with dignity and respect
- Ensured confidentiality
- Provided compassionate service in a professional manner

## It Can Get Better



MONTEREY COUNTY  
BEHAVIORAL HEALTH  
*Avanzando Juntos Forward Together*



**HC**  
CALIFORNIA DEPARTMENT OF  
HEALTH CARE SERVICES

### Licensed, Certified, and Accredited

Licensed by: The State of California Department of Alcohol & Drug Programs, Narcotic Treatment Branch, and the Drug Enforcement Agency.

Certified by: State of California Department of Alcohol & Drug Programs, Outpatient Programs, and Monterey County Behavioral Health Division; Department of Alcohol & Drug Programs.

Accredited by CARF (Commission on Accreditation of Rehabilitation Facilities) since 2006. Certified by the State Department of Health Care Services License Number: 27-07, expiration date 6/30/25.



**+831-424-6655**



**+831-424-9717**



**[www.valleyhealthassociates.com](http://www.valleyhealthassociates.com)**



**913 Blanco Circle, Salinas, CA 93901**



# Valley Health Associates

Valley Health Associates  
offers comprehensive  
outpatient  
**Medication  
Assisted  
Treatment  
Services**



## MEDICATION ASSISTED TREATMENT PROGRAM

### PROGRAM HOURS

MONDAY - FRIDAY | 6:30 AM - 3:30 PM

### DOSING HOURS

MONDAY - FRIDAY | 6:30 AM - 11:00 AM  
AND 12:30 PM - 2:00 PM

WEEKENDS/HOLIDAYS | 7:30 AM -  
10:00 AM



SCAN THE QR CODE TO  
FIND OUT MORE ABOUT  
OUR MAT PROGRAM



### MOTIVATIONAL INTERVIEWING

Uses strategies to encourage rapid, self-driven behavior change to end substance use and motivate entry into treatment.

### MEDICATION ASSISTED TREATMENT

Medication Assisted Treatment is a patient-driven program that includes opioid therapy, a medical examination by a physician, individual counseling, drug screenings, and appropriate referrals. Referrals may include the following: 12-step meetings, vocational and/or educational training, and job placement.

### OPIOID DEPENDENCY MEDICATIONS

Methadone, buprenorphine, and naltrexone are used to treat opioid dependence and addiction to short-acting opioids such as heroin, morphine, and codeine, as well as semi-synthetic opioids like oxycodone and hydrocodone. Medications utilized in MAT may be safely taken for months, years, or even a lifetime. Plans to stop a medication must always be discussed with a doctor.



### COGNITIVE BEHAVIORAL THERAPY

Seeks to help patients recognize, avoid, and cope with the situations in which they are most likely to abuse drugs.

### GROUP THERAPY

Helps patients face their substance use realistically, come to terms with its harmful consequences, while boosting motivation to stay drug free. Patients learn how to resolve emotional and personal problems without turning to substance use.

### MOTIVATIONAL INCENTIVES

Utilizes positive reinforcement for remaining drug-free, for participating in counseling sessions, or for taking treatment medications as prescribed.