



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 (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.

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



MONTEREY COUNTY
BEHAVIORAL HEALTH

Advancing Justice Forward Together



SUPPORT EVERY STEP OF THE WAY

- Grocery distribution
- Linkages to essential aid
- Prescribe-Safe Initiative
- Alternative therapy options



CONTACT

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Valley Health Associates



Valley Health Associates
offers comprehensive
**Youth Outpatient
Treatment**



SEPARATE PROGRAMMING FOR YOUTH 12-17 YEARS OF AGE TRANSITIONAL AGED YOUTH 18-26 YEARS OF AGE

THOSE WE SERVE

- Youth who are misusing substances
- Youth living with substance use disorders
- Youth experiencing harsh punishments or consequences (instead of treatment) such as incarceration, suspensions, and foster care placements.
- Priority Admit: Pregnant, HIV, and IV drug users
- Youth at any point in the recovery journey

Youth may be self-referred, referred by a family member, or professional such as a school counselor or probation officer.

All identities are welcome. This includes all genders, ethnicities, races, immigration status, intellectual abilities, familial class, and types of Adverse Childhood Experiences (ACE).

"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

SERVICES INCLUDE

- 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 access
- Case management
- Linkage and referrals to other community services.

ACTIVITIES

The VHA youth program features a wide variety of activities that inspire new hobbies, push past fears, and promote sober fun.

YOUTH OUTPATIENT TREATMENT PROGRAM HOURS:

Monday - Friday | 9:00 am - 6:00 PM
Closed for lunch 1:00 pm - 2:00 PM



CONCERNS

Percentage of students that have abused illegal drugs:

20.3% of 8th graders

37.4% of 10th graders

49.1% of 12th graders

- Monitoring the Future Survey

The adolescent brain, in particular, is highly prone to addiction. According to the American Addiction Centers, "abusing [opioids] or alcohol regularly before the brain is completely formed can increase the odds of becoming addicted to these substances.



SCAN THE QR CODE TO
FIND OUT MORE ABOUT
OUR YOUTH
OUTPATIENT PROGRAM

**REQUEST AN
APPOINTMENT TODAY!**