



Admission Information

Upon initial review, the **Road to Recovery** Staff will determine whether or not a client meets the admission criteria, which include:

- Client meets ASAM criteria for Level 1 and/or Level 2.1
- Complete Road to Recovery Referral Form
- Must be an Adult 18+ years old
- Individual meets criteria by definition of DSM codes for Substance Abuse/Dependency
- Identification of complex conditions—such as a diagnosis of serious or persistent mental illness
- Individual is medically stable to participate in outpatient services
- Individual is physically and mentally able to comply with program rules

No one will be turned away for inability to pay for services. Drug Medi-Cal beneficiaries with no share of cost will not be charged any additional fees and Drug Medi-Cal reimbursements will be considered payment in full.

General Outpatient Services (ASAM Level 1)

Clients accessing our general outpatient program typically meet at least once a week for 1-2 hours, up to 9 hours/week.

Intensive Outpatient Services (ASAM Level 2.1)

Clients in the intensive outpatient programs meet at least 3 days a week for 3-4 hours a day or more, up to 20 hours/week.



DEPARTMENT OF HEALTH AND HUMAN SERVICES
BEHAVIORAL HEALTH AND RECOVERY SERVICES
Promoting and protecting health, well-being, self-efficacy, and safety of all in Marin County.

Services provided by the **Road to Recovery** (partial list):

- Individual and Group Counseling
- Access to Psychiatrist with specialty in Addiction Medicine
- Medication Assisted Treatment (MAT) information and evaluations
- Education on how to recognize and manage overwhelming stress and emotions without turning to alcohol or drugs
- Individualized Safety Action Plans
- Linkage to resources and referrals
- Weekly Seeking Safety and Relapse Prevention Groups
- Personalized Case Management
- Learn about healthy lifestyle changes: sleep, diet/nutrition and physical exercise
- *And much much more!*

Road to Recovery

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Road to Recovery

Road to Recovery

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Road to Recovery

The **Road to Recovery** Outpatient Program is a new Health & Human Services (HHS) program designed to specifically to meet the needs of clients experiencing complex **Co-occurring Disorders (COD)** - also known as *Dual or Poly Diagnosis*.



Either substance abuse or mental illness can develop first. A person experiencing a mental health condition may turn to drugs and alcohol as a form of self-medication to improve the troubling mental health symptoms they experience. Abusing substances can also lead to mental health problems because of the effects drugs have on a person's moods, thoughts, brain chemistry and behavior.

The most common method of treatment for CODs today is an integrated intervention strategy-- where a person receives care for *both* a specific mental illness and substance abuse.

At the **Road to Recovery**, we offer *both* General Outpatient (ODF) and Intensive Outpatient (IOT) services by providing:

Individual Counseling

Building skills and supports is almost always a large part of an effective Co-occurring Disorders treatment plan. Education on a person's illness and how their beliefs and behaviors influence their thoughts has been shown in countless studies to improve the symptoms of both mental illness and substance abuse.

Support and Process Groups

Dealing with COD can feel challenging and isolating. Groups allow members to share frustrations, successes, referrals for specialists, where to find the best community resources and tips on what works best when working on recovery.

Group work also helps to build cognitive and behavioral skills and form healthy friendships and provides encouragement to achieve treatment goals.



There are many ways in which COD diagnoses may manifest - and treatment will not be the same for everyone.

Our goal is to ensure that each client contact is welcoming, empathic, hopeful, culturally sensitive, and client centered.

- A supportive approach to treatment that reinforces self-esteem and builds self-confidence
- An inclusive treatment strategy that brings partners, spouses, children and other household members into treatment for individual counseling, group meetings or education
- Integrated treatment of mental health and substance use disorders by the members of a highly trained treatment team

Hours of Operations

Monday – Friday: 9:00am to 4:00pm
Saturday & Sunday: Closed