



WEST KERN TEAM SUBSTANCE ABUSE TREATMENT

ENGLISH/SPANISH BILINGUAL SERVICES

The West Kern Team has bilingual staff in order to provide the most culturally effective service to our community.

COMMUNITY SUPPORT AND RESOURCES

The West Kern Team strongly encourages individuals to attend and develop a healthy support group to help in maintaining a drug free lifestyle. It is very important to have a positive support system, which includes sober friends, church, AA/NA, etc., during and after treatment.

FEES \$\$

Most of the services are covered by Medi-Cal. However, if an individual does not have Medi-Cal, fees are determined by income, utilizing a sliding fee scale.

MISSION Statement

Working together to achieve hope, healing and a meaningful life in the community.

VISION Statement

People with mental illness and addictions recover to achieve their hopes and dreams, enjoy opportunities to learn, work, and contribute to their community.

VALUES Statements

Hope, Healing, Community, Authority

We honor the potential in everyone

We value the whole person – mind, body and spirit

We focus on the person, not the illness

We embrace diversity and cultural competence

We acknowledge that relapse is not a personal failure

We recognize authority over our lives empowers us to make choices, solve problems and plan for the future



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Commission on Accreditation
of Rehabilitation Facilities

Kern County Mental Health has been accredited by CARF for the following programs: Mental Health Programs- Case Management; Children and Adolescents-Case Management & Crisis Stabilization; Integrated Alcohol & Other Drugs-Case Management & Children & Adolescents-Case Management; Employment Services-Community employment Services



WEST KERN TEAM SUBSTANCE ABUSE TREATMENT



WHAT IS SUBSTANCE ABUSE TREATMENT?

Substance abuse treatment consists of counseling that helps people to learn new ways to make drug free choices through education, support and guidance.

TREATMENT INCLUDES:

- ASSESSMENT OF ADDICTION
- INDIVIDUAL & CONJOINT SESSIONS
- GROUP COUNSELING
- FAMILY EDUCATION GROUPS

INDIVIDUAL AND CONJOINT SESSIONS:

Address the contributing factors that pre-dispose an individual to substance abuse/addiction.

FAMILY EDUCATION

Family members may often feel anger and confusion or helplessness when faced with a loved one's addiction. Family involvement helps the entire family. Family members are given information on how the phases of addiction and recovery affect the addicted person to use. Family members are an important component of this program and are given tools to help along the road to recovery.

MATRIX MODEL

The Matrix Model intensive outpatient alcohol and drug treatment is a complete, evidence-based, 16 week individualized program with more than 20 years of research and development. It's mission is to improve the lives of individuals and families affected by alcohol and other drug use.

THE MATRIX MODEL WORKS BECAUSE IT...

- creates explicit structure and expectations
- establishes a positive, collaborative relationship with each client
- teaches information and cognitive-behavior change
- provides corrective feedback when necessary
- educates families regarding stimulant abuse recovery
- introduces and encourages self-help participation
- uses urinalysis to monitor drug use and take the issue "off the table"

WHO IS ELIGIBLE?

Any adult 18 years old and older seeking treatment for a substance abuse problem.



HOW TO ENROLL

Adults interested in receiving services should call (661) 758-7300 in order to schedule an orientation appointment. On the day of your first appointment bring the following documents with you:

- Valid ID
- Medi-Cal card or income verification
- Court referral (if applicable)

HOW IS THIS GOING TO HELP ME?



Through education and interaction with peers and counselors you will learn new ways to make healthy choices that will help you cope with addictions and cravings. Learning how drugs change the chemicals in the brain will allow you and your family to have a better understanding of how addiction works, and the challenges that recovery presents.