

LifeWorks Substance Use Disorder Outpatient Treatment Program

Flexible scheduling: Ninety minute
SUD Treatment Groups

Open access: 5 days per week
between the hours of 8 am and 5 pm

Up to 6 treatment hours per week

Life SUD Recovery and Skill
Acquisition Treatment Groups
focused on:

- Substance Use Disorder (SUD)
- Relapse Prevention
- Life Skills
- Emotional/Physical/Nutritional Wellness
- Strengthening Families and Relationships
- Rebuilding your Life through Recovery

SISKIYOU COUNTY SUBSTANCE USE DISORDER PROGRAM

For Information or to apply
for services, please call:

(530) 841-4890

FAX (530) 841-4890
SUD Toll Free: 1-866-460-0402

FOR ALL SERVICES AND
AFTER HOURS CRISIS CALL
THE 24 HOUR ACCESS LINE
1-800-842-8979

Siskiyou County Health and
Human Services Agency
Behavioral Health Division
Substance Use Disorder

LifeWorks

Substance Use Disorder (SUD)
Outpatient
Treatment Program



Alcohol and Other Drugs

- ◆ Defining addiction and alcoholism
- ◆ Education on all major substances of abuse
- ◆ Medical consequences of addiction
- ◆ Cognitive re-structuring
- ◆ Re-investing in yourself, your family and your community
- ◆ Dysfunctional family systems / ACOA
- ◆ Healthy boundaries, healthy relationships

Relapse Prevention

- ◆ Stages of change and the slippery slope of addiction/relapse
- ◆ Symptoms of recovery and being patient with the process
- ◆ Identifying triggers and compulsions
- ◆ Coping skills/dealing with changes in recovery
- ◆ Changing environment/creating new social connections
- ◆ Dealing with strong emotions and resolving resentment
- ◆ Conflict resolution and assertiveness training
- ◆ Re-establishing your role in the family
- ◆ Re-building trust

Co-occurring Referrals

Life Skills and Recovery

- ◆ Communicating in recovery
- ◆ Creating structure and time management
- ◆ Cleaning up your debts and financial management
- ◆ Goal setting and life coaching
- ◆ Getting the job you love: Resume building, Interviewing and Professionalism
- ◆ Obtaining GED and higher education, computer training
- ◆ Exercise and Nutrition
- ◆ Stress Management
- ◆ Parenting

Anger Management

- ◆ Community Engagement: Voting, spiritual resources, social networking
- ◆ Domestic Violence
- ◆ Stress Management
- ◆ Re-building trust

Relationships and Parenting

- ◆ Re-establishing your role in the family
- ◆ Re-building trust
- ◆ Family and social problems
- ◆ Healthy boundaries, healthy relationships



The **LifeWorks SUD Outpatient Treatment Program** provides the ability for individuals to move between *LifeWorks Outpatient* program and the *Intensive Substance Use Disorder Outpatient* program for initial treatment, a customized treatment plan, and/or a treatment “tune up” as needed.