



Clinical Services

Determination of eligibility may include First Call's accounting staff who will evaluate funding sources and determine sliding scale payment if needed.

ASSESSMENT:

The assessment administered at First Call is a bio-psycho-social assessment, which means that it is designed to gather and analyze information regarding your substance use behavior as well as about your social, medical, educational, legal, mental health and family history. This comprehensive assessment of your well-being allows our staff to develop a clearer evaluation of your overall strengths and needs.

Assessments will be administered using the Community CareLink (CCL) database assessment instrument and may also involve the use of the Substance Abuse Subtle Screening Instrument (SASSI-4) and other screening tools as needed. Results from these screening tools and the full evaluation will be discussed with you before you leave this appointment.

If additional services are indicated by your assessment results, you will be provided with information regarding service options in the community and/or at First Call. You will be an active participant in the development of your post-assessment plan, and will have the opportunity to discuss options available to you and to identify which option(s) best meet your needs.

FAMILY SERVICES:

When a loved one is using substances, his or her thinking and behavior are profoundly affected. Over time your own thinking and behavior change as well, sometimes so drastically that you don't recognize the person you've become. You may begin to question your own perceptions, tolerate negative behavior and find that your life has become centered around the addiction. First Call's **How to Cope** (HTC) program is for family and friends impacted by a loved one's addiction to alcohol and/or drugs. HTC is conducted at First Call and in the community, and helps people regain a healthy lifestyle for themselves while learning more about their loved one's substance use disorder. **Caring for Kids** offers youth emotional, social and physical alternatives to the fear and anxiety of living in a home impacted by alcoholism or another substance use disorder.

SOBER ME / ME FIRST / ME AFTER:

Sober ME is a 3 week, 30 session group counseling curriculum designed to provide an introduction to recovery and sustain motivation to change. ME First is a 10-session group counseling curriculum designed to sustain an individual's motivation for recovery during the waiting period for treatment services. Weekly individual sessions are provided for Sober ME and ME First participants. ME After is available for individuals who have participated in treatment services and are working to sustain motivation while integrating recovery living. The program facilitator works with individuals in a small group setting; ME After participants receive weekly one-on-one mentoring/coaching sessions.

RECOVERY SUPPORT SERVICES:

First Call's recovery support services are available to you throughout your recovery process. **Recovery Advocates** provide guidance, connect you to community resources and collaborate with you to develop and to achieve your goals. Recovery advocates work with people at any stage of the recovery process. Our advocates can meet with you in our office or at a community location which is more convenient for you.