

Anger Management

After completing a full anger management evaluation, the adult client is placed in an anger management group or individual counseling that help participants identify the causes of anger, rules of anger management, recognizing and expressing anger appropriately, and how to change your thinking and behaviors (a cognitive behavioral approach).

Adolescent Treatment Services

The adolescent treatment program provides alcohol/substance use disorder and co-occurring services to adolescents ages 12-18. Transportation may be provided to those who are eligible. Adolescents participate in activities to develop social and coping skills, as well as learning anger management skills.

Co-occurring Services

All clients are screened to rule out or identify the need for mental health assessment and/or treatment. Our licensed professional counselor provides a full mental health assessment and individual sessions, if indicated. Our psychiatric APN will conduct psychiatric evaluations and prescribe psychiatric medication, if indicated. Discharge planning, case management linking clients to community-based mental health services begins at admission.



Cumberland County Alcohol & Drug Services Office

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Since 1975, **Cumberland County Alcohol & Drug Services Office (CCADSO)**, a division of the County Human Services Department has been dedicated to the prevention, early intervention, treatment, rehabilitation and support of persons affected by substance abuse.

Our mission is to provide comprehensive alcohol and/or drug use disorder and co-occurring services to all men, women and children of Cumberland County and neighboring communities.

CCADSO

oversees the operations of the
First Step Clinic Treatment Program
and the
**Municipal Alliances for Prevention of
Substance Use Programs**
throughout Cumberland County.

Services Include:

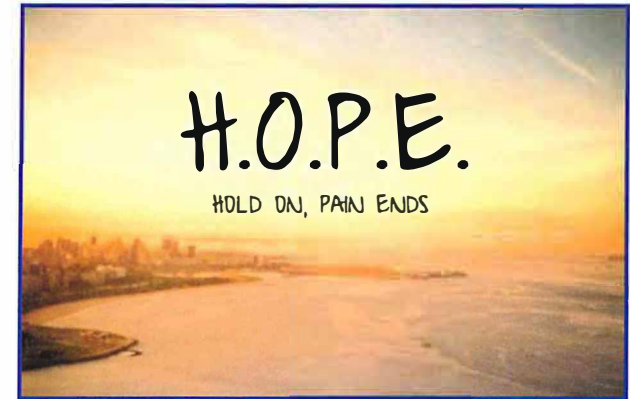
- ◆ Referrals to detox, outpatient treatment, residential treatment, halfway house & recovery support services
- ◆ Community Education
- ◆ Speakers Bureau
- ◆ Municipal Alliance for Prevention of Substance Abuse

Treatment Services

First Step Clinic, the treatment program which operates through CCADSO, provides evidence based practices for Outpatient and Intensive Outpatient Services for those with an alcohol and/or substance use disorder diagnosis and those in need of co-occurring mental health treatment. Fees are based on a sliding scale.

The following services and programs are available to both adult and adolescent residents of Cumberland County. The services are provided by LPC, LCADC, CADC, and CADC professionals.

- ◆ Diagnostic Assessments - alcohol/substance use disorder and co-occurring
- ◆ Urine Drug Screen Monitoring
- ◆ Individual, group, and family counseling
- ◆ Mental Health Evaluations
- ◆ Mental Health Counseling
- ◆ APN Psychiatric Evaluation
- ◆ APN Psychiatric Medication Monitoring
- ◆ Early Intervention (Level .05)
- ◆ Outpatient Services (Level 1)
- ◆ Intensive Outpatient Services (Level 2)
- ◆ Comprehensive Adolescent Treatment Services
- ◆ Adult Anger Management Program



Description of Treatment Services at First Step Clinic

Diagnostic Assessments - A complete history is taken on each client to examine the effects of alcohol and substance use. The clinical team reviews each case and a recommendation for an appropriate treatment setting is given.

Early Intervention - For the client who may have a mild alcohol or substance use disorder, but does not meet criteria for diagnosis, an educational setting is held one time per week.

Outpatient - A scheduled group session that is at least once per week designed to address attitudes and behaviors that undermine the goals of treatment and places the person at risk for relapse. Individuals are scheduled at least monthly. Family sessions are also offered.

Intensive Outpatient - The program has group three days per week, individual session once a week, and regularly scheduled family sessions, if clinically indicated.