



United Citizens Foundation (UCF) specializes in the treatment of alcoholism, addiction and mental health through evidence-based practices. We understand that alcoholism and substance use affect people from all age groups and demographics. Drug and alcohol addiction affects families as a whole. The addicted person may be in denial and not feel that they have a problem. They may be hopeless, fearful, lonely, angry, and entirely unsure of how to stop the tragic and all-consuming cycle of addiction. UCF's goal is to help clients learn how to live healthy, happy, and productive lives as sober individuals.

Our services include:

- Comprehensive Alcohol/Substance Use Assessment
- Addiction Education
- Family Counseling
- Group Counseling
- Individual Counseling
- Mental Health Services



#### **Our Process:**

Substance Use and Alcoholism treatment is a process that typically occurs in phases. We begin with an intake and assessment appointment and continue from there.

- **Intake:** The intake process involves gathering information to admit a client into a treatment program including, but not limited to the client's health history, date of birth, family background, and employment history.
- **Screening and Assessment:** During the client's screenings, the clinician will determine the extent of drug and alcohol use. From there, the professional team will determine if further evaluations are necessary. A comprehensive substance use evaluation will be completed using the American Society of Addiction Medicine (ASAM) criteria. The clinician will gather information about the client's history of substance abuse. This process starts from when the client first began using, to the substances used, how frequently, and in what quantities. The clinician will also discuss the client's symptoms of substance use. These symptoms include, whether or not they experience withdrawal, any physical changes that have been noticed, if they have experienced legal issues, or if there are problems at work or home due to using substances.
- **Developing a Treatment Plan:** After a full evaluation is completed, the clinician will work with the client to develop a treatment plan. Treatment plans will focus on the areas of need; such as abstaining from substances, attending school or obtaining employment, and the counseling technique utilized to address these areas. A treatment plan also states long-term goals and shorter-term objectives.

The Level of Care is determined by the Clinician who will recommend the next step of treatment. If a client needs medical detox, they will be referred to an inpatient facility to complete the detox and return to us for treatment upon discharge.

### **Medical Detox**

A medical detox program is the first step for someone who is beginning treatment for a severe addiction to substances like heroin, alcohol, or opioids. In medical detox, patients are supervised by trained health professionals who can monitor symptoms and ensure that patients remain safe while withdrawing from drugs or alcohol. The staff can provide medications to ease the discomfort of withdrawal as drugs and alcohol are leaving the body.

### **After detox they return to UCF to start Intensive Outpatient Treatment.**

#### **Intensive Outpatient Treatment**

Intensive outpatient programs are an alternative to inpatient programs and in some cases, clients will begin an intensive outpatient program after transitioning out of an inpatient setting. UCF's program allows clients to attend intensive outpatient treatment anywhere from 30 to 90 days depending on the treatment needed to help them understand their addiction and behaviors. The Intensive Outpatient Program consists of group counseling three times a week for three hours each day, and individual sessions as needed. The program also includes family sessions that are scheduled by the counselor as needed.

#### **Outpatient Treatment**

Outpatient treatment is a lower level of care or a step down from intensive outpatient treatment. Outpatient treatment will begin for a minimum of 12 weeks and will be re-assessed to determine if the client needs additional treatment. Outpatient treatment consists of group counseling once or twice a week for 50 minutes with individual sessions weekly. The program also includes family sessions that are scheduled as needed.

#### **Individual Therapy**

Individual counseling works with clients on their personal goals and focuses on specific needs and skills. This allows the clinician to treat the whole person as well as the illness. The counselor will help clients understand their addiction, develop coping skills that they can integrate into their daily lives, and teach them relapse prevention skills in order to help them maintain their sobriety when life's challenges arise.

#### **Co-Occurring Therapy**

Co-Occurring therapy is provided to individuals who have both substance use disorder and a mental health condition. For example, a person who lives with opioid addiction, depression, or anxiety, would be a candidate for co-occurring diagnosis treatment. With this treatment the client receives integrated services that address both substance use and mental health conditions. Treatment plans must consider both the substance use and mental health condition to be effective. If a person receives treatment for substance use, but not for their mental health, the person may relapse to drug use as a form of self-medication.

## **Family Counseling**

Family therapy sessions and psychoeducation are available for family members. Typically, the family is impacted by the client's addiction. The family needs help understanding addiction and how to work with their family member who is in recovery. When a family member is in an active addiction state, trust and respect can get lost. It is very important to begin therapy to repair family relationships.

UCF offers outpatient programs allowing clients to continue school and work and live their lives while getting the help they need. UCF individualizes treatment for each client knowing what might work for one client's recovery may not necessarily work for other clients.

UCF believes that treatment needs to be affordable, flexible, and available to everyone.

Whether you have insurance or not, we want clients to be able to receive the treatment they need. We accept cash payments, a sliding fee scale provided to those who qualify, all Medicaid insurance, and some private insurance as well.

If you, a family member, or your child is struggling with alcoholism, addiction, or mental health, call us today and let us help with the journey of recovery.

**Contact: [refer@ucfnv.org](mailto:refer@ucfnv.org)**

