

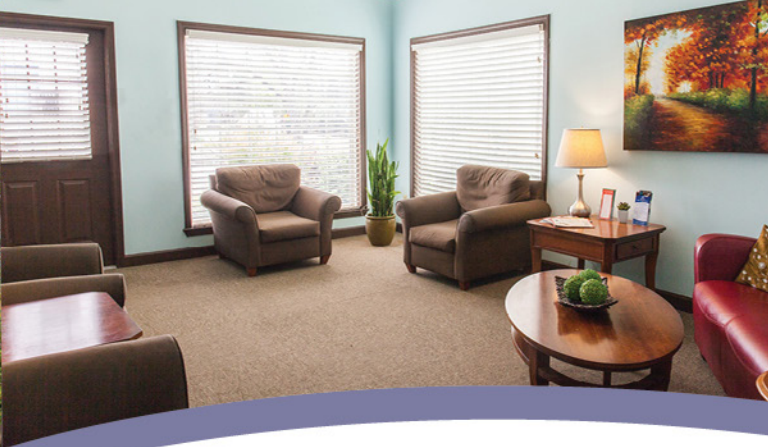
# Outpatient Treatment

## Adults and Adolescents



Willingway

*Willingway is nationally recognized as a leader  
in the field of addiction medicine with a full  
continuum of care.*



## OVERVIEW

Willingway Outpatient has expanded its scope of services allowing more individuals and families the opportunity to experience recovery. For adults that struggle with substance abuse our goal is to help them experience recovery free from mood altering chemicals. The adolescent patients that battle emotional problems with or without substance abuse are able to benefit from group, family, and individual counseling. We seek to provide each individual or family with tools for living a happy and productive life after treatment.

## HOW CAN I LEARN MORE?

If you or a loved one would like more information or believe that you could benefit from any of our outpatient services, one of our Intake Counselors will be glad to help you. We are available 24 hours a day, 7 days a week at 800-242-9455 or you may visit our website at [www.willingway.com](http://www.willingway.com).

## ADULT PROGRAM

Adults that have experienced negative consequences as a result of their substance use could benefit from Willingway Outpatient's treatment program. Some of these may include strained family relations, legal troubles, financial woes, physical problems, workplace difficulties, and more. Adult outpatient offerings include:

- ▶ Intensive Outpatient – 4 days per week, 3 hours daily
- ▶ Outpatient – individual counseling
- ▶ Family Program
- ▶ Drug Screens
- ▶ Education and Community Outreach

*Group Therapy* in the adult program is geared toward learning to live without mood altering chemicals. Our 12-step philosophy is enhanced with Cognitive Behavioral Therapy and incorporates a variety of offerings to promote long-term recovery:

- ▶ Educational lecture on the physiology of addiction
- ▶ Relapse Prevention Groups
- ▶ Family Sculpting and Role Play Activities
- ▶ Relaxation Therapy and Stress Management
- ▶ Feelings Groups
- ▶ Relationship issues
- ▶ Spirituality in recovery
- ▶ Grief process
- ▶ Anger management
- ▶ Recreation therapy

## ADOLESCENT PROGRAM

Young people that struggle with emotional difficulties, mood disorders and/or substance use are ideal candidates for Willingway Outpatient. Our licensed clinician will conduct an initial assessment and make a recommendation for treatment. The following is a listing of some of the problems we can address in individual counseling, group therapy, and family counseling:

- ▶ Depression or mood disorders
- ▶ Anxiety and stress
- ▶ Grief and loss
- ▶ Anger
- ▶ Strained family relationships
- ▶ Behavioral problems
- ▶ Troubles at school
- ▶ Substance use

Willingway Outpatient provides a safe, confidential place for teens to find support and tools for dealing with their struggles.



To make a referral 24/7 or for more information,  
call **800-242-9455** or  
visit **[www.willingway.com](http://www.willingway.com)**.