

Therapy

Psychosocial Groups

Case Management

Court-Mandated Rehabilitation

Telehealth

Why SEKMHC?

Southeast Kansas Mental Health Center leads recovery efforts in our six-county catchment area with licensed professionals who specialize in the treatment of substance use disorders and other addiction-related mental health challenges. We treat clients using a whole-person wellness approach, focusing on delivering comprehensive behavioral health services.

Recovery is possible.

Substance use disorder (SUD) is a treatable, chronic mental health condition. It affects the brain’s functions and compels individuals to repeatedly use substances or engage in behaviors, despite their harmful consequences. SUD leads to impairments in health, social function, and control of substance use.

According to the 2020 National Survey on Drug Use and Health (NSDUH), over 40 million Americans, aged 12 and older, have a substance use disorder.

SUDs are treatable, and recovery is possible. No single treatment approach is right for everyone. Southeast Kansas Mental Health Center provides individualized treatment plans that can be the key to a successful recovery journey.

“The first step to recovery is recognizing that substance use is having a negative impact on your life and seeking help.”

- Dr. Doug Wright

“It takes hard work and determination. Start each day as a new day! Anyone can learn ways to identify their triggers and cravings and ward off negative thoughts on their way to recovery.”

- Deb Higginbotham, LMSW, LMAC

Locations

- IOLA | 304 North Jefferson Ave
- CHANUTE | 402 South Kansas
- FT. SCOTT | 212 State Street
- HUMBOLDT | 1106 South Ninth
- GARNETT | 519 South Elm
- PLEASANTON | 505 West Fifteenth
- YATES CENTER | 204 S Main

Contact

Phone
1-866-973-2241

24/7 Crisis Availability

Website
www.sekmhc.org



For Adults and Adolescents

Substance Use Disorder



Therapy

Southeast Kansas Mental Health Center provides outpatient therapy services to adults and adolescents who seek treatment for substance use disorders and counseling for addiction-oriented behaviors.

Therapy starts with an intake appointment, which includes a complete psychosocial assessment. One of our therapists will gather information about a client's personal and family history, life experiences, and challenges with substance use or addictions.

During therapy sessions, clients and therapists work together to develop goals and an appropriate treatment plan that includes strategies for recovery.

Elements of Therapy

- **Psychosocial assessment intake session**
- **Diagnosis**
- **Setting goals**
- **Identification of stressors**
- **Use of evidence-based practices**
- **30- to 60-minute sessions**
- **Discussion of challenges**
- **Evaluation of environment**
- **Development of coping skills**
- **Establishment of strategies**
- **Utilization of support system**

Treatment Options

Psychosocial Groups

During psychosocial group meetings, clients work together to develop personal attitudes, social behaviors, and coping skills necessary to function and progress in their recovery journeys.

Drug and Alcohol Information School

Southeast Kansas Mental Health Center offers Drug and Alcohol Information School for participants who are required by the State of Kansas to take courses as part of court-mandated rulings. Through an eight-hour class, individuals learn about substance use disorders and their impacts, along with recovery strategies and therapy options.

Addictions Treatment

Addiction treatment is not limited to substance use (typically drugs or alcohol). Other addictions clients can seek treatment for may include gambling, internet, gaming, shopping, or hoarding, along with many other behaviors. Recovery is possible!

Treatment is provided at no cost to problem gamblers, family members, and concerned other parties who reside in Kansas. Funding for treatment is provided by the Kansas Coalition on Problem Gambling.

Get Started

Individuals or family members may request our services. We accept referrals from court and probation officers, other mental health providers, and employers. Participation in therapy and other mental health-related services is voluntary.

**Call us today to set up an appointment:
(866) 973-2241**

Asking for help is a sign of strength.

