



Substance Use Disorder

For Adults and Adolescents

**Therapy Psychosocial Groups Case Management
Court-Mandated Rehabilitation Telehealth**

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 can negatively impact your health, relationships, and daily life.

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. Everyone's path to recovery is different. Southeast Kansas Mental Health Center creates individualized treatment plans that can be the key to successful recovery.

Why SEKMHC?

Southeast Kansas Mental Health Center leads recovery efforts in our six-county service 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.

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

Asking for help is a sign of strength.

Therapy

Southeast Kansas Mental Health Center offers outpatient therapy for adults and teens dealing with substance use or addiction-related behaviors. Therapy begins with an intake and psychosocial assessment, followed by personalized goal-setting and treatment planning between the client and therapist.

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

Clients participate in group sessions to build healthy attitudes, social skills, and coping strategies that support their recovery.

Drug and Alcohol Information School

A state-mandated, eight-hour class teaches participants about substance use, its effects, and available recovery and therapy options.

Addictions Treatment

Treatment covers a wide range of addictions beyond substance use, including gambling, gaming, and shopping. Free treatment is available for problem gamblers and their families in Kansas, funded by the Kansas Coalition on Problem Gambling.

Integrated Care

for mind, body, and smile.



sekmhc.org



ashleyclinic.com

