

## Servicios de Tratamiento Para el Alcohol y otras Drogas

Si usted tiene un problema de alcohol o drogas, o si ha sido enviado para una evaluación para ver si necesita tratamiento, nosotros podemos ayudarle.

**Servicios Externos**– Tenemos clases y grupos para ayudarle a decidir si desea hacer cambios en su uso de alcohol o drogas; o si ya ha decidido hacer cambios, para ayudarle a que esos cambios sean exitosos. Para una evaluación de sus deseos de tratamiento, de modo que podamos hacer le recomendaciones, llame al 703.746.3600.

**Programa de Tratamiento de Opiáceos**- Para aquellos experimentando dependencia de drogas derivadas del opio, tales como heroína, Oxycotin o Percocet, tenemos un programa médico de tratamiento. Llame al 703.746.3600.

**Servicios de Tratamiento Residencial**- Si usted está actualment bebiendo alcohol o usando drogas y desea ayuda, o alguien piensa que usted necesita ayuda, el Centro Residencial de Tratamiento puede ayudarle a desintoxicarse. Llame al 703.746.3636. Le harán preguntas acerca de su salud para estar seguro que usted puede ser desintoxicado en este centro sin peligro de salud. En algunos casos, usted puede ser referido a un hospital para un chequeo. Mientras usted está en el Centro, evaluaremos sus necesidades y preferencias y orientaremos nuestros servicios y tratamiento.

## Need Help?

If you or someone you care about needs help with addiction, call anytime at:

703.746.3400 | Intake, Business hours  
703.746.3636 | 24 hours  
703.838.5054 | TTY

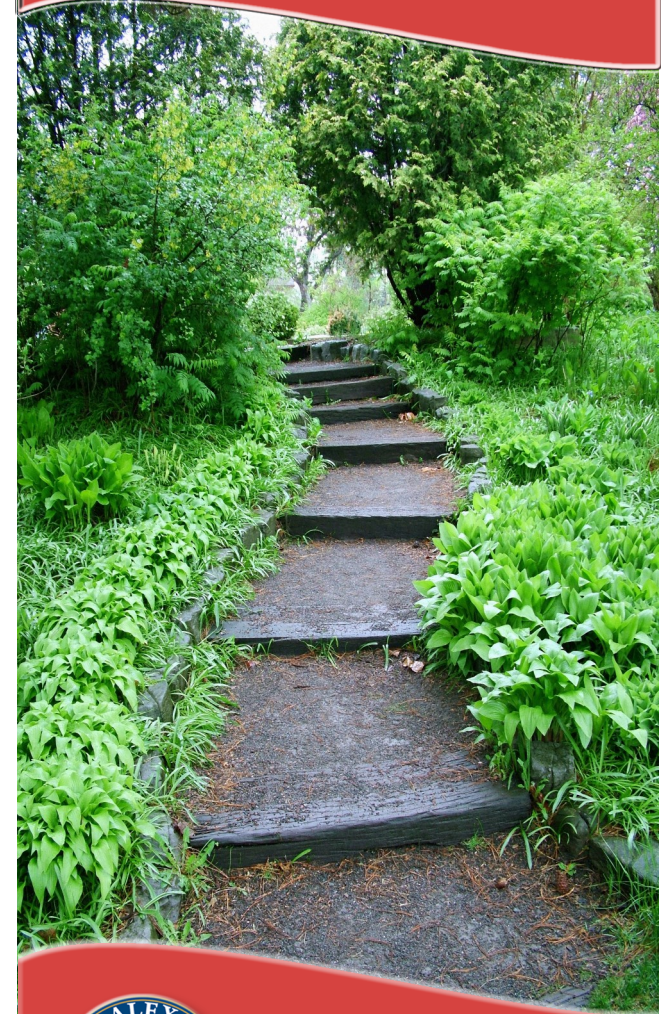
➤ For those currently using alcohol or other drugs on a regular basis and who would like help to stop using in a safe and supportive setting, call the Alexandria Residential Treatment Center (ARTC) 24/7 at 703.746.3636. If ARTC is not a medically-appropriate option, assistance in accessing services will be provided.

➤ For those who use intermittently or that have recently begun establishing abstinence, call Central Intake at 703.746.3535 to schedule an intake to assess needs and preferences.

➤ For those addicted to heroin or other opioids such as Oxycotin or Percocet who are interested in medication-assisted treatment, call 703.746.3600 and ask to speak to the Opioid Treatment Intake Coordinator.

## Treatment Services for Substance Use Disorders

Servicios de alcohol y otras drogas



Department of  
Community and  
Human Services



Department of  
Community and Human Services  
2355-A Mill Road  
Alexandria, VA 22314  
703.746.3600 | 703.838.5054 TTY



703.746.3600  
[www.alexandriava.gov/DCHS](http://www.alexandriava.gov/DCHS)



## Residential Treatment Services

The Alexandria Residential Treatment Center (ARTC) provides community-based intensive clinical services in a structured residential setting for individuals (age 18+) who are unable to avoid using alcohol or drugs in ways that create serious problems in their lives.

ARTC Phase 1 allows these individuals to interrupt their cycle of use and stabilize. Support and/or referrals are provided to address health, mental health, housing or other barriers to stability.

Participants in ARTC Phase 2 identify goals for ongoing stability, health and recovery and work toward those goals through an intensive program of residential, clinical and peer support.

To support smooth transition back to the community, those in Phase 2 also engage in ongoing treatment through the SA Outpatient and/or Opioid Treatment programs. Psychiatric medication management and case management services are also available.

Anyone who is unable to stop using alcohol or illicit drugs, or who has experienced problems associated with their use, may benefit from treatment. The cost of services is based on income.



## Outpatient Services

Outpatient Services offers adults (18+) a combination of treatment services that help reduce symptoms of their substance use disorder, enhance stability, engage in recovery and improve their lives.

- A variety of group treatment options
- Individual therapy
- Psychiatric services
- Case management
- Peer recovery services
- Access to community services

Outpatient Services are most helpful for those whose substance use creates problems in their lives, but who have a stable place to live and support for making changes.

## Opioid Treatment Program

The Opioid Treatment Program (OTP) adds medication to the Outpatient Services. Therapy plus medication (Suboxone, Methadone) is the best treatment for those who are addicted to opioids.

Through engagement in the program, adults (18+) develop a satisfying life free of illicit drugs. The medication, which is prescribed and monitored by medical and nursing staff, removes the cravings to use while therapy allows clients to learn relapse prevention skills and develop a recovery plan, improving their overall health. Some may be able to successfully stop the prescribed medication; others may need ongoing medication assisted treatment.



## Services for Family and Friends

For those whose friends or loved ones are concerned and/or supportive of their recovery, these options are available:

### Concerned Persons Support

For a free individual or family consultation regarding someone actively using alcohol or drugs, call 703.746.3600 and ask to speak to the Concerned Persons Counselor.

### Understanding Recovery

This free 12-week recovery education group is open to clients as well as to family or friends. It is held twice on Wednesdays from 11 a.m. - 12:15 p.m. or from 6 -7:15 p.m.

### 12 Step Support

The Substance Use Treatment Center provides space for a number of weekly community self-help support groups such as Alanon, NA, AA, Smart Recovery, MA, CA and Bridging the Gap. Call for more information.

