

SUPPORT FOR FRIENDS AND FAMILY

Caring for a loved one experiencing substance use disorder can be challenging and confusing. What are productive ways of providing support? How can you be the best partner/friend/family member of someone experiencing substance use disorder?

To address such concerns, AllHealth Network offers group therapy for supporters of individuals experiencing SUD. These groups are a safe space for friends and loved ones to gather, share experiences, and learn how to best support those experiencing substance use disorder.

CRAFT: COMMUNITY REINFORCEMENT AND FAMILY TRAINING

CRAFT was created for families and loved ones to gain a better understanding of how to support individuals experiencing substance use disorder. This group is for everyone, parents, partners, family members, etc. and you do not have to be an AllHealth Network client to participate.



CONTACT US

Interested in learning more about substance use disorder services through AllHealth Network?
Call **303-730-8858** to learn more.

allhealthnetwork.org
303-730-8858
@allhealthnetwork



AllHealth Network does not discriminate on the basis of race, color, national origin, religion, age, sex, gender, sexual orientation, or disability.

SUD services are available at the following locations:

Littleton – Sycamore

5500 S Sycamore St
Littleton, CO 80120

Parker – Dransfeldt

10350 Dransfeldt Rd
Parker, CO 80134

Centennial

13111 E Briarwood Ave, Suite 260
Centennial, CO 80112

Castle Rock

2356 Meadows Blvd Ste 230B
Castle Rock, CO 80109

Substance Use Disorder (SUD) Services



At AllHealth Network, ALL of us are here to support your mental health growth and recovery, TOGETHER.



AllHealth[®]
NETWORK

ALL TOGETHER.

When seeking services for substance use disorders (SUD) at AllHealth Network, our goal is to provide a safe and compassionate space to aid you along your recovery journey.

We invite our clients to bring their authentic selves and to be honest about where they are in the recovery process. Our staff is proud of our collaborative approach to treating substance use disorders and takes the input of our clients seriously.

By evaluating the intersection of mental health, trauma, and SUD issues, our highly credentialed clinicians take an individualized approach to treating each client.

Substance use services are available at AllHealth Network locations in Littleton, Castle Rock, Parker, and Centennial.

INDIVIDUAL SUBSTANCE USE TREATMENT

AllHealth Network offers SUD treatment for adults as well as adolescents via telehealth or in person.

Individual substance use treatment includes:

- Determining where you are on your journey to recovery.
- Emphasizing harm reduction.
- Building skills to reach your recovery goals.
- Learning healthy coping strategies.
- Exploring interpersonal dynamics and communication.
- Addressing co-occurring mental health and/or trauma challenges.
- Working with your family/support systems.

INTENSIVE OUTPATIENT PROGRAMMING (IOP)

Our Substance Use Disorder Intensive Outpatient Program (SUD-IOP) addresses co-occurring mental health and substance use disorders that do not require withdrawal management or round-the-clock supervision.

Clients should expect to attend a minimum of nine hours of group each week over the 12-week program. Optional treatments available (pending insurance approval) include case management, MAT (medication assisted treatment), peer support, and more.

- SUD-IOP provides treatment that is modern, comprehensive, shame free, and trauma informed (currently offered via telehealth).
- **Our three IOP groups are co-facilitated by dually licensed providers.**
 - **Foundations:** Focuses on education and understanding of SUDs, examining the impact of substances on the brain/body as well as the influence of trauma, mental health, and environmental factors.
 - **Dialectical Behavioral Therapy (DBT):** A type of cognitive behavioral therapy that provides strategies for positive change incorporating mindfulness techniques. DBT concepts include distress tolerance, emotional regulation, interpersonal effectiveness, and mindfulness.
 - **Skills for recovery:** Provides clients with the tools they will need to succeed on their path to recovery. Topics include speaking with your family, navigating the SUD health system, and actions you can take to reach your recovery goals.

Not sure if SUD-IOP is right for you? Our clinical assessment team is here to evaluate your situation, take your input into consideration and recommend the appropriate level of care.

MAT SERVICES

MAT, or Medication Assisted Treatment, is aimed at reducing the use of opioids such as heroin, fentanyl, and prescription painkillers among opioid-dependent persons through behavioral, psychosocial, and pharmacological treatments.

Individuals experiencing SUD who use MAT in conjunction with other therapies are more likely to remain in treatment and achieve their goals.

MAT services include:

- Psychiatric evaluation and medication management.
- Individualized nurse monitoring and support.
- Medications such as soboxone (buprenorphine), sublocade (extended release buprenorphine), and Naltrexone/Vivitrol.
- Treatment for coexisting psychiatric and substance use disorders.
- Free Naloxone and training.

Utilizing MAT has many benefits such as:

- Decreasing cravings.
- Giving the brain an opportunity to stabilize and repair pathways.
- Helping to prevent relapses and overdoses.

