ACCESSING SERVICES

Our Adolescent Substance Abuse Counselors/Therapists are available at El Centro Adolescent Clinic: **1295 State Street, Suite 104, El Centro, CA.** Additionally, we are conveniently located at the following local junior high and high schools sites to make our services readily available to youth in Imperial County:

- Brawley Union High School
- Desert Valley High School
- Del Rio Academy School
- Central Union High School
- Calexico High School
- Aurora High School
- Calexico High School - 9th Grade
- Calexico Academy School
- Valley Academy School

Referrals can also be made by individuals, administrators, academic counselors, and teachers.

Andrea Kuhlen  
**Director**

Gabriela Jimenez  
**Deputy Director**

**1295 State Street, Suite 104**  
**El Centro, CA 92243**

**Phone:** 442-265-1525  
**24-Hour Hotline:** 800-817-5292  
www.co.imperial.ca.us/behavioralhealth/

Substance Use Disorder Treatment Services for Adolescents

Treatment for ages 12-18
Imperial County Behavioral Health Services (ICBHS) provides Substance Use Disorder Treatment Services to Adolescents.

We do believe that substance use problems are treatable and we promote the use of treatments that have proven to work at reducing or eliminating substance use.

Our goal is to provide quality professional services, to achieve independence and recovery for individuals suffering from mental illness and/or substance abuse.

Services Provided by:

⇒ Substance Abuse Counselors
⇒ Mental Health Counselors
⇒ Psychiatric Social Workers

Residential Detox Services
Is a process to assist an individual to clear their system of the drug(s) he/she has been using. Individuals can voluntarily receive up to 30 days of non-medical residential detox which is done in a safe and supervised residential setting. During the course of detox, the individual is carefully monitored and receives individual and group therapy, recovery activities and education.

Recovery Services
After completion of treatment, additional services are available such as: outpatient counseling services, recovery monitoring/coaching, relapse prevention, linkage to education and job skill resources.

Outpatient and Intensive Outpatient Services include:
Adolescent Outpatient provides substance use disorder treatment services to Imperial County youth, ages 12-18, who have a substance use disorder. Individuals admitted to the program are provided with:

- Intake / Assessment
- Treatment Planning
- Individual / Group Counseling
- Family Therapy
- Collateral Services
- Crisis Intervention Services
- Discharge Planning and Coordination

Our services include, teaching the skills necessary to make recovery possible. Topics our Substance Abuse Counselors/Therapists focus on include, some of the following:

- Motivation Building
- Managing Thoughts, Feelings & Behaviors
- Goal Setting
- Anger Management
- Addiction Cycle & Coping with Urges
- Relapse Prevention