

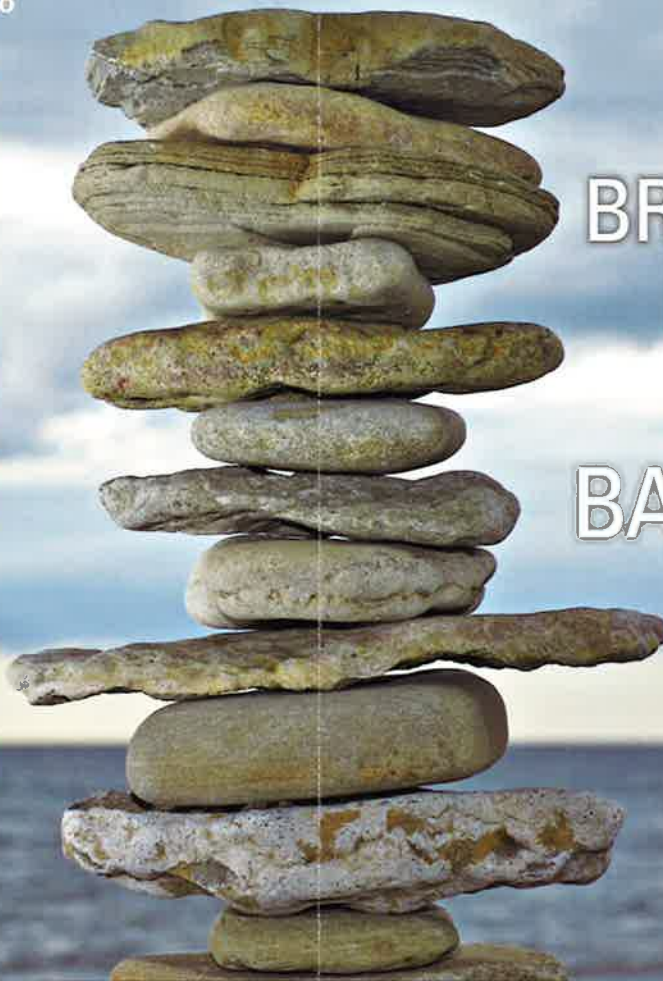
CDC facilities at Warren-Yazoo  
Mental Health Service:



Dining/Multi-Purpose Room



Group/Conference Room



BRINGING  
LIVES  
INTO  
BALANCE

**For more information:**

Warren-Yazoo Mental Health Service  
Chemical Dependency Center  
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CHEMICAL  
DEPENDENCY  
CENTER OF WARREN-YAZOO  
MENTAL HEALTH SERVICE

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**Warren-Yazoo Mental Health is proud to be a part of a system of comprehensive mental healthcare. The Board of Directors and Management Team continually seek to explore opportunities to implement and evaluate innovative, culturally relevant programs that are designed to meet the broad mental health needs of individuals needing behavioral health services.**

### **CHEMICAL DEPENDENCY CENTER**

This 25-bed co-ed facility for alcohol and drug abusers places the responsibility for recovery on the individual. Our program offers an evidence-based curriculum, Living in Balance (LIB), which implements a multimodality approach that helps restore balance to clients' lives. Living in Balance draws from cognitive, behavioral, experiential, and Twelve Step modalities. Developed by Danya International and funded by a NIDA grant, Living in Balance is a flexible, practical, and user friendly substance abuse treatment curriculum that addresses issues in individual's lives that may have been neglected during addiction.

### **WHAT KIND OF GROUPS DO WE OFFER?**

- Alcohol and Other Drug Education
- Triggers, Cravings, and Avoiding Relapse
- Planning for Sobriety
- Alcohol and Tobacco
- Spirituality and Personality Change
- Sex, Drugs, and Alcohol
- Stress and Emotional Well-being
- Skills for Reducing Stress
- Anger and Communication
- Relapse Prevention
- Gender Specific
- The Twelve Steps
- Sexually Transmitted Diseases
- Responding to Loss
- Human Needs & Social Relationships
- Attitudes and Beliefs
- Problem Solving
- Addiction and Loss

### **INTENSIVE OUTPATIENT PROGRAM (IOP)**

An alternative to residential treatment, IOP is a 15 week outpatient, individualized program that is offered in the evenings to help individuals experiencing problems caused by the use of drugs and alcohol. As consistent with the residential program, the IOP implements its own evidence-based curriculum called the Matrix Model. The Matrix Model brings explicit structure to outpatient settings combining counselor support, group and individual participation, spiritual group involvement, relapse prevention and family involvement.

### **AFTERCARE PROGRAM**

The goal of aftercare is to reinforce the skills and knowledge acquired from the inpatient treatment program. The post-treatment support of Aftercare helps recovering substance abusers adjust to an alcohol and drug free lifestyle.

### **FAMILY PROGRAM**

Helps family members understand the process of addiction and recovery. Through guided discussions, family members can learn coping strategies to improve and reconstruct relationships.

### **PREVENTION SERVICES**

The goal of the prevention program is to prevent the occurrence of alcohol and drug abuse. Our programs are designed to inform the public about substance abuse and its implications on the users, families, employers, and the community. The program also implements various science-based prevention curriculums in the schools and in the community.

### **TRANSITIONAL TREATMENT PROGRAM**

A 60-day program for male clients that offers case management services that will assist participants by linking them with community resources to address educational, vocational, financial, mental, physical and spiritual needs while living at the facility.

